



NATIONAL CHEER CO-DIRECTORS

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Recreational AAU



Cheerleading ages 4-14

(as of Aug. 1st):

2017 Divisions:

(6U) Flag: K4-1st = ages 4, 5, and 6

(8U) Mighty Mite: 2nd/3rd = ages 7 and 8

(10U) Pee Wee: 4th/5th = ages 9 and 10

(12U) Junior Varsity: 6th/7th = ages 11 and 12

(14U) Varsity: 8th = ages 13 and 14

(Cheerleader can turn 15 AFTER Aug 1-as certain areas allow for 9th grade* participation)

*Cheerleaders CANNOT participate in their local middle or high school cheer program while participating in AAU Recreational Cheer either during the season or for competition.

New clubs/other areas without the above divisions will have until 2017 season to make changes. Clubs with fewer girls who need to consolidate squads can do so during the season. When participating in the National Cheer competition, these Clubs will need to work with the National Director to determine divisions.

The attached rules are to be enforced during the 2017 AAU football cheer season and cover squad size, safety, stunting and limitations per division. Each division may incorporate their own rules, using these as foundational. Nothing can be "added" to the rules without contacting the National Cheer Director first.

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GENERAL SQUAD INFORMATION

- The HEAD Cheer Coach must be at least 18 years old prior to the start of your season. It is recommended that they are age 21 and older.
- Assistant Coach(s) must be at least 18 years old. No more than 3 assistants per squad.
- Junior Coaches must be in High School and between the ages of 15-17. There is no limit to the number of Jr Coaches provided your organization offers volunteer/community service hours.
 - As a safety rule of thumb, for Flag and Mighty Mite divisions, there should be ONE Coach/Assistant or Jr Coach PER 5 girls.
- Mascots are not recognized by the National Cheer office and therefore cannot participate in any portion of the National Cheer competition.
- There must be at least one coach/parent with CPR certification at the practice and game field at all times during the season (this can be covered by ONE person with the football or cheer organization provided practices are at the same location.)
- Only pre-approved practice and game locations can be used throughout the season. Practices at “homes” (etc.) can only be used if location is covered by insurance.
- **All Coaches, Team Mom Volunteers, and Athletes must have an application on file and have a current AAU Membership and a completed background check.**
- All Coaches and Assistant Coaches must complete the PCA Program prior to Aug. 15-unless otherwise noted by your district.
- Safety training and certification is required and should be administered by your local Cheer Director prior to the start of your season.
- Squad sizes cannot exceed 35 for competition, however, the recommended size is 30 or less.
 - See Division Limitations for specifics on certain squads.

- Cheerleaders MAY NOT “Cheer up” more than ONE *age* group (for example a 2nd grader on Mighty Mites cannot move up to the Pee Wee division, but a 3rd grader on Mighty Mites can move up to the Pee Wee division PROVIDED there are not enough girls to make up the squad OR due to extenuating circumstances such as transportation, grade over age, Director’s discretion. (We understand there might be squads with fewer cheerleaders or for new programs that need to merge. In this event, No more than 2 age groups per approved merges) The National Director MUST approve ALL exceptions to the rule. Please note this could affect how your team participates in a Regional or National Cheer Competition. (No one can move down)
 - Moving a cheerleader up to another division CANNOT be based on skill level as this creates an unfair advantage during competition.
 - ANY authorizations by your local Director of cheerleaders moving to other divisions must be FULLY noted at competition by providing squad division and Cheerleader name and age.
 - NO MORE than 3 Cheerleaders can move “up” a division in a given season without National approval and requests made in writing.
 - This ruling is in place to ensure fairness of Competitions and Safety of our cheerleaders.
- Cut off is Aug. 1, HOWEVER, if you have a Cheerleader whose birthday is between Aug 2-Sept. 1 AND they are in the next highest grade, (example: girl turns 9 Aug. 30 and is going into 4th grade) you CAN choose to move her up with her GRADE or stay down with her AGE.
- **Tryouts of any kind are not permitted.**
- **Uniforms must be modest with no mid drifts showing when hands are by your side.**
- **Briefs are to be worn at all times.**
- **Skirts must be of appropriate length above the knee.**
- **All Cheerleaders must be signed up by Aug 1 and all rosters/paperwork submitted to the AAU office by Aug 15.**
- Final rosters for every cheer squad are due to the National Director no later than October 1 of each year.

- Mandatory practices cannot begin until after July 4 - clinics and fun gatherings are permitted as long as they are not mandatory.
- Off season cheer clinic(s) can be conducted provided all participants are AAU members.
- ANY function prior to July 4, must be voluntary.
- 6 hours of conditioning are required BEFORE stunting can begin starting Aug 1 or later.
- No practice can exceed 2.5 hours on a single day during the regular season and no more than 3 days a week. (no more than 7.5 hrs per week which is defined as Sunday - Saturday).
- Competition practice can go up to 4 days per week, no more than 2.5 hrs per day (for a total of 10 hrs per week) or if one practice is on a Saturday, no more than 4 hrs on a Saturday and then no more than 6 additional hours during the week (still for a total of 10 hrs max. during competition season).
- **Please note while we will not define “competition season”, you cannot begin 10 hrs a week practice until AFTER you have completed 5 games in a football season as the focus should be on recreational cheer until this time.**
 - IF you are only a recreational cheer group without the tie into a football team, practice cannot begin for competition prior to Oct 1
- Competition routine practice can begin at the start of the season, but please note, the 10 hr a week practice schedule cannot begin until after your squads have participated in 5 of your season’s football games, or 4 if your season only consists of 8 games.
- Water breaks are mandatory at every practice and game.
- Practice locations must be on suitable surfaces. No asphalt or concrete while stunting.
- **No practice can take place without an AAU Head Coach or Assistant Coach present. Jr Coaches and Team Moms CANNOT stand in as substitutes.**
- No gum chewing or jewelry allowed at any time (this includes rings, earrings, necklaces and bracelets). No “long” fake fingernails due to safety of cheerleaders while stunting.

Stunting

- Coaches assess the skill levels of every athlete and determine the best stunting position. Positions are not to be picked by the athlete or the athlete's parent (unless that parent happens to be the Cheer Coach).
- A Cheer Coach may assist stunts during instructional phase, but not perform with squad at half times or games or on competition mats.
- Tumbling IS permitted provided the athlete has been properly trained.
- Spotting for tumblers is NOT permitted by any volunteer other than a Cheer Coach who is familiar and comfortable with the techniques.
- Absolutely no stunting in a hard cast.
- Coaches may assist during the instructional period, but cannot be used during games or half time routines for any purpose other than spotting.
- A stunt is made up of 4-5 cheerleaders:
 1. Back Spot - behind the Flyer, in between bases, never directly UNDER the flyer.
 2. Flyer - cheerleader who is "up" in the stunt performing various movements in the air.
 3. Bases (1) Side Base and (1) Main Base. Main Base is typically the strongest and is on the left facing side. Side Base - used to hold up certain stunts for the Main Base is on the right facing side.
 4. Front Spot- typically used during instructional period to help support flyer movement, typically used in basket tosses and for more difficult stunts for extra support. Front Spot faces the Back Spot during the stunting.
- Pyramids are a group of connecting stunts that are built to include all cheerleaders touching at some point in the routine (bottom level cheerleaders are not expected to touch).
- Spotters MUST be present during ground to elevator building and cradling until group can safely perform on their own.
- Flyers must dismount in either a cradle or bump down.

- Helicopters, Inverted stunts, swan dives, basket toss with front or back flips, tumbling out of a stunt without feet touching the ground first, double downs, and Tick Tocks ARE NOT PERMITTED. Stunts can be no more than 2 levels high (up to a full/extension ONLY).
- All stunts above prep level (at the shoulders) MUST be performed on mats or grass- no concrete or “asphalt tracks”.
- Forward rolls are permitted provided the Flyer’s hands are NOT released until the Flyer is fully cradled or placed into the continual sequence.
- Forward or Back handsprings into a load in or cradle position IS permitted.
- Basket tosses are permitted and must contain all 4* positions and no more than one rotation for the Flyer is allowed.
- Toe touches, layouts, kick full, and straight rides are the acceptable basket tosses.

*Varsity division can perform a basket toss w/o a Front Spot.

Pee Wee and Junior Varsity require 5 position basket tosses.

Limitations By Division

(6u)FLAG CHEER: Ages 4, 5, 6 Grades K4-1st

- No more than 25 flag cheerleaders on a roster.
- Mascots or cheerleaders under the age of 4 are NOT permitted.
- Stunting CANNOT exceed thigh stand level but can be performed at LOAD IN level only. No halves, fulls or basket tosses are allowed in this division.
- Jumps are NOT required in the Flag division.

(8u)MIGHTY MITE: Ages 7, 8 Grades 2nd & 3rd

- No more than 35 Mighty Mite cheerleaders on a roster.
- Stunting CANNOT exceed LOAD IN (waist level) but CAN include all skilled stunts in the THIS level ONLY (waist/load in position) such as heel stretch, Liberties, Arabesque, etc. provided the Coach adheres to safety (see Terminology for stunt explanations)
- Absolutely NO basket tosses at this level.

(10U) PEE WEE: Ages 9, 10 Grades 4th & 5th

(12u)JUNIOR VARSITY: Ages 11, 12 Grades 6th & 7th

- No more than 35 Pee Wee/Junior Varsity cheerleaders on a roster.
- Stunting levels include all skilled stunts at Elevator (half) or extension level (full).
- 5 position Baskets ARE permitted in these divisions.
- Full down from a half (at base of the chin) is allowed at the Pee Wee level, but is NOT allowed from any other height.
- Full down from extension level (full) IS permitted for Junior Varsity but ONLY at ONE rotation.

(14U) VARSITY: Ages 13, 14 Grade 8th

- No more than 35 Varsity cheerleaders on a roster.
- Stunting levels include skilled stunts at extension level (full).
- Full Down from extension (full) IS permitted but ONLY at ONE rotation.
- Baskets ARE permitted and MAY include straight ride, layout, toe touch and kick full. Absolutely NO other skill can be performed in a basket.
- Varsity ONLY can use a 4 man stunt for Baskets (no front spots required).

National Competition Information

- Commitments for participation in the National Cheer Competition are required no later than November 1 of each year unless your sanctioned local qualifier does not occur until this date or after. Then commitments are to be made NO LATER than Nov 15 for these squads.
- All cheerleaders are required to participate in 5 regular season football games in order to participate in any competition, local or National, unless otherwise enforced by your local Director.
- Divisions at Nationals will follow according to the divisions of the cheer squads during the regular season (Flag, MM, PW, JV, and V).
- National Competition will be held each year in December in Central Florida. This is the One and ONLY official AAU National Cheer Competition for football cheer.
- Participation in other local NON AAU, regional, district, and state cheer competitions can take place but placement in those competitions are NOT qualifiers for AAU Nationals.
- ALL AAU football cheer squads will be able to participate in Nationals, however, if a squad places* in their local AAU competition, their fees** WILL be reduced or waived as receiving a “bid” to Nationals.
- Nationals will be a ONE day event and in the future will be a TWO day event with day one being a qualifier with placements and day two being finals.
- Nationals is NOT mandatory at this time, but should be used as a recruiting tool each season.
- Press Releases will go out in your area to acknowledge your participation and your squad will be highlighted on the AAU website.
- Funds to participate in Nationals (transportation, hotels, meals, entry fee, and admission) will be the sole responsibility of each AAU club/organization.
- IF you are a cheer club/organization that is associated with a football club, your football club (teams) DOES NOT have to participate in the National Football Championship, (which is also held in Central Florida on the same weekend as the cheer competition in December) in order for your cheer

squad to participate in Cheer Nationals. Both National Championships are held independently.

- IF your cheer squad places 1st at Nationals, you will be invited to perform your routine and cheer on the sidelines at the Televised National Football Championship held that Sunday.
- Squads will be judged on certain criteria (see Competition Requirements) and penalties will be assessed if criteria is not met or disregarded (see Penalties).

* In order to qualify for this benefit, your local, district, regional or state competition must be sanctioned by the AAU and approved in writing by the National Cheer Director. Submissions must be received no later than September 1 each year. Once recognized, you will not have to submit an application each year. Remember all athletes participating in your local sanctioned competitions MUST have an AAU Membership.

** An *entry fee per cheer squad* will be required for the National Cheer Competition. Fees will be based off of the number of squads participating and will NOT exceed \$300 per squad for entry fee. Those squads placing 1st or 2nd in their local qualifier will receive either waived or reduced entry fees paid for by their local qualifier provided enough squads participate in Nationals. Regardless of local qualifier, ALL AAU Cheer squads are invited to participate in Nationals.

Competition Requirements

- Routine must be 2.30 minutes in total length.
- Routine MUST include 30 seconds of dance (does not have to be consecutive). Stunting with music is not considered part of “dance.”
- Routine MUST include at least ONE connecting pyramid with ALL cheerleaders taking an active part. This CAN include cheerleaders tumbling during the formation. (Flag and Mighty Mites are exempt from Pyramids*)
- Routine MUST include no less than 2 cheers and 2 chants. In addition, chants or cheers MUST be used during stunting transitions.
- Routine MUST contain at least 2 jumps performed by the entire squad. This can be in a cheer, part of a dance, etc. (Flag is exempt from jumps*)
- Stunting CAN BE performed with or without music and CAN be part of any cheer or chant.
- Cheers MUST include crowd engagement.
- Props can be used including signs, poms poms, flags, megaphones, banners but CANNOT be handled by Flyers, Back Spots or Bases WHILE LOADING INTO a stunt or dismounting. Props used IN stunts by a Flyer MUST be handed to Flyer once Flyer is set. Sign or poms CAN BE used to take a stunt from a half to a full once Flyer has been given the prop.
- Any prop that is discarded DURING the routine MUST land on the mat. Deductions will be given for props landing OFF the mat/designated floor.
- Any cheerleader who performs the routine off the mat/designated floor area will receive a deduction for her team.
- Spiriting is strongly encouraged when taking and exiting the floor. Please keep *excessive* spiriting to a minimum in order to maintain the flow of the competition.
- Timing will NOT begin until the first word, movement or music begins and will conclude with the finale of the routine.
- Tumbling in the routine is PURELY optional and is NOT required at any level.
- All participants will receive an AAU medal and trophies will be awarded to 1st - 3rd place in EACH Category and in EACH division.

- Additional awards will be given in various categories (see Judging Categories).

*No extra points will be given if these 3 divisions include exemptions in their routines

DIVISIONS

Small/Medium = 3-18

Large/Extra Large = 19-35

**Combo Small/Medium=3-18

**Combo Large/Extra Large=19-35

** Combo squads are only to be consisted of 2 age divisions. They can only consist of one specific age division and the next immediate division below it. For example, and 8U combo squad would be a team of Flag(6U) and Mighty Mite(8U) or a 12U combo would be consisted of Pee Wee(10U) and Junior Varsity(12U).

**A combo squad cannot consist of no more than 5 different ages at a time being that a cheerleader may have a birthday after Aug. 1.

** There will be an exemption of a 14U combo squad.

**8U combo squads would still have to include the guidelines as far as stunting when it comes to cheerleaders that are 4,5, or 6 years old. Stunting cannot exceed thigh stand level but can be performed in LOAD in level only. They are not to perform halves, fulls, or basket tosses. Jumps are also not required for 4, 5, and 6 year olds on a combo squad.

**10U combo squads would still have to include the guidelines as far as stunting when it comes to cheerleaders that are 7 and 8 years old. Stunting CANNOT exceed LOAD IN (waist level) but CAN include all skilled stunts in the THIS level ONLY (waist/load in position) such as heel stretch, Liberties, Arabesque, etc. provided the Coach adheres to safety. Absolutely NO basket tosses at this involving 7 and 8 year olds.

** 12U combo squads will follow the stunting guidelines as previously stated on page 6 for a 10U Pee Wee squad or a 12U Junior Varsity squad being that they follow the same rules, with the exception of a Full down from a half (at base of the chin) is allowed at the Pee Wee level, but is NOT allowed from any other height. A Full down from extension level (full) IS permitted for Junior Varsity but ONLY at ONE rotation.

*** Also, squads that enter in a combo squad at Nationals must also enter in at least 1 complete age group to compete. For example, if a club enters in a 12U combo squad, then they can enter in a complete 6U. Or an 8U combo squad can enter in a complete 14U squad. ***

Novice: Beginning stunts/dance, pyramids, transitions, NO tumbling outside of round offs, cartwheels, forward rolls and back walk overs.

Elite: More difficult stunts/dance routines. Tumbling which consists of handspring, layout, full, etc.

ROUTINE CATEGORIES

CHEERS

- Routine must consist of at least 2 cheers.
- Group must perform together.
- Movements should be sharp, fluid (connecting) and timed.
- Each cheerleader will be evaluated on Vocal Projection.
- Audience participation will gain extra points.

TRANSITIONS

- Routine must consist of at least 2 chants used during transitions or other.
- Must be used when moving from one segment to the next (cheer into stunts, stunt into dance, etc.)
- Transitions should consist of chants NOT full cheers.
- Transitions must be timed and cheerleaders must start and end together.

JUMPS

- Routine must contain at least 2 jumps performed by the entire squad. These can be during a dance, cheer, etc. Flag does NOT have to perform jumps.
- Jumps include: toe touch, right or left herkie or pike.
- Extra points are given if a squad does 2 or more consecutive jumps.

STUNTS

- Group must perform them together.
- Props CANNOT be loaded into a stunt, but must be handed to the Flyer once stunt is set.
- Basket Tosses MUST utilize a Front Spot*.
- Full Down (rotation of only one spin) is allowed. Double downs are NOT allowed.
- If a squad can utilize ALL cheerleaders in a stunt (inclusive of tumbling), they will gain extra points.
- Points are assessed based on overall difficulty, flawless execution, and creativity of the stunt(s).
- Pyramids will be judged on creativity, execution and level of difficulty. All top hands must be connecting to be considered a pyramid.
- Each routine must contain at least one pyramid**.

*Varsity is required only to use 4 in basket tosses but if they are a Varsity Combo squad then the cheerleaders that are considered Junior Varsity need to perform their basket toss with 5.

**Flag and Mighty Mites are exempt, which will also be the same for an 8U Combo squad.

DANCE

- A minimum of 30 seconds of Dance is required and does not have to be consecutive.
- Dance is evaluated on creativity and fluidity of movements.
- Music must be clean and rid of ANY foul language or inappropriate references (IE: Alcohol).
- Music song titles MUST be provided to Nationals 2 weeks PRIOR to

Nationals. If your squad is producing “custom” music, please note, although there will not be a formal review of the music prior to Nationals, if during your performance music is deemed inappropriate or lyrics are too controversial, your routine will be stopped and you will forfeit your opportunity. IF there is any doubt or concern with your music choice, or you just want to check its approval, contact the National Cheer Director to review at least 2 weeks prior to Nationals.

- ANY suggestive moves such as grinding, thrusting, excessive hip and booty shaking, will receive significant deductions not limited to the forfeit of the squad. Coaches, we are coaching young ladies and to include movements as seen on MTV or with popular singing celebrities is not “cheerleading”.
- Dance moves are to be together, uniform, tasteful, clean, crisp, and spirited.

TUMBLING

- While tumbling is amazing in a cheer routine, it is NOT required.
- No additional points will be given for quantity of tumbling regardless of number of cheerleaders tumbling or the difficultness of the routine.
- You can gain the SAME amount of points with ONE Tumbler verses a squad of 20 tumbling at the same time.
- Coaches must remember the AAU cheerleaders consists of recreational leagues and while we recognize some area are far more advanced than others in tumbling, we do not want to eliminate squads participation or focus our attention on tumbling.

SPIRIT

- Spirit is expected at all times.
- Squads can spirit on AND off mats at opening and closing of routine.

PENALTIES

- If props go off the mat during the routine.
- Cheerleaders go off the mat during a routine.
- Music is inappropriate.
- Dance moves are inappropriate.

- Uniforms are inappropriate.
- Illegal stunts are performed: Helicopters, double downs, twists, rolls in a basket toss, tic tocks, swan dives, inverted stunts, stunts involving forward or backward rolls where the hands of a Flyer come apart from their Back Spot/Bases before cradles, tumbling out of a stunt and tumbling in a stunt other than front/back handsprings.
- Stunts NOT permitted within a group:
 - Flag- Thigh high ONLY
 - Mighty Mites - difficult stunts performed in halves/elevators
 - Pee Wee and Junior Varsity - required to use 5 positions when performing basket tosses.
- Props are loaded in with Flyers or used on dismounts and/or during tumbling.
- Routine exceeds 2 minutes and 30 seconds.
- Dance routine is LESS THAN 30 seconds.
- Unsportsmanlike conduct in the stands or at any time towards your own teammates or another squad during the competition.
- Requirements of cheers, chants, pyramids*, and transitions aren't fulfilled.

*Flag and Mighty Mites are not required to perform Pyramids

OTHER

- Competition makeup and hair is welcomed but PLEASE remember our cheerleaders are children first and their talents should be the focus.
- Face gems, spirit tattoos, etc. are also welcomed as long as they do not interfere with vision or safety of a performer in their routine.
- Effective use of props during a routine (cheers/stunts/chants/dance) will receive extra points. NOTE: Props are NOT required in any routine.
- Jewelry is prohibited except for health bands.
- Nail polish other than natural colors are not allowed.
- For the safety of our cheerleaders performing stunts, long and fake nails will be prohibited.
- No chewing gum.
- Extra points will be used/considered higher weight in the event of a tie.
- Other arena rules will be distributed prior to Nationals.

JUDGING CATEGORIES

- Cheers
- Chants
- Stunts
- Pyramids
- Dance
- Transitions
- Spirit
- Tumbling
- Audience Participation
- Overall routine creativity
- Use of Props

PLACEMENTS

Based on the number of entries, 1st, 2nd, 3rd, places will be given in EACH Division within EACH Cheer Group:

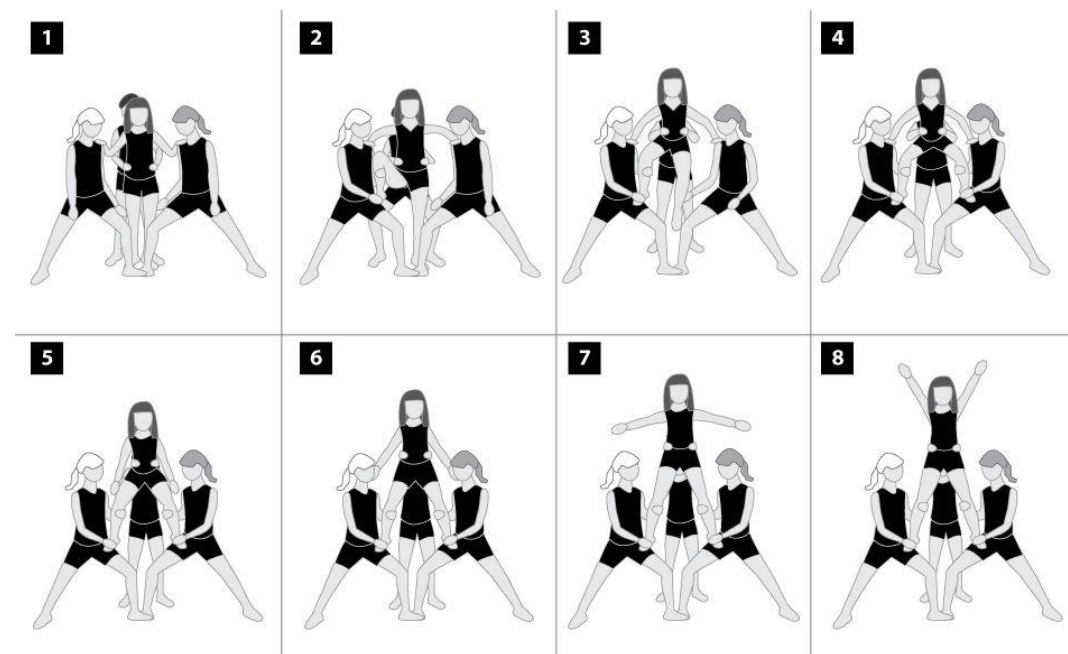
- Novice Flag, Mighty Mite, Pee Wee, Junior Varsity, Varsity
- Elite Flag, Mighty Mite, Pee Wee, Junior Varsity, Varsity
- Combo Mighty Mite, Pee Wee, Junior Varsity, (Novice/Elite)
- Non-Stunting (F, MM, PW, JV, V)
- Most spirited squad - 1st place (ONE each Division = Novice, Elite, Combo).
- Most creative - 1st place (ONE each division = Novice, Elite, Combo).
- Best Props - 1st place (ONE each division = Novice, Elite, Combo).
- Judges Choice Award - throughout the day, the ONE squad that kept momentum, cheered for their squads, showed sportsmanship to other squads will be awarded this special 1st place award.
- Grand Nationals-
 - The highest OVERALL scores of the day - ONE Novice, ONE Elite, ONE Combo.

A squad CAN place in multiple categories

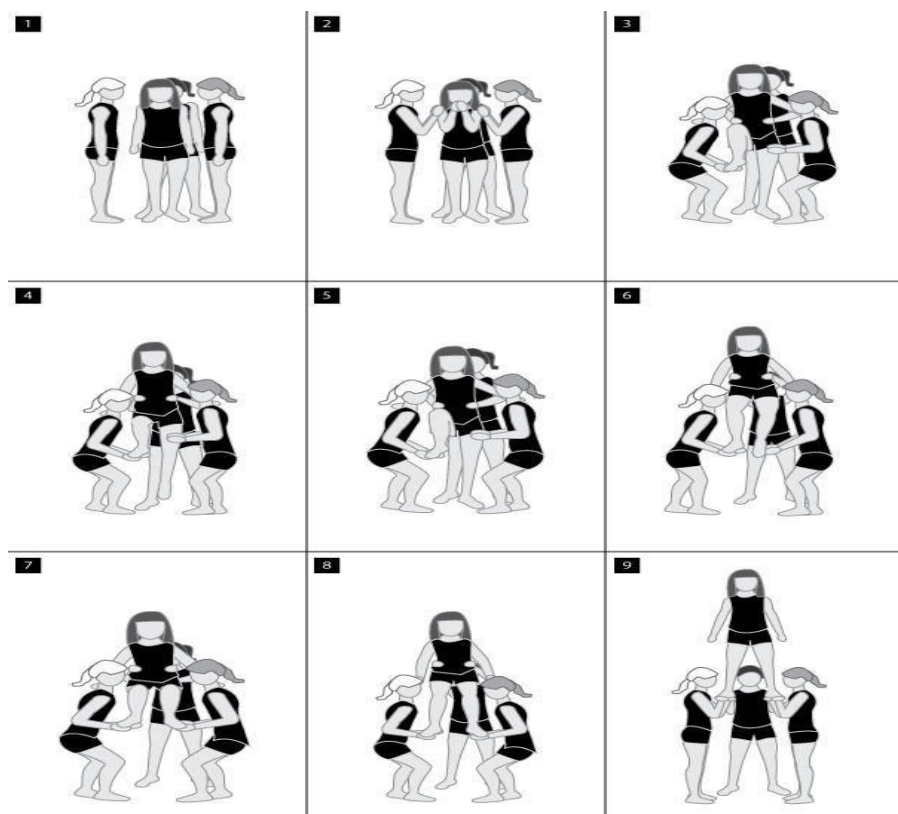
****Information subject to change with competition packet****

Examples and Definitions

Thigh Stand - Cheerleader stands, braces on the thigh of another cheerleader. 2 bases are typically used in a Thigh Stand, One Base thigh stands below is considered a difficult stunt.



Half/Elevator - Flyer is elevated at shoulder height.



Extension/Full - Flyer is elevated ABOVE the head with bases' arms straight.

1



2



3



4



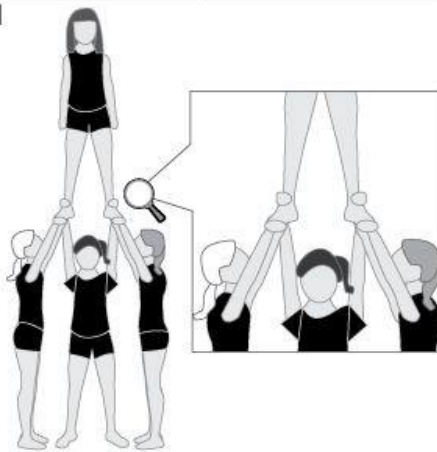
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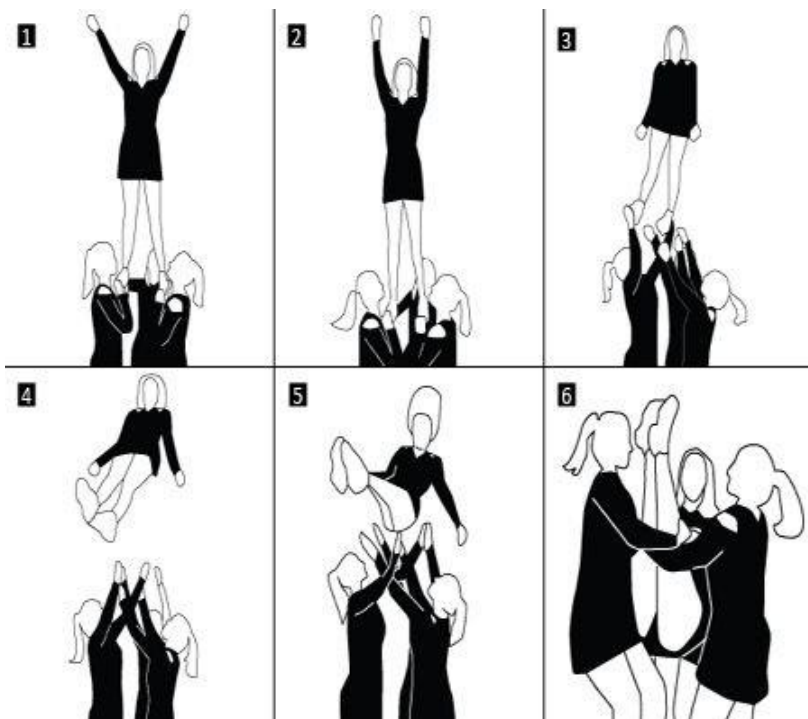
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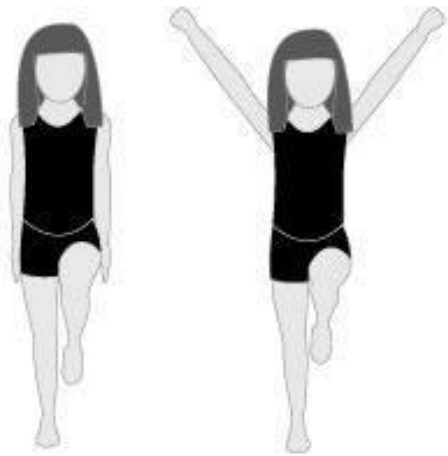
Basket Toss - hands are woven to form a basket. Flyer jumps in and is grabbed by the ankles and tossed in the air and caught by bases and back spot.



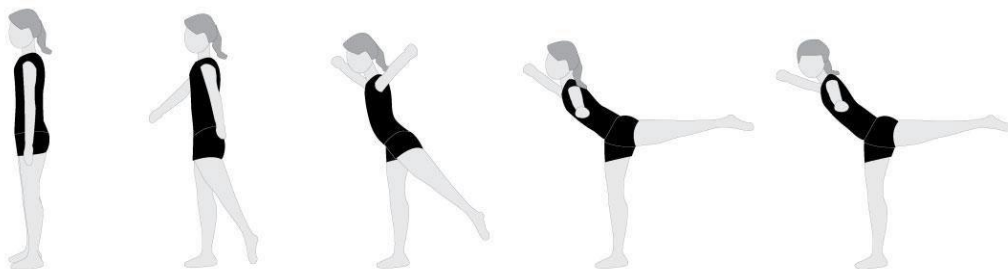
Cradle - From a half or a full, Flyer is tossed in the air and caught in a cradle position by the back spot and bases.



Liberty - Flyer stands on one leg in the air, ankle and foot held by bases and back spot.



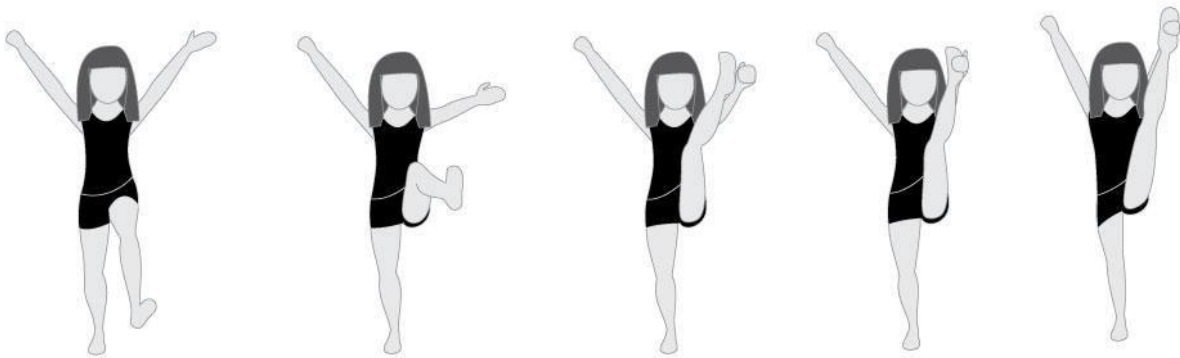
Arabesque - Performed in the air, Flyer is on one leg with other leg extended out with arms out in Fly position.



Cupie - Very similar to an extension except legs of the Flyer are held CLOSELY together by the bases to where they are almost touching.

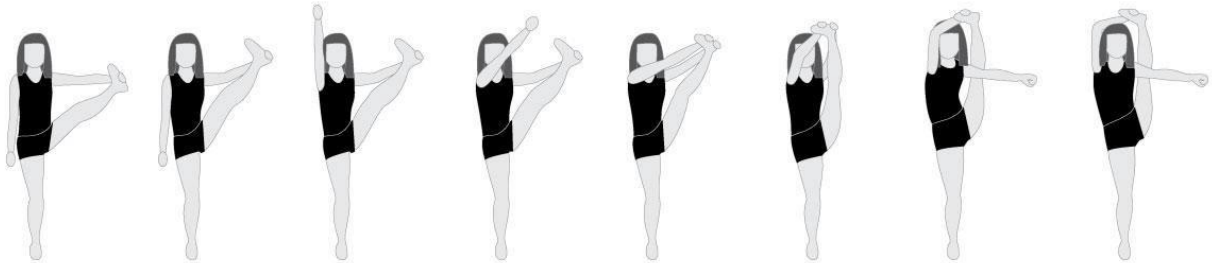


Heel Stretch - Performed by Flyer in the air, where one leg is extended in a heel stretch position and held by the Flyer's arm.

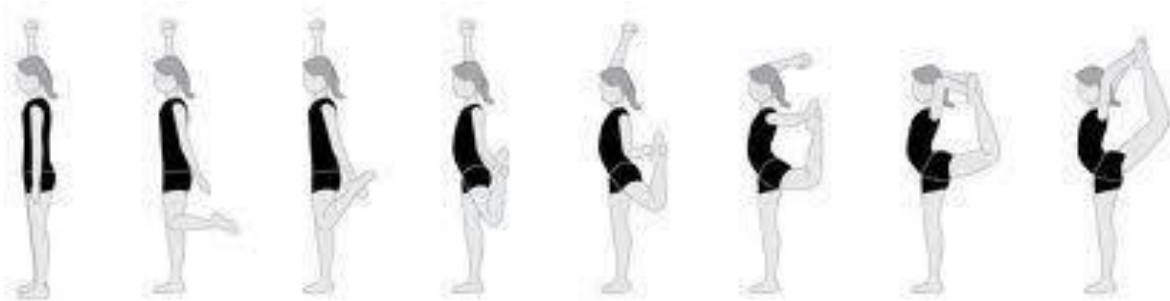


Bow and Arrow - Performed by Flyer in the air and on one leg. Begin in a heel stretch, pull arm to the top nearly over head and stretch arm through leg as if to make a bow with your leg and arrow of your arm through the bow.

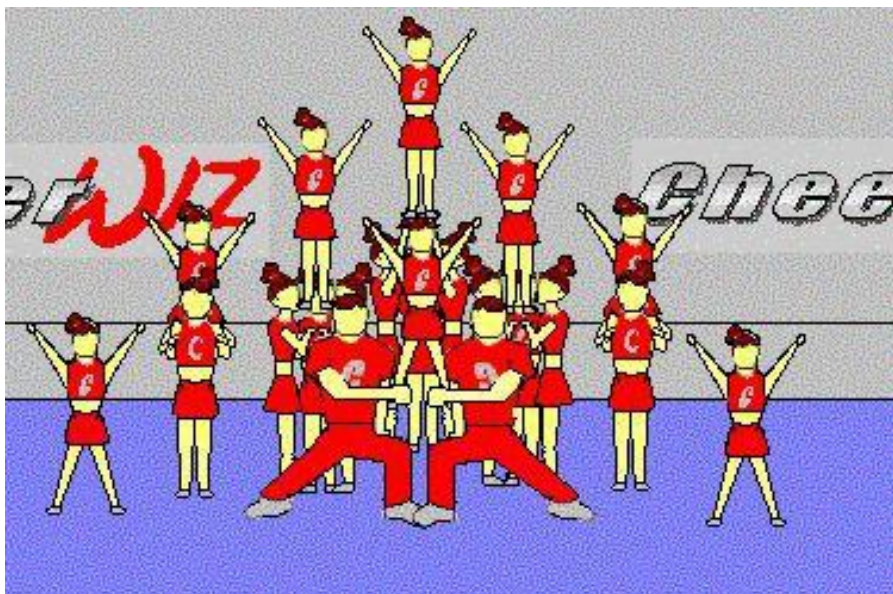
Extremely difficult to perform.



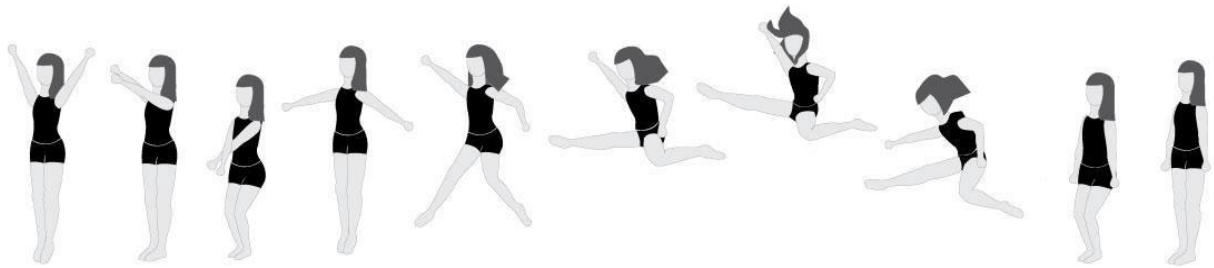
Scorpion - Performed by flyer in the air and on one leg. Grab the extending leg with your top hand and pull the leg back with your back arched.



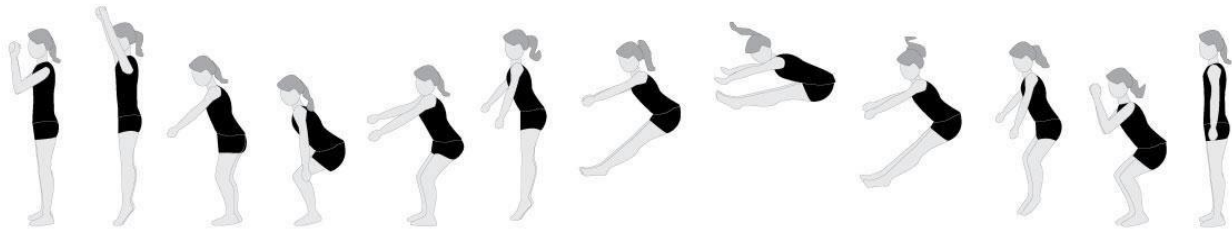
Pyramid - No more than two levels high, arms are adjoining to create a formation with cheerleaders.



Herkie - Jump can either be out on right or left leg. Same projected arm and leg, other leg bent and other hand bent on hip.



Pike - Arms circle over shoulders, body is bent and arms then extended over legs at height of pike. It is better to be accurate with the jump technique than to worry about height.



Toe Touch - Arms begin in clasp position, pull up to a high V and rotate around during the jump of both legs out to each side and body parallel to the ground. Technique is more important than height.

