



CHEERLEADING RULES

PARTICIPATION - AGES AND GRADES

	<u>AGES / GRADES ALLOWED</u>
PRE-PRIMARY SCHOOL	All athletes must be 7 years of age or younger on the first day of Nationals. No athlete may be in Grade 1 or higher
PRIMARY SCHOOL	All athletes must be at primary school (Grades 1 –7)
MIDDLE SCHOOL	Should the team be comprised of competitors registered at a middle school (Grades 7 – 9), the team will compete in the high school section.
HIGH SCHOOL	All athletes must be in high school (Grades 8 – 12) and must be registered full time learners in the school, or the equivalent.
TERTIARY	Should the team be competing in this section, all the competitors must not be registered at a secondary institution. All competitors must be a minimum of 18 years old in the first year of participation.

Participation in teams

- No individual may join another school’s team if the school which he / she attends is affiliated to SAMCA through either a Large Drill, Small Drill or Group division (including Cheerleading). Should the school have only a Cheerleading team, participants may march elsewhere in any other section other than cheerleading, should their original school do Cheerleading plus any other category they have to march with the original school.
- Should the participants school start a team and they are involved in another school’s team, they may finish their career with their team. Principals permission is needed.
- If individuals from a school that does not have a team (in Large Drill, Small Drill and / or the Group divisions - including Cheerleading), wish to participate in another school’s team, they may do so provided they have written permission from both principals.
- No participant may march in two teams within the same category ie. Non-prop 1 and Non-prop 2. This will result in disqualification.

Independent Teams / Clubs

- The teams must comply with the age and grade divisions above
- No individual may join an independent team if the school which he / she attends is affiliated to SAMCA through either a Large Drill, Small Drill or Group division (including Cheerleading).

General

- Every member of every team must be registered with the provincial association.
- Final cut off for changing members of teams is 30 days prior to provincials.
- Provinces must supply a complete list of ALL registered members on request from SAMCA

SECTIONS

	<u>MINIMUM ATHLETES</u>	<u>MAXIMUM ATHLETES</u>	<u>ADDITIONAL RULES</u>
LARGE CO-ED	10	35	Min 1 Boy
SMALL CO-ED	10	25	Min 1 Boy
LARGE ALL GIRL	10	35	No Boys
SMALL ALL GIRL	10	25	No Boys

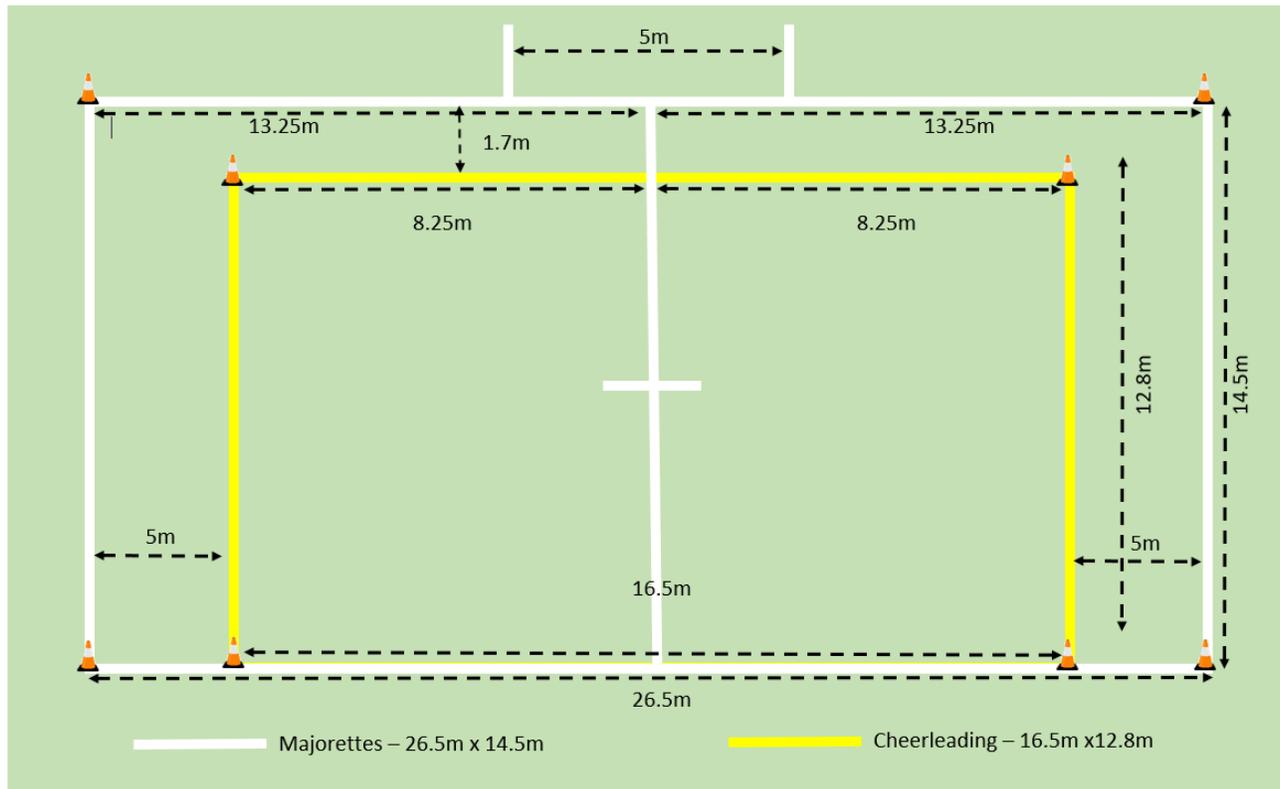
- A maximum of 2 less than the minimum is allowed to march but will get a **minor penalty** per member. E.g All Girl Cheerleading group can march with 9 members and receive 1 minor penalty OR with 8 members and receive 2 minor penalties but if they come to check with 5 members, they will get a maximum team penalty. This is only in Cheerleading groups and not stunt groups.

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- No team member may march in two teams that are entered in the same category (e.g. A team member cannot march in Team X Gold in Large Co-ed Cheerleading section and in Team X Silver in Large Co-ed Cheerleading section) – **maximum team penalty**. A member can be in all six above.

COMPETITION AREA / FIELD

- The display area shall be 12.8 meters front to back and 16.5 meters left to right.
- The competition field must be marked with a clearly visible line colour.
- Outer line must be a minimum of 150mm and a maximum of 200mm.
- The centre line is to be 100mm and it is from the back to front of the demarcated area with a small line in the centre of the field parallel to the front of the field.
- All Teams will report to the Chill Area after their display. Form to be signed
- No member of the team may leave the demarcated area at any time during the display except with the permission of the relevant competition official. A **minor penalty** will be awarded for each contravention of this rule.
- No team will choreograph a re-entry into competition area after the exit sequence has begun. A **minor penalty** will be awarded for each contravention of this.
- All demarcated lines belong to the athlete. Any part of the body that is partially or fully over the line will be penalized with a **minor penalty**.



TIME LIMITATIONS

LARGE CO-ED, SMALL CO-ED, LARGE ALL GIRL & SMALL ALL GIRL

March on: 30 Seconds maximum	As team approaches the competition area, the announcement “Entering the waiting area is Team XYZ consisting on X number of members”
	Before the march on begins the signal “Team ready” will be announced. Timing will begin immediately after and will end when the team comes to a stop on the display area and all movement has ceased. If more than 30 seconds then major penalty will apply. March before signal will also lead to a minor penalty .
	No music is allowed for march on – A maximum team penalty will be awarded for contravention of this rule.
Display Time: Minimum 2 minutes Maximum 3 minutes	Combined time of Cheer and Audio min 2 max 3 minutes Once the team has taken their place on the field the announcement “Cheer ready” will be made Timing will begin immediately after the announcement and will stop when the Cheer comes to a clear end Athletes will have 20 seconds to remove props from the area and stand ready for the audio section A member of the team will signal for the start of the audio section
Audio Section Minimum: 1 Minute Maximum: 2 minutes 30 seconds	Timing of the audio section will begin when the audio begins and will end when the audio stops. A Major Penalty will be awarded for contravention of this rule Pre-recorded audio is compulsory for the audio section
Cheer Minimum time:25 Seconds Maximum Time: 1 Minute	Cheer and Audio sections combined times will determine the total Display time
March off: Maximum: 30 seconds	Timing starts from announcement “Thank you Team”. Major team penalty will be awarded if march off is longer than 30 seconds
	No music is allowed for march off. A maximum penalty will be awarded for contravention of this rule.

AUDIO

- Trainers must make use of a recorded CD and must have at least two CDs / Memory sticks are to be prepared in perfect working order, and set at the correct position, in case of mishap.
- Two well marked CDs (marked on the box and the CD) / Memory sticks must be at music desk prior to your march a SAMCA designated person will press play
- Each display must be on separate disks - CLEARLY MARKED
- CD’s/ Memory sticks must be handed in at the music station at least one section prior to the team display
- Judging of a team’s performance will take place only during the display sequence in the demarcated area, after “Cheer Ready” OR “TEAM XYZ WHEN YOU HEAR THE AUDIO YOU ARE IN COMPETITION” is announced.
- Penalties will be imposed by the Penalty Judges and ratified by the Adjudication Manager where an infringement of the rules has occurred
- In the event of a team member becoming ill or incurring injury during the display she/he should move to the edge of the field where a medic will attend to them.
- In the event of a team member becoming incapacitated during the display the Adjudication Manager will stop the music. The team will immediately re-start the display from the start of the judged display.

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- The trainer is permitted to attend the chill area but may not communicate with the team or the adjudicators. All communication must take place through the marshal.

Electricity problem

- If the music stops during a display, the team is to automatically carry on with counts.
- If this has happened due to a CD player/power problem the team will be instructed to restart the display from the beginning of the judged display. (Cheer ready / TEAM XYZ when you hear the audio.)
- All decisions made as the result of a breakdown in audio will be communicated to the leader of the team, the Judges, Penalty Judges and the announcer by the Adjudication Manager.
- If the electricity does not come back on in time to complete the competition, the competition will be scrapped and reconvened.

PROPS (Only allowed in Group Cheerleading Co-ed & All Girl)

SIGNS	Minimum size A4 Maximum size 10m X 10 m (measured from outer -most points) Materials: Any material EXCEPT metal or wood
FLAGS	Minimum size A4 Maximum size 10m X 10 m (measured from outer -most points) Materials: Any material EXCEPT metal or wood Poles may be made of any material
BANNERS	Minimum size A4 Maximum size 10m X 10 m (measured from outer -most points) Materials: Any material EXCEPT metal or wood
MEGAPHONES	Must taper from one end to the other Minimum diameter of opening 9mm, Maximum diameter of opening 50 cm May not have any electronic or mechanical components
POM PONS	No restrictions

- Any contraventions of the props rules will result in a **maximum team penalty**.
- Props are allowed to be thrown outside the demarcated area after use. Props that have been placed outside the demarcated area cannot be used again. Normal member out penalty will apply.
- Non-retrieval of props will lead to a **minor penalty** per prop.

UNIFORM

- All teams are to report to a Chill area after their display.
- All dress and props are to be checked in chill area after display if there is a query.
- Underwear and slits in skirts will be checked in Chill area and these may be penalised after the march

<u>RULE</u>	<u>PENALTY</u>
Footwear is compulsory	Maximum Team
No jewellery allowed (Only Medic Alert bracelets allowed)	Minor per member
Dress / Jacket must have fitted sleeve (long or short sleeve) Cap sleeves are not permitted	Maximum Team
Skin showing -no skin to show by design from collar bone down to end of the clenched fingers(body not arms) when arms are stretched down the side of body when the body is straight and standing square, this is the minimum length of the uniform whether skirt or other, if more than 25% of the sub group of the team contravene, this rule applies. Example - if hot pants extend to this level the skirt length is irrelevant. This is with the exception of the torso area please see below.	Maximum Team

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Male athletes pants must reach a minimum of the end of the clenched fingers when arms are stretched down the side of the body when the body is straight and standing square	Maximum Team
Skin may show on the back as long as no portion of underwear is exposed (eg Bra straps)	Major Penalty
Male and Female athletes must wear obvious proper support (Primary school not exempt)	Minor Penalty per girl
Unitards to fit properly – no transparency, no underwear to show INCLUDING through the fabric.	Maximum Team
Underwear must not be distinctly / overtly visible. (Bumps from straps etc. are acceptable)	Maximum Team
NEW RULE: Tops must fully cover the midriff. Two piece uniform may be worn as long as no skin shows when doing gymnastic or any other movements during the display. When doing lifts, and skin shows by means of base taking grip, NO penalty will be awarded.	Implemented from 2023 – Major penalty per person when repetitive by more than 1 person
CURRENT RULE: Skin may show on the torso as follows: Maximum of 2 fingers below and 4 fingers above the navel	2020 – 2022

- Skirts or shorts should be of sufficient length to present an athletic image.
- Hair should be secured off the face with a simple and unexaggerated style that is adaptable to all diversities.
- If bows or hair accessories are worn, they should not a focal point of attention, and should be worn set to the back of the head (not in front or on top).
- Make up is to be age appropriate and reflect an athletic image, utilizing neutral colours for eyes and skin. Theatrical makeup should be avoided.
- The “cover-up” policy is as follows:

It is incumbent on Coaches to ensure that athletes are dressed according to the rules at all times – this includes arrival, warm up, competition and prize giving. Uniforms that might show midriffs must be covered up during all times except when the team is heading for line up or on the competition field or in chill area. A team may be asked by the Director of Judges / Director of Coaches to adjust uniforms to comply with this rule. Failure to comply could invoke disciplinary action against the coach / team.

LINE UP AND MARCH TIMES

- The competition will start on the start time and run.
- A team cannot refuse to move up a slot.
- If a team leaves the area it is at their own peril. If they miss their slot to march, they will receive a maximum penalty and be slotted in.

PROHIBITED AUDIO/ PROPS

- All Prohibited movements and props – **Maximum Team Penalty**

It is incumbent for trainers to ensure that participants are fit and able to perform the movements without injury. A trainer may be asked by either the Director of Judges or Coaches Representative to adjust their display if it is obvious that the participants are not fit enough or able to perform the movements which can lead to a major injury.

- No use of any National Flag of any country in any form – **Maximum Team Penalty**
- No use of national emblems of any country in any form – **Maximum Team Penalty**
- No use of any National Anthem of any country in any form – **Maximum Team Penalty**

PENALTIES AND APPEALS

PENALTIES

- Minimum penalty = 5 points deducted from the total score for the team
- Major penalty = 25 points deducted from the total score for the team

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- Maximum penalty = The team will be moved 3 placings down on the final list
- A maximum penalty will be awarded for each level rule / movement infringement
- Penalties may be appealed by a registered coach of the team and must be handed to the Coaches Representative on the appropriate form
- You may not appeal penalties for Time (over/under time , march on/off, cheer, display etc)

GENERAL RULES

- Supports, braces and soft casts that are unaltered from the manufacturer's original design/production do not require 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 1.27 centimetres 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 or tosses.
- From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.
- Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
- Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.
Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
- The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
- 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 performance.
- Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface. (This applies to the Cheer portion which is the start of the display Athletes may be in lifts when music portion starts)

LEVEL 3 -RULES PRIMARY SCHOOL

LEVEL 3 GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. If the tumbling is into a stunt/pyramid etc., it is not considered tumbling but rather a transition / mount
Clarification: A tumbler may rebound from his/her feet into a transition. 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.
This only applies when the catch / transition is FOLLOWED by an inverted movement / hip over head rotation
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Primary School/ Level 3 Division. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump over (rebound) another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. (Still considered tumbling from a scoresheet point of view) Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: A round off>toe touch> back handspring>back tuck is not allowed. A back tuck is not allowed in the Primary School/ Level 3 Division.

LEVEL 3 STANDING TUMBLING

1. Flips are not allowed. (Standing back/front tucks are **NOT** allowed)

LEVEL 3 RUNNING TUMBLING

1. Flips:
 - a. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).
Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
 - b. Other skills with hand support prior to the round off or round off back handspring are allowed. (Aerial through to round off is NOT allowed)
Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.
 - c. Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.

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- d. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed. (The front tuck has to be the first skill in the tumbling pass)
2. No tumbling is allowed after a flip or an aerial cartwheel.
Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then one step out is all that is needed to create a new tumbling pass.
3. No twisting while airborne.
Exception: Round offs are allowed.
Exception: Aerial cartwheels are allowed.
Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.
4. Series front and back handsprings are allowed.
5. No twisting while airborne.
Exception: Round offs are allowed.

LEVEL 3 STUNTS

1. Spotters:
 - a. A spotter is required for each top person above prep level. (A spotter is NOT required for waist and prep level stunts or below)
2. Stunt Levels:
 - a. Single leg extended stunts are allowed. (Allowed in multibase single leg stunts = 2 bases and a spotter)
3. Single based or assisted single based **EXTENDED** stunts are not allowed.
4. Twisting stunts and transitions:
 - a. Twisting stunts and transitions are allowed up to a total of 1 twisting rotation by the top person in relation to the performance surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athlete shows a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - b. Full twisting transitions must land at and originate from prep level or below only. (Can be 2 leg stunts or single leg stunts)
 - c. Twisting transitions to and from an extended position cannot exceed a $\frac{1}{2}$ twisting rotation. (Can end in 2 leg or single leg stunts – Cannot do a $\frac{3}{4}$ twist to extended level)
Clarification: A twist performed with an additional turn by the bases performed in the same skill set would be not allowed if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotation.
5. During transitions, at least one base must remain in contact with the top person.
Exception: See Level 3 Release Moves.
6. Free flipping or assisted flipping stunts and transitions are not allowed. (Cannot do any flipping stunts or transitions even if attached)
7. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception: An individual may jump over another individual.
8. Single based split catches are not allowed.

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9. Single based stunts with multiple top persons require a separate spotter for each top person. (Can only be at prep because extended single base or assisted single base stunts are not allowed)
10. Extended single leg top persons may not connect to any other extended stunts. (This applies to multibase stunts as single base extended stunts are not allowed)

LEVEL 3 STUNTS – RELEASE MOVES

1. Release moves are allowed but must not pass above the extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" and/or "Dismount" rules.
2. Release moves may not land in an inverted position. (They must be attached in order to go into an inverted position) Releasing from inverted to non- inverted body positions is not allowed.
3. Release moves must start at waist level or below and must be caught at prep level or below. (May not do a released tick-tock from prep to prep – keep connection with spotter or base to use this skill)
4. Release moves that land in a non-upright body position must have 3 catchers for a multi- based stunt and 2 catchers for a single based stunt. (May not release from prep to prone as prone is not a dismount – spotter or base must keep connection to use this skill)
5. Release moves are restricted to 1 skill/trick and no/0 twists. Only skills performed during the release are counted. Therefore, holding ("hitting") an immediate body position would not be counted as a skill.
Exception: Log/barrel roll may twist up to 1 rotation and must land in a cradle, or in a flat and horizontal body position (i.e. Flat back or prone position).
Clarification: Single based log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.
6. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception 1: See Dismount "3".
Exception 2: Dismounting single based stunts with multiple top persons.
7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come into contact with each other.

LEVEL 3 - STUNTS-INVERSIONS

1. No inverted stunts are allowed above shoulder level. (Handstands at prep are allowed) The connection and support of the top person with the base(s) must be at shoulder level or below.
Exception: Multi-based suspended rolls to a cradle, load-in position, flat body position at prep level or at the performance surface level are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a separate hand of the bases(s).
2. Inversions are limited to a ½ twisting rotation to the extended level and 1 twisting rotation to the prep level and below. (Must be attached – not allowed as a release move)
Exception 1: A multi-based suspended forward roll may twist to 1 full twisting rotation (See "a". Exception above), and if exceeding a ½ twist the top person must land in a cradle.
Exception 2: In a multi-based suspended backward roll, the top person may not twist.
3. Downward inversions are only allowed at waist level and must be assisted by at least 2 bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. The top person must maintain contact with an original base.

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Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 3: Two leg "Pancake" stunts are not allowed in the Primary School/Level 3 Division.

4. Downward inversions may not come in contact with each other.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
6. Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least 1 bracer at prep level or below and connected to at least 1 base. (If this stunt is connected to a prep level top person, it will be considered a pyramid. – if the connection is to a bracer on the ground, it will be considered a stunt) The connection to the bracer must be a hand/arm to hand/arm connection- and must be made prior to the initiation of the skill and must remain in contact throughout the skill. A hand/arm connection does not include a connection to the shoulder area.

LEVEL 3 – PYRAMIDS

1. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high. (Single based and assisted single based EXTENDED stunts are not allowed).
2. Top persons must receive primary support from a base.
Exception: See Primary School/ Level 3 Division Pyramid Release Moves.
3. Extended stunts may not brace or be braced by any other extended stunts. (Any extended stunt – 1 leg or 2 legs)
4. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another and must remain in contact throughout the entire skill. (Leapfrogs that are inverted or non-inverted are NOT allowed)
Clarification 2: Primary School / Level 3 Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the Release Move meets the criteria established under the Primary School/ Level 3 Division Stunt Release Moves or the Primary School/ Level 3 Division Dismounts.
5. The top person must remain in direct contact with at least 2 different top persons at prep level or below. (The top person at the end of a pyramid may NOT be extended as they are then not braced at prep level by 2 top persons) One of these contacts must be in a hand/arm to hand/arm connection; and the 2nd contact may be either a hand/arm to hand/arm connection OR in a hand/arm to foot/lower leg (below the knee) connection.
Clarification 1: Pyramid Release Moves must be braced on 2 separate sides (e.g. right side & left side, left side & back side, etc.) by 2 separate bracers. The 2 bracers located on the same arm is not permitted, and a top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
Clarification 2: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
6. Primary weight may not be borne at second level. (No stall/pause)
Clarification: The transition must be continuous.
7. These release transitions may not involve changing bases.
8. These transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter).
 - a) Both catchers must be stationary.
 - b) Both catchers must maintain visual contact with the top person throughout the entire transition.
9. Release moves may not be braced/connected to any top person(s) above prep level.

LEVEL 3 - PYRAMIDS – RELEASE MOVES

Clarification 1: Any Level 3 Stunt Release Move is allowed if it remains connected to a base and 2 bracers.

Clarification 2: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the Level 3 dismount rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. (The transition that passes above 2 high must be continuous – no pause/stall while above 2 persons high) Contact must be maintained with the same bracers throughout the entire transition.

Clarification 1: Twisting stunts and transitions to extended skills are allowed up to 1 twist, if connected to at least 1 bracer at prep level or below and connected to at least 1 base. (If this stunt is connected to a prep level top person, it will be considered a pyramid. – if the connection is to a bracer on the ground, it will be considered a stunt) The connection to the bracer must be a hand/arm to hand/arm connection- and must be made prior to the initiation of the skill and must remain in contact throughout the skill. A hand/arm connection does not include a connection to the shoulder area.

LEVEL 3 - PYRAMIDS – INVERSIONS

1. Must follow the Level 3 Stunt Inversions rules.
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

Example 1: A flat back split which rolls to a load in position would be allowed even if the base extends their arms during the inversion skill.

Example 2: A flat back split which rolls to an extended position would be not allowed because it did not first land in a position below extended level.

LEVEL 3 - PYRAMIDS-RELEASE MOVES WITH BRACED INVERSIONS

1. Pyramid transitions may not involve inversions while released from the bases. (Must stay attached to a base or spotter or both)

LEVEL 3 – DISMOUNTS

Note: Movements are only considered “Dismounts” if released to a cradle or released “and assisted to the performing surface. (Any movement to prone is NOT a dismount, it is a transition and must therefore follow stunts rules)

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s)

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

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Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

4. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed from any single leg stunt.
5. Up to 1 $\frac{1}{4}$ twisting dismounts are allowed from any 2 leg stunts.
Clarification: Twisting out of a platform body position is not allowed. A platform is not considered a 2-leg stunt.
6. 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.
7. Up to 1 trick is allowed during a dismount from any 2-leg stunt.
8. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts are allowed. (Can attach to a bracer on the floor into an assisted flip to cradle – connection must be maintained throughout the entire flip)
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are not allowed.
13. When cradling single based stunt with multiple top persons, 2 catchers must catch each top person. Catchers and based must be stationary prior to the initiation of the dismount.
14. Dismounts from an inverted position are not allowed. (May not go from inverted position into a cradle or onto performance surface)

LEVEL 3 - TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. (Maximum 4, minimum 3 bases) One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Example: no intentional traveling tosses. Exception: A $\frac{1}{4}$ turn is allowed by bases as in a $1\frac{1}{4}$ twist basket.
3. The top person in a toss must have both feet in/on hands of bases when the toss is initiated. (Initiation refers to the throw and not the set of the toss, therefore step on tosses are allowed)
4. Flipping, inverted or traveling tosses are not allowed.
5. 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, pyramids, individuals, or props.
6. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 $\frac{1}{4}$ twisting rotation. (ex 1: Legal: toe-touch, ball out, pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch)
Clarification: The 'arch' does not count as a trick.
7. During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, $\frac{1}{2}$ twist toe touches.
8. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
9. Only a single top person is allowed during a toss.

LEVEL 4 -RULES HIGH SCHOOL

LEVEL 4 GENERAL TUMBLING

1. All tumbling must originate from and land on the performance surface.
 - a. If the tumbling is into a stunt/pyramid etc., it is not considered tumbling but rather a transition / mount
Clarification: A tumbler may rebound from his/her feet into a transition. 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. This only applies when the catch / transition is FOLLOWED by an inverted movement / hip over head rotation
2. **Example:** Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
3. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
4. Tumbling while holding or in contact with any prop is not allowed.
5. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
6. Jumps are not considered a tumbling skill from a legalities point of view. (Still considered tumbling from a scoresheet point of view) Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Level 4 performs a roundoff - toe touch - back handspring - whip- layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Level 4 Standing Tumbling regulations.

LEVEL 4 STANDING TUMBLING

1. Standing flips and flips from a back-handspring entry are allowed.
2. Skills are allowed up to 1 flipping and 0 twisting rotations. (Not even ½ twist etc. is allowed)
Exception: Aerial cartwheels and Onodis are allowed.
3. Consecutive flip-flip combinations are not allowed. Example: Back tuck – back tuck, back tuck – punch front is not allowed. (Hands must touch the floor between two flip movements)

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4. Jump skills are not allowed in immediate combination with a standing flip.

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

Clarification 1: Jumps connected to $\frac{3}{4}$ front flips are not allowed.

Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

LEVEL 4 RUNNING TUMBLING

1. Skills are allowed up to 1 flipping and 0 twisting rotations. (Not even $\frac{1}{2}$ twist etc. is allowed)

Exception: Aerial cartwheels and Onodis are allowed.

LEVEL 4 STUNTS

1. A spotter is required for each top above prep level. (Not AT prep level but ABOVE prep level)
2. Single leg extended stunts are allowed. (E.g.: Single base/Single base assisted/Multibase liberties and air positions)
3. Twisting stunts and transitions to prep level are allowed up to 1 $\frac{1}{2}$ twisting rotations by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

4. Twisting stunts and transitions to an extended position are allowed under the following conditions:
5. Extended skills up to a $\frac{1}{2}$ twist are allowed.

Example: A $\frac{1}{2}$ up to extended single leg stunt is allowed.

Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

6. Extended skills exceeding a $\frac{1}{2}$ twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).

Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed. (maximum 1 twist to extended 1 leg position with no air position)

Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty. (There must be a clear pause before air position)

Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

7. During transitions, at least 1 base must remain in contact with the top person.

Exception: See "Release Moves".

8. Free flipping mounts and transitions are not allowed. (E.g.: No free flipping rewinds / no free flipping somersault /

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inverted cradles – must be attached)

9. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt or a stunt may move over an individual.

10. Single based split catches are not allowed.

11. Single based stunts with multiple top persons require a separate spotter for each top person.

12. Extended single leg top persons may not connect to any other extended single leg top person. (E.g.: Extended lib connected to extended lib – NOT allowed. Extended lib connected to extension IS allowed)

LEVEL 4 STUNTS – RELEASE MOVES

1. Release moves are allowed but must not exceed extended arm level.

Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. (Can land in inverted position if attached) When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot. (Must have a spotter for this prep level stunt)

3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt. (the spotter must be physically involved in the catch by catching the head and shoulder area of the top person)

4. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

Exception: See High School / Level 4 Division Dismount "3".

Exception: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping. (Cannot do prep to extended tick-tock)

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180-degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

8. Release moves may not intentionally travel.

9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

10. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

LEVEL 4 - STUNTS-INVERSIONS

1. Extended inverted stunts are allowed. (E.g.: Extended handstand) Also, see “Stunts” and “Pyramids.”
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person. (Cannot go from extended lift into an inversion)
Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.
Exception: Two-leg “Pancake” (Foldout / Waterfall) stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position. (ie: Hips and at least one leg must be lower than shoulders when landing)
3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions.
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come into contact with each other.
5. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

LEVEL 4 – PYRAMIDS

1. Pyramids must follow High School / Level 4 Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
2. Top persons must receive primary support from a base.
Exception: See “High School / Level 4 Pyramid Release Moves”
3. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts. (E.g.: May NOT have extended lib next to extended lib. May have extended lib next to extension)
4. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso (midsection of an athlete’s body) of another top person regardless if the stunt or pyramid is separate or not. (May NOT invert / somersault over a person who is in a lift)
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt or a stunt may move over an individual.
5. Any skill that is allowed as a High School / Level 4 Division Release Move is also allowed if it remains connected to a base

and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to 2 bracers.

LEVEL 4 - PYRAMIDS – RELEASE MOVES

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition. (Can travel through higher than 2 people with no stall/pause. Should be continuous movement if higher than 2 persons)

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Exception: While a tic-toc from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for High School / Level 4 Division “Stunts”, the same skill is allowed in High School / Level 4 Division “Pyramid Release Moves” if the skill is braced by at least 1 person at prep level or below. The top person performing the tic-toc must be braced the entire time during the release from the bases.

Clarification 2: High School / Level 4 Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the High School / Level 4 Division “Stunt Release Moves” or “Dismounts” criteria.

Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below. (May not invert/somersault over rule 4)
3. Primary weight may not be borne at the 2nd level.

Clarification: The transition must be continuous. (No stall/pause)

4. Non-inverted transitional pyramids may involve changing bases under the following conditions:
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced / connected to the top persons above prep level.

LEVEL 4 - PYRAMIDS-INVERSIONS

1. Must follow High School / Level 4 Division Stunt Inversions rules.

LEVEL 4 - PYRAMIDS-RELEASE MOVES WITH BRACED INVERSIONS

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. (Both bracers do not need to be in stunts – one or both can be on the floor as long as they are not involved in the pyramid in any other way)

Contact must be maintained with the same bracer throughout entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 2: Braced flips must be braced on 2 separate sides (i.e. right side - left side, left side- backside, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right or left) of their body.

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations. (From upright position – through inverted position – into prone / stomach for a front flip= 1 and ¼ flip) (From upright position - through inverted position- into cradle for a back flip= 1 and ¼ flip)
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
 - a. All required catchers/spotters must be stationary.
 - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
 - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

LEVEL 4 – DISMOUNTS

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

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).

Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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.

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4. Up to a 2 ¼ twisting rotations are allowed from all 2- leg stunts.
Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the High School / Level 4 Division “Stunts” regarding Twisting Stunts and Transitions specifically.
5. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts. (Including platform)
Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the High School / Level 4 Division “Stunts” regarding Twisting Stunts and Transitions specifically.
6. 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 prop.
7. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.
12. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
13. Dismounts from an inverted position may not twist.

LEVEL 4 - TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. (Minimum 3, Maximum 4 bases) One (1) base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. (No prone or upright landings in tosses – must land in cradle)
Example: No intentional traveling tosses.
Exception: A ½ turn is allowed by bases as in a kick full basket.
3. The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated. (Initiated means the throw – NOT the dip for timing as in step on tosses)
4. Flipping, inverted or traveling tosses are not allowed.
5. 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, pyramids, individuals, or props.
6. Up to 2 tricks are allowed during a toss.
Example: Kick full, full up toe touch.
7. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.
8. Tosses may not exceed 2 ¼ twisting rotations.
9. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
10. Only a single top person is allowed during a toss.

LEVEL 6 -RULES TERTIARY

Major Penalty will apply for the 2020 season as new rules are being introduced.

Maximum penalty for all rule contravention will apply for the 2021 season.

LEVEL 6 - GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface.
Exception 1: A tumbler may rebound from his/her feet into a stunt transition. 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.
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.

LEVEL 6 -STANDING/RUNNING TUMBLING

1. Skills are allowed up to 1 flipping and 1 twisting rotations.

LEVEL 6 - STUNTS

1. A spotter is required:
 - 1.1 During one- arm (1 arm) stunts above prep level, other than cupies or liberties. Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter. (Single base awesome in cupie or liberty position does not require a spotter)
 - 1.2 When the load/transition involves:
 - a. A release move with a twist greater than 360 degrees.
 - b. A release move with an inverted position landing at prep level or below. (Any release move that lands in inverted position requires a spotter)
 - c. A free flip. (Any free flip requires a spotter even if it lands at prep or below)
 - 1.3 During stunts in which the top person is in an inverted position above prep level. (Extended handstands require a spotter)
 - 1.4 When the top person is released from above ground level to a one-arm (1 arm) stunt.
2. Stunt levels:
 - a. Single leg (1 leg) extended stunts are allowed.

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- Twisting stunts and transitions are allowed up to $2\frac{1}{4}$ twisting rotations by the top person in relation to the performance surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds $2\frac{1}{4}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

- Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only (Cannot do a free flip e.g. rewind from waist, prep level or above) and are allowed up to 1 flipping and $1\frac{1}{4}$ twisting rotations.

Exception 1: Rewinds to a cradle position are $1\frac{1}{4}$ flips. All rewinds caught below shoulder level must use 2 catchers. (Catchers must physically catch) (Example: a rewind that lands in a cradle position)

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.

Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.

- Single based split catches are not allowed.
- Single based stunts with multiple top persons require a separate spotter for each top person.

LEVEL 6 – STUNTS – RELEASE MOVES

- Release moves are allowed but must not exceed more than 46 centimetres above extended arm level.

Clarification: If the release move exceeds more than 46 centimetres above the bases' extended arm level, it will be considered a toss or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.

- Release moves may not land in an inverted position. (May not release top person and land inverted e.g. Throw to handstand. If landing in inverted position, you may not release)
- Release moves must return to original bases.

Exception 1: Co-ed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunt with multiple top persons.

Clarification: An individual may not land on the performing surface without assistance from above waist level.

- Helicopters are allowed up to a 180-degree rotation must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person. (Third catcher must catch the head/shoulder area so might be at feet area when this starts)
- Release moves may not intentionally travel. See exception in #3 above.
- Release moves may not pass over, under or through other stunts, pyramids or individuals.
- Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

LEVEL 6 – STUNTS – INVERSIONS

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

LEVEL 6 – PYRAMIDS

1. Pyramids are allowed up to 2 ½ high.
2. For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both designated for each person who is above 2 persons high (Two spotters are required for each top person at third level of pyramid) and whose primary support does not have at least 1 foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.

Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the high stand middle layer.

3. Free-flying mounts originating from ground level may not originate in a handstand position and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations.

Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals.

LEVEL 6 – PYRAMIDS – RELEASE MOVES

1. During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:
 - a. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e. tower tick-tocks)
 - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

LEVEL 6 – PYRAMIDS – INVERSIONS

1. Inverted stunts are allowed up to 2 ½ persons high.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

LEVEL 6 – PYRAMIDS – RELEASE MOVES WITH BRACED INVERSIONS

1. Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.

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2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
Exception: Braced inversions to 2½ high pyramids may be caught by 1 person.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:
 - a) The base/spotter must be stationary.
 - b) The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c) The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw of the top person is considered the initiation of the skill.)
4. Free released moves from 2½ high pyramids:
 - May not land in a prone or inverted position.
 - Are limited to 0 flipping and 1 twisting rotation.
5. One arm (1 arm) extended Paper Dolls (Paper dolls = Connected flyers in cupie / awesome / liberty position or air positions) require a spotter for each top person.

LEVEL 6 – DISMOUNTS

Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performance surface. (Release skill to prone is not a dismount and must follow stunt rules)

1. Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
2. Dismounts to the performance surface must be assisted by an original base or spotter.
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performance surface that do not require assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
3. Up to a 2¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2½ high pyramids are allowed up to 1½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
Exception: 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).
4. Free released dismounts from 2½ high pyramids may not land in a prone or inverted position.
5. Free flipping dismounts to a cradle:
 - a) Are allowed up to 1¼ flipping and ½ twisting rotations (front flip to stomach or back flip to cradle= 1 and a ¼) (Arabians).
 - b) Require at least 2 catchers, 1 of which is an original base. May not intentionally travel.
 - c) Must originate from prep level or below. (May not originate from 2½ pyramids.)
Exception: ¾ front flip to cradle may occur from a 2½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2½ high may not twist.

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6. Free flipping dismounts to the performance surface are only allowed in front flipping rotation:
Clarification: Back-flipping dismounts must go to cradle.
 - a) Allowed up to 1 front flipping and 0 twisting rotations.
 - b) Must return to an original base.
 - c) Must have a spotter.
 - d) May not intentionally travel.
 - e) Must originate from prep level or below. (May not originate from 2 ½ high pyramids.)
7. Tension drops/rolls of any kind are not allowed.
8. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
9. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand-arm supporting the head and shoulder of the top person.
10. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
11. Dismounts must return to original base(s). Exception: Single based stunts with multiple top persons do not need to return to original base(s).
12. Dismounts may not intentionally travel.
13. Top persons in dismounts may not come in contact with each other while released from the bases.

LEVEL 6 – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. (Minimum 3, Maximum 4 bases) One base must be behind the top person during the toss and may assist the top person into the toss.
Exception 1: Fly away tosses that would go over the back person.
Exception 2: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
2. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
3. The top person in a toss must have both feet in / on hands of bases when the toss is initiated. (Initiated means the throw – NOT the dip for timing as in step on tosses)
4. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist
Double Full-Twisting Layout
Kick Full-Twisting Layout
Pike, Open, Double Full-Twist
Arabian Front, Full Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist
Kick, Double Full-Full Twisting Layout
Kick, Full-Twisting Layout, Kick
Pike, Split double Full Twist
Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1½ twist is considered to be a legal skill.

5. 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, pyramids, individuals, or props. **(See exception for travelling tosses)**
6. Non-flipping tosses may not exceed 3 ½ twists. (Can do Kick triple)

7. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¼ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
8. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.
9. Only a single top person is allowed during a basket toss.

GLOSSARY

1/2 Wrap around: A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in “Swing Dancing”). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person’s body wrapped around the back or the base.

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 performance surface to propel himself/herself away from the performance surface.

All 4s Position: An “All 4s Position” is when an athlete is on their hands and knees on the performance 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 Flip”, “Braced Flip”)

Backbend: An athlete’s body position created when an athlete bends forming a backward arched body position, typically supported by the athlete’s hands and feet with the abdomen facing upward.

Back Walkover: A non-aerial tumbling skill where the athlete moves backward into an arched body position, with the hands making contact with the ground first, then the athlete rotates the hips over the head and lands on one foot/leg at a time.

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.

Barrel Roll: See “Log Roll”.

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: “New Base” and/or “Original Base”). If there is only 1 person under a top person’s foot, regardless of hand placement, that person is considered a base.

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

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Block: A tumbling term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill.

Block Cartwheel: A momentarily airborne cartwheel created by the athlete "blocking" through the shoulders against the performance surface during the execution of the skill.

Brace: A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid 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).

Bracer: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

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:

1. must be attentive
2. must not be involved in other choreography
3. must make physical contact with the top person upon catching
4. 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.

Coed Style Toss: A toss skill that involves a single base grabbing the top person at the waist and tossing the top person from ground level.

Cradle: A dismount in which the top person is caught in a cradle position.

Cradle Position: Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.

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 to a cradle or the performing surface.

Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.).

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.

Double-Leg Stunt: See "Stunt".

Double Cartwheel: An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

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.

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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 Position: A top person, in an upright position, supported by a base(s) with the base(s) arms fully extended. 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 extended in an upright position over the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie. Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(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.)

Extension Prep: See "Prep".

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

Flip (Stunting): A stunting skill that involves hip-over- head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

Flip (Tumbling): A tumbling skill that involves hip- over-head rotation without contact with the performing surface as the body passes through the inverted position.

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 in an inverted body position and rotate to a non-inverted body position.*)

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

Front Limber: A non-aerial tumbling skill where the athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performance surface landing on both feet/legs at the same time.

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

Front Walkover: A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Full: A 360 degree twisting rotation.

Ground Level: To be on the performance surface.

Half (Stunt): See "Prep".

Hand/Arm Connection: The physical contact between 2 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.

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Hanging Pyramid: A pyramid in which 1 or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and 1/2 high pyramid due to the weight of the top person being borne at the 2nd level.

Helicopter Toss ("Helicopter"): A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis (Twisting in Stunts): An invisible line drawn from front to back through belly button of the top person.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

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 that involves a change in body position during a jump. (e.g. a toe touch, pike, etc.)

Jump Turn: Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

Kick Double Full ("Kick Double"): A skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full: Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: See "Drop".

Layout: An airborne tumbling skill that involves a hip over-head rotation in a stretched, hollow body position.

Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

(Second Level) Leap Frog: Same as a "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Leg/Foot Connection: The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty: A stunt in which the base(s) hold 1 foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

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.

Log Roll: A release move in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Mount: See "Stunt".

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:

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

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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.

Onodi: Starting from a back-handspring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

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

Pancake: A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

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

Platform Position: A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

Prep (stunt): A multi base, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

Prep-Level: The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit, etc.). 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. (e.g. flatback, straddle lifts, chair, t-lift, etc.).

Clarification: A stunt is considered below prep level if at least 1 foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, t-lift and shoulder sits are prep level stunts)

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

Prone Position: A face down, flat body position.

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

Punch: See "Rebound".

Punch Front: See "Front Tuck".

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: When the top person becomes free of contact with all people on the performance surface; see "Free Release Move"

Rewind: A free-flipping release move from ground level used as an entrance skill into a stunt.

Round Off: Similar to a cartwheel except the athlete lands with 2 feet placed together on the ground instead of 1 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 from the performance surface by one or more bases.

Second Level Leap Frog: Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Series Front or Back Handsprings: Two (2) 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).

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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).

Show and Go: A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

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

Single-Based Double Cupie: A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie"

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.

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 trained in proper spotting techniques.

The spotter:

- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- 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 1 person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a 2-leg stunt, the base of 1 of the legs is not allowed to also be considered the required spotter (regardless of the grip).

NOTE: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST 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 1 foot at a time as opposed to landing on both feet simultaneously.

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.

Straight Ride: The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt: Any skill in which a top person is supported above the performance surface by 1 or more persons. A stunt is determined to be "One (1) Leg" or "Two (2) 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 than the skill will be considered a "Two (2) Leg" stunt.

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Suspended Roll: A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

Suspended Forward Roll: A suspended roll that rotates in a forward rotation. See “Suspended Roll”. **Suspended Backward Roll:** A suspended roll that rotates in a backward rotation. See “Suspended Roll”.

T-Lift: A stunt in which a top person with arms in a t- motion is supported on either side by 2 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.

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 1 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.

Torso: The midsection/waist area of an athlete’s body.

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 the performance surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See “Release Moves”)

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

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

Transitional Pyramid: A top person moving from 1 position to another in a pyramid. The transition may involve changing bases provided at least 1 athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt: Top person or top persons moving from 1 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 ¼ or ½ 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 performance surface.

Twist: An athlete performing a rotation around their body’s vertical axis. (vertical axis=head to toe axis)

Twisting Stunt: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person’s hips in relation to the performance surface. Twisting will be measured by using both the “Vertical Axis” (head-to-toe) and “Horizontal Axis” (through belly button in a non-upright position).

Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twist/rotation, starts a new transition.

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Twisting Toss: A toss in which the athlete rotates around their body's "Vertical Axis"

Twisting Tumbling: A tumbling skill involving hip overhead rotation in which an athlete rotates around their body's "Vertical Axis".

Two (2) 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 performance 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 2 persons high". "Passing above 2 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 (2 and ½) High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least 1 other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half (2 and ½) High Pyramid" is measured by body lengths as follows: chairs, thigh stands, and shoulder straddles are 1 and ½ body lengths; shoulder stands are 2 body lengths.

Upright: A body position of a top person in which the athlete is in a standing position on at least 1 foot while being supported by a base(s).

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.

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.

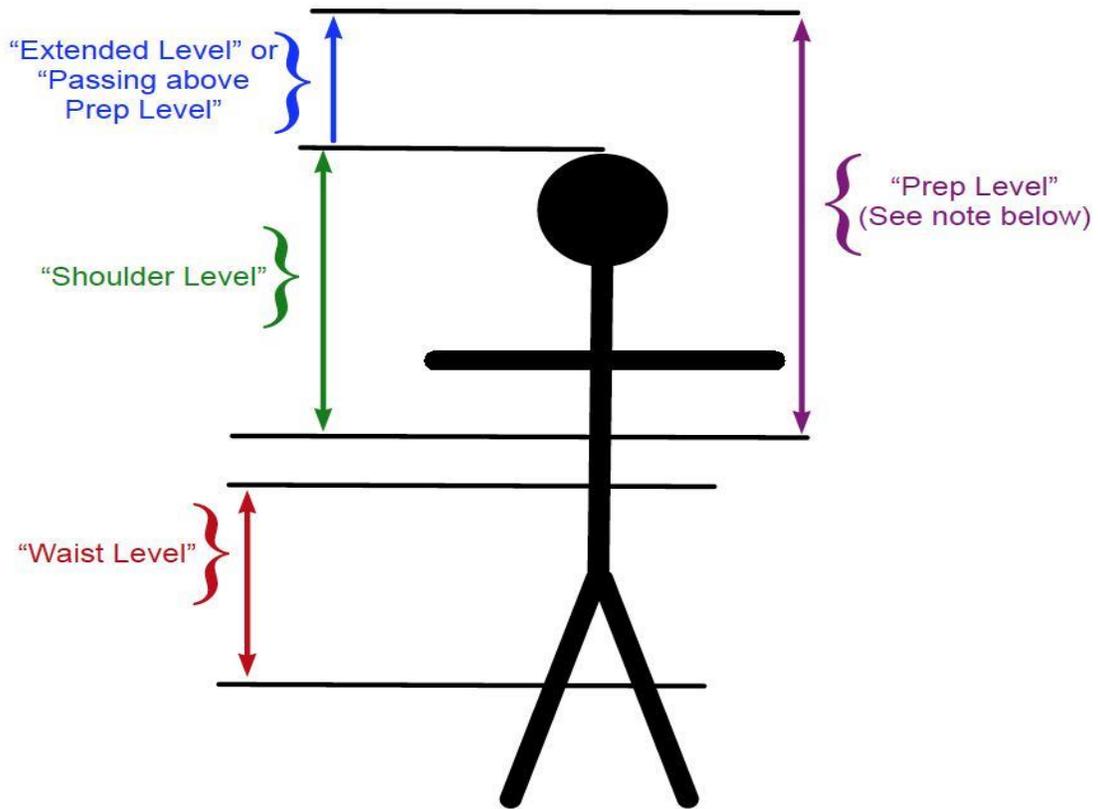
Examples of stunts that are considered waist level: All 4s position-based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, based on the point of connection to the base(s), and are not considered a Waist Level stunts.

Walkover: A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from 1 or both hands.

Whip: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

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.

CHEERLEADING DIAGRAM REFERENCE



NOTE: Holding a stunt above the head may also be considered Prep Level (not Shoulder Level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended "V" sit .