



**2025-2026**

**Club Stunt Rule Book**

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## SUMMARY OF CHANGES 2025-2026

- 18U Club Stunt has been split into two seasons of play, Fall and Spring. The only difference in the two seasons is the required number of partner stunts played for each in Quarter 1 & 4.
- One (1) gym director may be in the team zone with three other coaches. The director may not move back and forth between the spectators seating area. They may leave to watch or help other teams preparing or playing games.
- Added Glossary for details on all skills.

## AGE GRID

LEAGUE AGE – Age as of June 1, 2025

6U: 4-6 years old

8U: 5-8 years old

11U: 8-11 years old

14U: 11-14 years old

18U: 14-18 years old

An athlete 18 years old as of June 1, 2024, is eligible to play on an 18U STUNT team regardless of high school graduation status.

[illegible]

## CLUB REGISTRATION

New Club Registration: <https://dingdinggameday.com/club-registration/>

Club Registration Renewal: <https://dingdinggameday.com/renewal-login-page/>

Club STUNT Registration Fee: \$250

All gyms must be registered to receive the Ding-Ding Gameday Events material and to participate in tournaments and championships.

## ATHLETE REGISTRATION

<https://dingdinggameday.com/athlete-registration/>

All athletes must be registered with Ding-Ding Gameday Events to participate in games.

During registration, athletes must upload a government issued ID, such as Birth Certificate, Passport, or Driver's License.

Athletes may only play on one team roster per tournament weekend. Crossovers are not allowed.

Additional athletes may be added to teams at any time during the season.

The number of athletes on a team is unlimited. Minimum participation must be met to play a full game of STUNT.

## TOURNAMENT REGISTRATION

<https://dingdinggameday.com/tournament-registration/>

All teams must complete registration prior to the specified deadline.

**Tournament Entry Fees:** \$100 per team

Late Fee Policy: A \$50 late fee per team will be applied to registrations submitted after the registration deadline. Acceptance of late entries is at the discretion of Ding-Ding Gameday Events.

**Championship Event Fees:** \$100 per team and \$50 per athlete.

Team rosters must be turned in **48 hours** before each tournament. They need to include Team name, age division, athlete names, and jersey numbers.

# CLUB STUNT INFORMATION

## FIELD OF PLAY

- Each team plays on the dimensions of four (4) standard 6'x42' cheer mats.
- From the spectator's perspective, the HOME TEAM is on the Left Side. The AWAY TEAM is on the Right Side.
- Spacing: 12-inch white tape strips will be placed 10-ft apart starting from the front of the mat.
- STARTING FORMATIONS: Are scored by the STUNT officials. Check each age divisions 8-count sheet file to determine the correct starting position for each routine.

## TEAM ZONE

- The space between each team's *field of play* and the team bench area, extended to the wall.

## RESTRICTED ZONES

- **In FRONT of the *field of play*** – This area is defined as the area directly in front of the main floor.
- **NEUTRAL ZONE** – This area is defined as the center mat.  
*The referee and officials are the only ones allowed in this area.*
- **BEHIND the *field of play*** – This area is defined as the area directly behind the main floor mats.  
*Athletes may use this area during the 4<sup>th</sup> Quarter only.*

## TEAM ZONE VIOLATION

- A TEAM ZONE VIOLATION will be applied in the event a coach, athlete, or other team personnel leave the designated team zone area at any time *AFTER the warmup has begun.*
- This applies to all timeouts, quarter breaks, and halftime.
- The following exceptions apply: Coaches, athletes or other team personnel may exit the team zone if seeking treatment or attention from an athletic trainer stationed outside of the team zone. They may exit the team zone to use the facility's restroom at any time.

## GAME OUTLINE

- Roster confirmation and Nail/Jewelry check.
- 15-minute Warmup (unless changed by the tournament director).
- National Anthem and Announcements at 1<sup>st</sup> Game of the day.
- Rule Review & Coin Toss (if applicable).
- Quarter 1 – Partner Stunts
  - 2-minute Quarter break
- Quarter 2 – Pyramids & Tosses
  - 8-minute Half Time
- Quarter 3 – Jumps & Tumbling
  - 2-minute Quarter break
- Quarter 4 – Team Performance

# DIVISIONS

## 6U DIVISION

6U is a developmental division for the purpose of PERFORMANCE ONLY.

Athletes will not be scored by STUNT officials.

There is no minimum or maximum number of athletes required to play.

Sideline is limited to one (1) head coach, two (2) assistant coaches, and one (1) gym director.

Routine 1-3 will be called in order by the referee in quarters 1, 2 & 3.

Routines 1&2 will be called in Quarter 4.

Both teams will be recognized for a great performance.

Tournament awards are not guaranteed in this division.

## OVERVIEW

### **Quarter 1 – 3 Rounds**

Routine 1 & 2: Unlimited number of athletes on the field of play.

Routine 3: 1 group of 4 athletes recommended.

### **Quarter 2 – 3 Rounds**

Routine 1 & 2: Unlimited number of athletes on the field of play.

Routine 3: 2 groups of 4 athletes recommended.

### **Quarter 3 – 3 Rounds**

Routine 1 & 2: Unlimited number of athletes on the field of play.

Routine 3: 7 athletes recommended.

### **Quarter 4 – 2 Rounds**

Routine 1 & 2: Partner Stunts --> Tumbling --> Pyramids

## 8U DIVISION

- Each team needs a minimum of 8 athletes to play a full game. Roster size is unlimited.
- The sideline is limited to one (1) head coach, two (2) assistant coaches, and one (1) gym director.
- There is no coin toss or possession.
- Routines will be called in numerical order 1-4 for quarters 1-3 and routines 1 & 2 for quarter 4.
- In the event of a tie, there will not be overtime in regular season games. Championship games will use overtime to determine a winner (*Please see overtime rules for details*).
- Each team gets three (3) 1-minute timeouts to use throughout the game.

## OVERVIEW

### Quarter 1 – 4 Rounds

Routines 1 & 2: (2) groups of 4 athletes required.

Routines 3 & 4: (1) groups of 4 athletes required.

### Quarter 2 – 4 Rounds

Routines 1–4: 8 athletes required.

### Quarter 3 – 4 Rounds

Routines 1–4: Require 7 athletes.

### Quarter 4 – 3 Rounds

Routines 1–3 in order: Combination of first three quarters. Example:

Partner Stunts 1 --> Jumps & Tumbling 1 --> Pyramids & Tosses 1



## 11U & 14U DIVISION

- Each team needs a minimum of 8 athletes to play a full game. Roster size is unlimited.
- Sideline is limited to one (1) head coach, two (2) assistant coaches, and one (1) gym director.
- A Coin Toss will determine possession at the beginning of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. The Home Team will decide HEADS or TAILS.
- The winner of the coin toss will choose to keep possession in the 1<sup>st</sup> quarter or defer to the 3<sup>rd</sup> quarter. The opposing team will take the possession not selected.
- Possession within each quarter is determined by wins and team forfeits. (*Please see possession section for more details*)
- The team with less points at the end of the 1<sup>st</sup> quarter will start with possession in the beginning of the 2<sup>nd</sup> quarter. The team with less points at the end of the 3<sup>rd</sup> quarter will start with possession in the beginning of the 4<sup>th</sup> quarter.
- Coaches must show their routine selection to the referee from the FRONT of the *Team Zone*.
- There is overtime in these age divisions. (*Please see overtime rules for details*)
- Each team gets three (3) 1-minutes timeouts to use throughout the game.

## OVERVIEW

### Quarter 1 – 4 Rounds

Routines 1–3: two (2) groups of 4 athletes required.

Routines 4-6: one (1) group of 4 athletes required.

### Quarter 2 – 4 Rounds

Routines 1–6: 8 athletes required

### Quarter 3 – 4 Rounds

Routines 1–6: 7 athletes required

### Quarter 4 – 3 Rounds

Combination of first 3 quarters. Example:

Partner Stunts 2 --> Jumps & Tumbling 2 --> Pyramid & Tosses 2

# 18U FALL DIVISION

- Each team needs a minimum of 12 athletes to play a full game. Roster size is unlimited.
- Sideline is limited to one (1) head coach, two (2) assistant coaches, and one (1) gym director.
- A Coin Toss will determine possession at the beginning of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. The Home Team will decide HEADS or TAILS. The winner of the coin toss will choose to keep possession in the 1<sup>st</sup> quarter or defer to the 3<sup>rd</sup> quarter.
- Possession within each quarter is determined by wins and team forfeits. (*Please see possession section for more details*)
- The team with the least points at the end of the 1<sup>st</sup> quarter will start with possession in the beginning of the 2<sup>nd</sup> quarter. The team with the least points at the end of the 3<sup>rd</sup> quarter will start with possession in the beginning of the 4<sup>th</sup> quarter.
- Coaches must show their routine selection to the referee from the FRONT of the Team Zone.
- There is overtime in this age division. (*Please see overtime rules for details*)
- Each team gets three (3) 1-minutes timeouts to use throughout the game.

## OVERVIEW

### Quarter 1 – 4 Rounds

Routines 1–2: three (3) groups of 4 athletes required.

Routines 3-4: two (2) groups of 4 athletes required.

Routines 5-6: one (1) group of 4 athletes required.

### Quarter 2 – 4 Rounds

Routines 1–6: 12 athletes required.

### Quarter 3 – 4 Rounds

Routines 1–6: 7 athletes required.

### Quarter 4 – 3 Rounds

Combination of first 3 quarters. Example:

Partner Stunts 3 --> Jumps & Tumbling 3 --> Pyramid & Tosses 3

# 18U SPRING DIVISION

- Each team needs a minimum of 12 athletes to play a full game. Roster size is unlimited.
- Sideline is limited to one (1) head coach, two (2) assistant coaches, and one (1) gym director.
- A Coin Toss will determine possession at the beginning of the 1<sup>st</sup> and 3<sup>rd</sup> quarters. The Home Team will decide HEADS or TAILS. The winner of the coin toss will choose to keep possession in the 1<sup>st</sup> quarter or defer to the 3<sup>rd</sup> quarter.
- Possession within each quarter is determined by wins and team forfeits. (*Please see possession section for more details*)
- The team with the least points at the end of the 1<sup>st</sup> quarter will start with possession in the beginning of the 2<sup>nd</sup> quarter. The team with the least points at the end of the 3<sup>rd</sup> quarter will start with possession in the beginning of the 4<sup>th</sup> quarter.
- Coaches must show their routine selection to the referee from the FRONT of the Team Zone.
- There is overtime in this age division. (*Please see overtime rules for details*)
- Each team gets three (3) 1-minutes timeouts to use throughout the game.

## OVERVIEW

### Quarter 1 – 4 Rounds

Routines 1-3: two (2) groups of 4 athletes required.

Routines 4-6: one (1) group of 4 athletes required.

### Quarter 2 – 4 Rounds

Routines 1-6: 12 athletes required.

### Quarter 3 – 4 Rounds

Routines 1-6: 7 athletes required.

### Quarter 4 – 3 Rounds

Combination of first 3 quarters. Example:

Partner Stunts 3 --> Jumps & Tumbling 3 --> Pyramid & Tosses 3

# SCORING

Please show respect to officials, referees and Ding-Ding Staff.

## PARTNER STUNTS, PYRAMIDS, AND TOSSES

### Minor 1 – 1 deduction point

- Stunt bobbles – per athlete
- Steps under stunts – per group
- Missed or wrong motions – per athlete
- Incorrect opening formation – overall
- Pyramid connections and spacing – overall
- Incorrect target vs. Extension – per group
- Synchronization – overall
- Incorrect counts – overall
- Out of bounds – each athlete
- Poor technique – each athlete

### Minor 2 – 2 deduction points

- Poor Execution AND Technique – each athlete
  - Example: A baja with bent knees AND a low cradle catch
  - Step or Scooch into a standing tumbling skill

### Major 1 – 4 deduction points

- Modifying a skill outlined in the 8-count sheets
- Omitting a skill from a routine
- A fall or complete drop of an intended level (ex. Extension land in prep)
- Use of spotter support or catch during a routine

### Major 2 – 6 deduction points

- A fall that hits the ground, or is deemed unsafe by the scoring officials

## QUARTER 1 & 2 POINTS

The team with the least amount of deduction points will be awarded one (1) point after each round.

If each team receives the same number of deduction points, the round will end in a tie. Both teams will be awarded one (1) point.

# JUMPS AND TUMBLING

## Minor 1 – 1 deduction point

- Misses or wrong motion – each athlete
- Synchronization – overall
- Incorrect counts – overall
- Poor technique – each athlete
- Steps out of tumbling – each athlete
- Bobbles in landing – each athlete
- Incorrect starting formation – overall
- Out of bounds – each athlete
- Landing skills with feet apart – each athlete

## Minor 2 – 2 deduction points

- Poor Execution AND Technique – each athlete
  - Example: Standing back handspring with froggy legs AND a slow snap down
  - Example: Toe Touch with chest down AND feet apart in landing
- Step or scooch into standing tumbling skill

## Major 1 – 4 deduction points

- Modifying a skill from the 8-count sheet
- Omitting a skill from the 8-count sheet
- Hands touch down in landing
- Knees on the ground out of a skill

## Major 2 – 6 deduction points

Unsafe fall (head/neck in danger)

## QUARTER 3 POINTS

The team with the least amount of deduction points will be awarded one (1) point after each round.

If each team receives the same number of deduction points, the round will end in a tie. Both teams will be awarded one (1) point.

## QUARTER 4 SCORING

Each section of the 4<sup>th</sup> quarter will be scored individually.

Deduction points will be accumulated from minors and majors based on the same scoring procedures as quarters 1, 2, and 3.

### Minor 1 – 1 deduction point

- Starting formation is scored at the beginning of each section.
- At the end of partner stunts, athletes must initiate a Pop Off dip on '3' of the 10<sup>th</sup> 8-count.
- Exception: 6U, 8U, and 11U may bump down to a smoosh.
- Jumps & tumbling transition into the *field of play* may not start until '5' of the 10<sup>th</sup> 8-count.
- At the end of Jumps & Tumbling, athletes must stand clean on '3' of the 21<sup>st</sup> 8-count.
- Pyramid & Tosses transition into the *field of play* starts on '5' of the 21<sup>st</sup> 8-count.
- Athletes may ONLY enter from the *team zone* or behind the *field of play* for all 4<sup>th</sup> quarter transitions.

## QUARTER 4 POINTS

The team with the least number of deduction points will be awarded one (1) point per section of the 4<sup>th</sup> quarter.

If each team receives the same number of deductions points, the section will end in a tie. Both teams will be awarded one (1) point for that section.

Each sections points will be added together for a total out of 3 possible points.

Example:	Partner Stunts	Jumps and Tumbling	Pyramid and Tosses
<b>Team A</b>	1 point	tie	1 point
<b>Team B</b>	0 points	tie	0 points

Team A will receive a total of 3 points.

Team B will receive a total of 1 point.

# GAME ELEMENTS

## OVERTIME

In the event of a tie at the end of regulation play, the Referee will call the coaches to the center of the mat to review overtime procedures. There is NO possession or coin toss in overtime. Routine 1 from Quarter 4 will be performed by both teams. The team that wins the round is declared the winner of the game. If the round results in a tie, the routine level will advance to Quarter 4 Routine 2. This process will repeat until a winner is determined. If overtime extends past the highest routine level without a winner, the process will start over with Routine 1 until there is a winner. Overtime rounds are performed and scored the same as Quarter 4 regulation play. **Teams have one (1) 60-second timeout between each round in overtime.** Unused timeouts from regulation play do NOT carry over into overtime.

If Quarter 4 Routine 1 was played in the last round of the game, teams will automatically begin overtime with Quarter 4 Routine 2.

## BOUNDARY VIOLATIONS

An athlete that touches any portion of the area outside of their team's designated *Field of Play* while a routine is in progress is OUT OF BOUNDS.

Touching the white lines connecting the *Neutral Zone* to the *Field of Play* is NOT considered Out of Bounds. Stepping into the *Neutral Zone* or off the mat space IS considered Out of Bounds.

Boundary Violations can only be applied by Scoring Officials. Referees may not notify scoring officials when they see an athlete perform Out of Bounds.

Each violation will be given a Minor 1 deduction for that round.

## SPOTTERS

Designated coaches or athletes may enter the *Field of Play* during a partner stunt or pyramid routine to spot.

Spotters must be wearing opposing colors from their team uniforms. Officials must be able to recognize spotters as non-performers. If they do not stand out, a verbal warning will be issued.

**Spotters may count and talk while they are in the Field of Play. If they are loud enough to cause a disturbance for the other team or officials, a verbal warning will be issued. If the disturbance continues, a technical foul will be given to the team.**

If a spotter assists with a stunt or touches the group during a dismount or fall, the team will be scored with a Major 1 (4-point) deduction.

# GAME ELEMENTS

## COIN TOSS

The referee will call coaches and captains to the Neutral Zone following the end of warm up.

The Referee will review game basics with each team at this time:

Number of timeouts (3); Sportsmanship; No technology in the Team Zone; No Counting at a distracting volume; whistle will START and STOP the music.

The referee will toss the coin, and the HOME TEAM will announce heads or tails.

The winner of the coin toss has the option to keep possession for Quarter 1 round 1 or defer until Quarter 3 round 1.

The loser of the coin toss will automatically be given possession for the 1st or 3rd quarter that was not selected by the winner.

Example: Home team wins coin toss and chooses to defer until 3rd quarter. The away team will assume possession for quarter 1 round 1.

## POSSESSION

Possession in the first round of the 1st and 3rd quarter is determined by the coin toss at the beginning of the game.

Possession after the first round is given to the team that wins the point from the round.

If the round results in a tie, possession will alternate to the team that did not call the last round.

Possession for the first round of the 2nd and 4th quarter will go to the team with the least number of points after the 1st and 3rd quarter.

If the score is tied entering the 2nd or 4th quarter, possession will be given to the team that did not call the last round.

When a team forfeits, they will receive possession for the next round. If the team forfeits again, possession will alternate to the team that did not call the forfeit. Possession will continue to alternate until the forfeiting or quarter end.



# FORFEIT

A team may forfeit a round if they do not have the routine, or to force the opposing team to perform under harder scoring standards.

**QUARTER 1** - Partner stunt routines must be executed with less than eight (8) deduction points for the performing team to receive a point.

**QUARTER 2** – Pyramid and Toss routines must be executed with less than eight (8) deduction points for the performing team to receive a point.

7 or less deduction points = 1 point awarded

8 or more deduction points = NO SCORE

**QUARTER 3** – Jumps and Tumbling routines must be executed with less than twelve (12) deduction points for the performing team to receive a point.

11 or less deduction points = 1 point awarded

12 or more deduction points = NO SCORE

**QUARTER 4** – Each round will be scored individually per the standards of that section.

Teams may choose to forfeit one or two sections of the 4th quarter. If this is done, they will not enter the floor for the forfeited section(s).

Transitions to/from the field of play are scored the same as regulation 4th quarter play.

A team **MUST** Forfeit all 3 sections of a 4th Quarter round to receive possession for the next round. If a team plays one section of a 4th quarter round, they will be officiated for that section and possession will go to the team who scored the most points.

**SELF FORFEIT:** The team with possession will call a routine and immediately forfeit the routine. The opposing team may take the floor and perform under forfeit standards to earn the point, OR

**DOUBLE FORFEIT:** Forfeit the round and not take the floor. In a double forfeit, the round is over, and possession will alternate for the next routine to be called.

# INJURY PROTOCOL

## QUARTERS 1-3 INJURY PROTOCOL

An athlete, coach, or official may stop the routine at any point to assess a suspected injury.

Officials will continue to score until the referee blows the whistle or the music ends.

If the routine is stopped, the round is done and will not be played again.

A Major 1 is given to the team with the injury regardless of how many athletes are hurt.

Officials will calculate what they scored leading up to the injury, in addition to the injury deduction, then award the points.

[After the injury is assessed, a 2-minute time out will begin.](#) Teams may also use their 1-minute timeouts, if needed.

If the injured athlete cannot be replaced for future rounds, teams can choose to forfeit the rounds.

## QUARTER 4 INJURY PROTOCOL

Officials will continue to score until the whistle is blown.

The injury will be assessed, and officials will give a Major 1 to the injured team.

If the injury was not in the third section (pyramids) of the 4th quarter, teams will need to perform the other section(s) to finish the round. The section with the injury WILL NOT be replayed.

[A 2-minute injury timeout will be given after the injury is assessed.](#) During this time, the team must remove the injured athlete from all other sections of the round. Teams may use their 1-minute time outs, if necessary.

When the team is ready, both teams will stand in their team zone at the start of the music. Teams will begin playing after the section the injury occurred in.

Officials will calculate the deductions and award the results for each section.

If the injury prevents the athlete from continuing to play, the team may forfeit the round. The opposing team will be scored according to standard forfeit procedures.

# MUSIC MALFUNCTION

If there is a music malfunction, the referee will blow the whistle to stop the round.

In quarters 1-3, teams will reset for the current routine and perform from the beginning with music.

Any modified or omitted skills leading up to the music malfunction will be given a Major 1.

Officials will restart scoring when the music malfunction occurred.

In quarter 4, if any section of the routine was completed before the music malfunction, teams will NOT need to perform that section again.

Example: A music malfunction occurs in jumps and tumbling.

Teams will stay in the team zone for partner stunts because it was completed, then they will enter the floor for jumps and tumbling and finish with pyramid section.

All skills in the section with the music malfunction must be performed. Any modified or omitted skills leading up to malfunction will be given a Major 1.

Standard scoring resumes at the point of the music malfunction.

## Uniforms

**JERSEYS:** Jerseys may be long sleeve, short sleeve, or sleeveless. All jerseys shall have an identifying team name, abbreviation, official school logo, or mascot visible on the front.

**NUMBERS:** Numbers shall be placed on the front and back of the jersey. Numbers on the front of the jersey shall be a minimum of four (4) inches in height and visible. Numbers on the back of the jersey shall be a minimum of six (6) inches in height and visible. Numbers shall be a color that contrasts with the jersey color and may be bordered by no more than ½ inch border of any color(s). Duplicate numbers are NOT PERMITTED to be worn by members of the same team. A roster may include a 0 or 00, but not both.

**COMPRESSION SHORTS:** All players shall wear spandex/compression shorts of the same color and design. Shorts may include the athlete's number, or a matching team logo no larger than (3) inches in height.

# TECHNICAL FOULS

## JEWELRY AND NAILS

Jewelry and acrylic or long nails will be checked during the referee check-in at the beginning of each game. This is considered a verbal warning for all athletes to remove jewelry and shorten nails prior to start time.

During the game, if the referee sees jewelry or a nail violation, they will call a technical foul.

If a technical foul is given, the opposing team will automatically receive one (1) point. The athlete must remove the jewelry or fix nails to stay in the game.

If the athlete is unable to remove the jewelry or shorten nails, they will not be allowed to continue in the game. EXCEPTION: Medical or religious jewelry may be accepted. It must be approved by the referee prior to the start of the game.

## TEAM ZONE VIOLATION

In the event of a TEAM ZONE VIOLATION by any team personnel, the team will first receive one (1) verbal warning from the Referee. Further violations will result in a TECHNICAL FOUL.

After the Technical Foul, the opposing team will be automatically given one (1) point.

TEAM ZONE EXCEPTION: Gym directors may move from Floor A to Floor B in the event two of the gym's teams are playing at the same time. **Directors MAY NOT move back and forth from the spectator's viewing area to the Team Zone.**

## TEAM CONDUCT

Undesirable or aggressive behavior from a coach, athlete, parent, or the audience will result in a verbal warning from the referee or officials.

If poor conduct continues, a Technical Foul will be given, and the opposing team will receive (1) point. Further misconduct will result in an ejection from the game and venue.

**Any delay of game or refusal to play** that last longer than five (5) minutes will be given a Technical Foul. If the game does not resume after ten (10) minutes the team will be forced to forfeit. The opposing team will be announced the winner regardless of the score when the delay occurs.

# TECHNICAL FOULS

## COUNTING

Counting loud enough that it becomes a distraction is not allowed. Counting is allowed but must not exceed a volume that competes with the music volume or the opposing team's sideline in a manner that is distracting. An opposing team or official may report this to the Referee, who will then deliver the verbal warning to the offending team. If a team continues to count too loud, a Technical Foul will be given by the referee. The opposing team will receive one (1) point.

## ELECTRONICS

Electronics are NOT allowed on the sideline. This includes cell phones, smart watches, tablets, and any other device that could provide communication with anyone outside of the Team Zone.

If officials see an electronic device in the Team Zone, the team will be given a verbal warning.

An additional violation will result in a Technical Foul. The opposing team will automatically receive one (1) game point.

Electronics must be stored away from the start of warm up until the last round of the 4th quarter. They may NOT be used during quarter breaks or half time.

## EJECTION FROM THE GAME

A third instance, or continued disobedience after a verbal warning and initial technical foul will result in an ejection from the game. The individual(s) who is ejected will be removed from the venue for the entire day. If there is no compliance, the team being represented will be forced to forfeit that game.

## PROHIBITED ITEMS

- Hair ribbons exceeding 1" in width.
- Jewelry must be completely removed, not covered or plugged.
- Long fingernails must be trimmed to the end of the finger.
- Casts, metal braces, splints, guards, etc.
- Unathletic footwear (ex. Stilettoes).

# CHAMPIONSHIP GAMES

During the final bracket of a championship elimination tournament, officials will be using recording devices to assist in scoring high stake games.

Recording will NOT be used for regular season play.

## ALLOWABLE COACH'S CHALLENGE

Video review will allow coaches to challenge an official's call during Championship games ONLY.

Each team will get one (1) challenge per half. Unused challenges do not roll over to the second half.

There are no challenges in overtime.

To signal for a coach's challenge, place arms overhead and rotate in a circular motion. Challenges must be called before the next routine is announced to the referee.

A team must have a 60-second timeout left to challenge a call.

Allowable challenges include:

1. Modifications
2. Omissions
3. Incorrect Counts/Incorrect Motions
4. Fall (or drop a full level)
5. Out of Bounds

The coach will tell the referee the allowable challenge, the exact 8-count it is performed, and the skill that is in question.

If a coach tries to call a challenge that is not allowable, their team will automatically lose a 60-second timeout.

After review, officials will determine if the challenge is correct.

If officials missed the call, it will be added to the deductions for the round.

When updated deductions are enough to change the outcome of the round, the team that challenged wins the challenge.

If the challenge does not change the round score, the challenging team lost the challenge and will lose a 60-second timeout.

Once a challenge motion has been initiated to the referee, that team will not be able to use another challenge for the half regardless of the challenge outcome.

# Age Exemption Waiver

**To help with the growth of Club Stunt, Ding-Ding Gameday will allow clubs to submit an Age Exemption Waiver for review.**

*If a STUNT Club can NOT field a team for an athlete's age division, they may submit an Age Exemption Waiver Form to Ding-Ding Gameday Events for consideration to be an eligible team member within the established guidelines. The Age Exemption Waiver Form must be submitted two weeks prior to a tournament. Failure to meet the deadline will result in the athlete being ineligible for that tournament.*

## **Guidelines:**

- Athlete(s) will not be accepted if the STUNT Club has a team available in their Age Division.
- Ding-Ding Gameday Events will not approve more than (3) athletes per team.
- Upon approval, each Age Exempt athlete(s) may not participate in more than 50% of the routines being played at the tournament. Club Directors must turn in a Routine Tracker Form 48 hours prior to a tournament for officials to reference.
  - 8U- play 6 routines maximum/ 11U, 14U & 18U- play 9 routines maximum.
  - If a team does not have all the routines, they will have to further limit their Age Exempt Athlete(s) participation to accommodate no more than 50% of the routines.
- Only two Age Exempt Athletes are allowed to participate in the same routine at a time.
- Using three athletes in one routine will be considered a violation.
- The team will be given a technical foul without a verbal warning.

## **League Age Exemptions are as follows:**

- 8U- Athletes league aged 9 may play down to 8U.
- 11U- Athletes league aged 7 may play up to 11U.  
Athletes league aged 12 may play down to 11U.
- 14U- Athletes league aged 10 may play up to 14U.  
Athletes league aged 15 may play down to 14U.
- 18U- Athletes league aged 13 may play up to 18U.

# Glossary

## TERMS for the 8-Count Sheet

**8-Count Block** – A specific 8-count section on the 8-count sheet, beginning on “1” and ending on “8.”

**Clean** – A position in which an athlete is standing, with or without feet together, and arms by their side.

**Connect** – The count on which the top person and bracer make hand-to-hand or hand-to-foot contact.

**Dip** – The movement in which an athlete bends at the knee(s) prior to an upward movement. This applies to the top person before a load, as well as the base(s) moving the top person into a stunt position.

**Grab** – The count on which a connection is made between athletes prior to a skill.

**Initiate** – The start of a specific movement or skill.

**Lift Up** – A 2-count upward movement executed before the tap on the performing surface in walk-in stunt and toe-pitch elements.

**Move** – A moment in the routine where athlete(s)/group(s) may, but are not required to, transition to a new spot.

**Pop** – A controlled upward release by the base(s) to initiate a dismount, release transition, or increase the height of the top person.

**Press** – A movement in which the top person is supported at shoulder level and lifted to extended level by the base(s).

**Reach** – The movement in which an athlete’s hands or arms move toward the ground, another athlete, or a skill.

**Set** – The position in which a stunt group starts a skill from the performing surface, prior to the first movement to initiate the skill (usually a dip). See Set Positions.

**Set Out** – The count on which the top person should be set on the performing surface following the completion of a stunt or pyramid element.

**Sponge** – A continuous movement passing through the load position into the upward movement of a stunt.

**Tap** – A continuous movement in which the top person touches the performing surface with the non-supported foot, either during a walk-in or toe-pitch element, or from a bump down out of a stunt, prior to the next upward movement.

**Throw** – The upward movement executed by the base(s) to move a top person into another stunt or pyramid position, skill, or set of bases.



## Set Positions

**Set** – The position in which a stunt group begins a skill from the performing surface, prior to the first movement to initiate the skill (usually a dip).

**Basket Toss** – The top person is in a one-foot or two-foot set position with hands on the shoulders of the bases. The back spot's hands are on the waist of the top person, and the bases' wrists are interlocked at approximately waist level.

**J-Toss** – The top person has one foot in the hand(s) of the main base, the other foot on the performing surface, and hands on the wrists of the back spot or connected to bracers. The side base grasps the thigh area of the support leg, and the back spot's hands are on the waist of the top person.

**One-Foot (1ft)** – The top person has one foot in the hands of the bases, the other foot on the performing surface, and hands on the shoulders of the bases or connected to bracers. The bases hold one foot of the top person, and the back spot (if applicable) braces under the hips.

**Peg Leg** – The top person has one foot on the performing surface and the other foot/leg extended at approximately a 90° angle, supported by the hands of the bases.

**Quick Toss** – The top person has both feet on the performing surface with hands on the wrists of the back spot or connected to bracers. The bases grasp the thigh area of the legs, and the back spot's hands are on the waist of the top person.

**Shoulder Sit** – The top person faces the back of the back spot with one foot forward and arms in a high-V. The back spot is bent in front of the top person, facing away, while the base faces the side of the back spot.

**Thigh Stand** – The bases are in a lunge position with the back leg straightened. Arm positions are optional. The positioning of the top person and back spot (if applicable) varies based on the thigh stand variation.

**Toe Pitch** – The top person has one foot in the hand(s) of the bases, the other foot on the performing surface, and hands on the wrists of the back spot or connected to bracers. The back spot's hands are on the waist of the top person.

## Skills Specific to Stunts, Pyramids, and Tosses

**360** – A release transition in which the top person makes a full rotation around the hip axis, spinning over the right shoulder. The skill may begin and end at the same level, or finish at a higher level than the starting position.

**360 Pop Off** – A dismount in which the top person is fully released from the base(s), spins 360 degrees over the left shoulder, and returns to the performing surface. The base(s) make controlled contact before landing to slow the top person's momentum.

**Back Spot (Back)** – An athlete positioned behind the stunt in relation to the top person, with primary responsibility to protect the head, neck, and shoulders while assisting in stability and control.

**Baja** – A stunt element in which the top person performs a forward hip-over-head rotation with support from a single base.

**Ball Down** – A release skill where the top person is dismounted by the base(s) to one or more levels lower than the starting position, tucking the legs to the chest during the descent.

**Ball Up** – A transition skill in which the top person pulls the knees to the chest in a tuck/ball position during the release phase, then extends to complete the skill before being caught.

**Ball X** – A transition skill in which the top person moves from a tuck/ball position into a straddle “X” position with arms and legs extended.

**Base** – An athlete in direct weight-bearing contact with the surface who provides primary support for another athlete.

**Basket Toss (BT)** – A release skill in which the bases interlock hands/wrists to create a basket grip. The top person stands in the interlocked grip at waist level before being tossed into the air.

*A basket toss grip may also be used as an entry into a stunt or pyramid, as designated on the 8-count sheet. The defining feature is the interlocked hands/wrists grip by the bases at initiation.*

**Back Walk-Out (BWO)** – A skill beginning from cradle position. The top person arches backward, leading with one leg into continuous rotation. The hands contact the surface as the body passes through a handstand, and the skill finishes with both feet landing in a standing position on the surface.

**Braced Flip** – A pyramid element in which the top person performs a hip-over-head rotation while being released from the bases on the ground and maintaining contact with at least one bracer.

**Braced Roll** – A pyramid element in which the top person performs a hip-over-head rotation while maintaining contact with at least one bracer and one base.

**Bracer** – An athlete in direct physical contact with a top person during a pyramid or stunt. A bracer may be a separate athlete standing on the surface or another top person.

**Bump Down** – A non-release dismount where the top person is lowered to shoulder level or higher, finishing in a sponge, load, or tap position.

**Corkscrew (CS)** – A stunt skill in which the top person maintains contact with at least one base while spinning in an upright position over the left shoulder. The element may begin and end at the same level, or finish at a lower level.

**Cradle** – A dismount position where the top person is caught in a face-up open pike. One arm of each base supports under the back, while the other arm supports under the hip/thigh of the top person.

**Dismount (DM)** – The ending transition from a stunt or pyramid in which the top person finishes in a prone, cradle, load, or on the performing surface.

**Faux Single Base** – A stunt skill in which two bases provide primary support to the top person, with one base positioned beneath to make the skill appear as a single-base stunt.

**Flatback** – A body position in which the top person is parallel to the ground and face-up, supported by the bases. The body may be completely horizontal or form a 90-degree angle at the hips with feet elevated.

**Flip** – An airborne stunt or pyramid element in which the top person performs a hip-over-head rotation.

**Flip Flop** – An entry in which the top person initiates a back handspring into a handstand position, then the base(s) redirect the top person out of the handstand back to an upright position facing forward.

**Front Walk-Out (FWO)** – A skill beginning from a prone position where the top person passes through a handstand with split legs, using the lead leg to drive the forward rotation until returning to a standing position.

**Full Twist Basket Toss** – A basket toss element in which the top person performs a full 360-degree twisting rotation before being caught in a cradle position.

**Full Down** – A dismount in which the top person is released from the base(s) and performs a 360-degree twisting rotation. The skill may end in a cradle, prone, or set position, as indicated on the 8-count sheet.

*Examples of variations:*

- $\frac{3}{4}$  down to prone
- 1- $\frac{1}{4}$  down to cradle
- Double Down

**Grip** – The firm hold, or clasp used by a base and/or top person on a part of the body to load, support, or control someone during a stunt, pyramid, basket, or transition. Most grips are hand-to-foot, but may also include hand-to-shoulder, hand-to-hand, or other variations.

**Half (180) Up** – A stunt movement in which the top person completes half (180°) of a full rotation around the hip axis, spinning over the right shoulder while loading into a skill.

**Inversion (Invert)** – A stunt in which the shoulders of the top person are below the waist. The top person is supported by one or more bases at shoulder level or below.

**J-Toss** – A straight-up stunt beginning with one foot of the top person in the hands of the base(s) and the other foot on the performing surface. The top person flicks from the back spot's wrists, the back spot throws from the waist, the side base throws from the leg or thigh, and the main base lifts from beneath the foot.

**Kick Full** – A basket toss in which the top person performs a single kick with the right leg, followed by a 360-degree twisting rotation before being caught in a cradle position. An additional  $\frac{1}{4}$  turn may be added prior to or during the kick if indicated on the 8-count sheet.

**Leap Frog** – A skill in which the top person transitions in an upright position over the torso of another athlete while maintaining constant contact with that athlete.

**Lever** – A stunt in which the top person is supported on one foot by the base(s) while in an inverted position on a straight support leg. The non-supported leg is straight and aimed upward, while the top person reaches down to grab either their own ankle or the shoulders of the base(s).

**Log Roll** – A skill initiated from a horizontal position (cradle or prone) and rotated over the left shoulder, parallel to the playing surface, before being caught by the bases. The skill may finish at any level above the playing surface.

**Non-release (NR)** – A stunt or pyramid element in which the top person maintains contact with an athlete who remains in contact with the performing surface.

**Pancake** – A downward inversion, hip-over-head rotation in which the upright top person folds forward at the waist and is caught on the back by multiple catchers, while one or both ankles/feet remain in the grip of the back spot.

**Paper Dolls** – A pyramid structure in which multiple single-leg stunts brace each other while maintaining single-leg positions. The stunts may be performed at extended or other levels.

**Pop Off** – A dismount in which the top person is fully released from the base(s) and returns to the performing surface on one or both feet. The base(s) make controlled contact prior to landing to reduce momentum.

**Prone** – A position in which the top person is face-down and horizontal, supported by bases below shoulder level. Transitions into a prone position may be either release or non-release.

**Prone Roll** – A forward roll performed on the playing surface, initiated from a prone position.

**Pull Through** – The action of a top person moving directly into a single-leg body position (e.g., liberty or heel stretch) out of a loading skill such as a 360 or rewind.

**Pump and Go (P&G)** – A continuous motion in which the base(s) move the top person from one level to another.

**Quarter (90) Up** – A stunt movement in which the top person completes a quarter (90°) rotation around the hip axis, spinning over the left shoulder while loading into a skill.

**Pyramid** – Two or more stunts connected at any point to form a structure.

**Quick Toss (QT)** – A release element beginning with the top person standing on the performing surface. The top person flicks from the wrists of the back spot, the back spot throws from the waist, and both main and side bases throw from the leg/thigh area, ending in a stunt position.

**Release** – A stunt or pyramid element in which the top person does not maintain contact with any athlete who is in contact with the performing surface.

**Reload** – A skill or movement in which the top person, positioned in a cradle or prone, is popped to a sponge or load.

**Retake** – A skill or movement in which the top person, starting in a cradle position, is popped to a new position with one foot in contact with the performing surface.

**Rewind** – A release stunt or pyramid skill initiated from the performing surface, in which the top person executes a hip-over-head backward rotation. The skill finishes in a stunt or pyramid position as indicated on the 8-count sheet.

**Round On (RO)** – An entry into a stunt or pyramid in which the top person performs a round-off into a prone-like position, supported by the base(s), and is moved to the stunt level as specified on the 8-count sheet. Bases typically use a basket toss grip unless otherwise indicated.

**Show and Go (S&G)** – A stunt in which the bases drive the top person from waist level through extended level and then return them to the original position. This can be executed on one foot or two feet. On the 8-count sheet, the specific count indicates when the top person should reach extended level.

**Shoulder Sit** – A stunt or pyramid position in which the top person is seated on the shoulders of a base or another top person.

**Shoulder Stand** – A single-base stunt in which the top person stands on the shoulders of the base.

**Shoulder Stand (SS) Pop Down** – A dismount in which the top person is fully released from the base and lands on the performing surface with both feet. The base makes controlled contact before the top person lands to reduce momentum. This skill may be assisted (with multiple bases contacting) or unassisted (with only one base contacting), as indicated in routine materials.

**Single Base (SB)** – A stunt in which one base provides primary support to the top person.

**Straddle Lift** – A stunt skill in which the top person is lifted with each leg extended approximately 45° to the side from the torso. This may be performed at shoulder or extended level and may be part of a pyramid connection supported by two or more bases.

**Straight Ride** – A basket toss in which the top person is released from the bases in a vertical, straight-line position and returns to the bases in a cradle position.

**Stunt** – Any element in which an athlete is supported above the performing surface by another athlete.

**Suspended Roll** – A stunt in which the top person performs a hip-over-head rotation while maintaining hand contact with the base(s).

**Suspended Split or Straddle** – A stunt or pyramid element in which the top person is supported by the base(s) while holding a straddle sit or split position.

**Swedish Fall** – A stunt or pyramid position in which the top person, in a prone position, supports the upper body by placing hands on the shoulders of a base (or another top person), while the lower body is supported by another base (or top person) with extended arms.

**Switch Up** – A release stunt in which the top person starts with one foot in the hand(s) of the base(s) and the other foot on the performing surface. The top person is released upward and caught in a vertical stunt with the opposite leg in the base(s)' hands. Standard execution is left foot to right foot unless otherwise indicated on the 8-count sheet.

**Teddy Bear** – A stunt or pyramid position in which the top person extends both legs straight, forming approximately a 90° angle at the hips in a straddle sit.

**Thigh Stand** – A stunt or pyramid element in which the top person is supported on the upper thigh of the base(s), who are positioned in a lunge with the back leg extended straight.

**Tick Tock** – A release stunt in which the top person switches from one support leg to the other.

**Toe Pitch** – A movement into a stunt or pyramid in which the back spot throws from the hips of the top person while two bases throw from the feet of the top person.

**Top Person (Top)** – An athlete in a stunt or pyramid position who receives primary support from another person or group. The term “flyer” may also be used. A top person may provide support to another top person in a pyramid, often referred to as a “mid-layer” in college pyramids.

**Vault Over** – A stunt or pyramid element in which the top person moves over a base, forward or backward, passing through an inverted position while maintaining hand-to-hand contact with the base(s).

**Walk In** – A stunt or pyramid element in which the top person steps toward the base(s), places the support foot in the hands of the base(s), and the hands on the base(s)’ shoulders in a continuous motion. The base(s) initiate a lift, and the top person pushes off the non-support foot into a stunt or pyramid position.

**Waterfall** – A dismount in which the top person is lowered toward the base(s). The base(s) contact the top person’s back at approximately prep level, allowing the top person to continue a hip-over-head rotation and roll over the base(s) arms to land on the performing surface.

## Tumble-In Elements

**BHS/BER** – The top person stands with their back to the bases, feet together, and arms in a clean position.

**FWO/FHS/CW/RO/Aerial** – The top person faces the bases with one foot forward and arms in a high-V position.

**Rewind** – The top person stands with their back to the bases, arms in a low-V position, with the bases’ hands contacting the lower back and upper thigh area.

**Two-Foot (2ft)** – The top person has both feet on the performing surface with hands on the shoulders of the bases. Bases are in a bent-leg position, preparing to catch the top person’s feet. Back spot’s hands (when applicable) are on the waist of the top person.

**General** – Bases for all tumble-in elements are in a bent-leg position; arm placement may vary depending on the skill.

## STUNT Levels

**Extended Level (EL)** – A stunt level in which the supporting arms of the base(s) are fully extended above their heads in an upright position.

**Ground Level (GL)** – A stunt level in which the top person is supported by, or at the height of, the performing surface.

**Knee Level (KL)** – A stunt level in which the top person is primarily supported by the thigh or upper leg of the base(s) while the base has one knee in contact with the performing surface.

**Shoulder Level (SL)** – A stunt level in which the top person is supported at approximately the shoulder height of the base(s).

**Thigh Level (TL)** – A stunt level in which the top person is primarily supported by the thigh or upper leg of the base(s).

**Waist Level (WL)** – A stunt level in which the top person is supported in the hands of the base(s) at approximately waist height.

**Referring to the levels of initiation and completion of a spinning, flipping, or tick-tock stunt element:**

- **High-to-High** – From extended level to extended level.
- **Low-to-High** – From shoulder level to extended level.
- **Low-to-Low** – From shoulder level to shoulder level.

## Stunt Positions

**One Foot (1ft)** – A stunt or pyramid variation in which the top person is supported on one foot by the base(s) while maintaining a non-inverted position on a straight support leg. Single-foot elements may be performed in various positions, as indicated on the 8-count sheet.

*Examples of positions:* Arabesque, Peg Leg, Heel Stretch, Scale, Hitch, Scorpion, Liberty, Torch

**Two-Foot (2ft)** – A stunt or pyramid element in which the top person is supported by the base(s) on both feet/legs in various positions.

**Extension** – A stunt position in which the top person is at extended level with feet approximately shoulder-width apart. Each foot is held by one set of hands (multi-base) or one foot in each hand (single base).

**Load** – A stunt position in which the top person is in a squat or crouched position with feet together, supported by the bases. The bases' hands are positioned at waist-to-knee height.

**Modified Load** – A stunt position specific to the modified 360 in which the top person crosses legs/feet, allowing the bases to contact both feet at some point during the spin.

**Prep** – A two-foot stunt position in which the top person is supported at shoulder level by the base(s), with each foot held by one set of hands (multi-base) or one foot in each hand (single base), and weight evenly distributed.

**Target** – A stunt or transition position in which the top person's feet are together at extended level. This may serve as a stunt position itself or a temporary position from which the top person changes body position or stunt level.

## Skills Specific to Jumps and Tumbling

- Skills marked with an asterisk (\*) may also be used as entries into, or dismount variations from, stunt or pyramid positions. \*
- Skills marked with a double asterisk (\*\*) may also be performed as variations in basket toss elements. \*\*

**Aerial\*** – A cartwheel or walkover executed without the hands touching the playing surface during the forward or sideward inverted rotation. The skill finishes either in a standing position or in a stunt, as outlined on the 8-count sheet.

**Arabian** – A flipping skill where the athlete completes a ½ turn before initiating a hip-over-head forward rotation.

**Back Extension Roll (BER)\*** – A skill that begins from a seated position on the surface. The athlete rolls backward, lifting the hips upward into a handstand position as the hands contact the playing surface.

**Back Tuck (Tuck)** – A backward flipping skill in which the athlete jumps upward, tucks the body, and rotates backward without contacting the playing surface until landing. This skill can also be performed in a basket toss and caught in a cradle.

**Back Handspring (BHS)\*** – A skill beginning from a standing position where the athlete jumps backward from two feet. The body rotates backward into flight before the hands reach the surface in an extended inverted position. The athlete then pushes through the shoulders (blocking) to complete the rotation, finishing with the feet on the surface or in a stunt, depending on the 8-count sheet.

**Back Walkover (BWO)** – A skill that starts from standing and is initiated by arching backward. The lead leg drives the rotation as the hands contact the surface, and the body passes through a handstand position. The rotation continues until both feet return to the playing surface in a standing position.

**Backward Roll (BWR)** – A skill that begins in or passes through a squat position, moving into a tucked backward rotation. The skill finishes either in a squat or transitions directly into a standing clean position.

**Cartwheel (CW)\*** – A sideways hip-over-head rotation in which the athlete passes through an inverted position and lands one foot at a time in a non-inverted stance.

**Front Handspring (FHS)\*** – A forward rotation skill where the athlete lunges into a handstand, pushes (blocks) through the shoulders, and completes a hip-over-head rotation. The skill finishes on the feet in a standing position or transitions into a stunt with the bases.

**Front Walkover (FWO)\*** – A skill beginning from standing in which the athlete passes through a handstand with split legs, using the lead leg to drive the forward rotation until returning to a standing position.

**Forward Roll (FWR)** – A tucked forward rotation performed on the playing surface, ending in a squat or directly rising to a standing clean position.

**Full** – A free flipping skill where the athlete performs a backward rotating layout combined with a full (360-degree) twist before landing.

**Handstand (HS)** – A controlled, stable inverted position where the athlete balances vertically with body weight supported on the hands.



**Handstand Forward Roll (HSR)** – A skill beginning in a handstand before transitioning into a forward roll. The skill either passes through a squat or ends in one, then rises into a standing clean position.

**Hurdler Jump (FH)** – A jump where the front leg extends higher than parallel to the surface, positioned in front of the torso, while the back leg bends into a flat/hurdle shape parallel to the surface. Arms reach toward the front foot. The athlete jumps and lands facing either the front left or front right corner.

- **Left Hurdler** – Performed with the left leg forward, landing toward the front left corner.
- **Right Hurdler** – Performed with the right leg forward, landing toward the front right corner.  
The clasp before the jump is performed facing the front of the field of play, while the prep motion (e.g., high V or cone) is performed toward the corner.

**Layout (LO)** – A free-rotating tumbling element in which the athlete lifts upward before initiating a hip-over-head rotation, either forward or backward. The body remains straight through the rotation, maintaining tight hips. In a backward layout, the athlete may show a hollow body position; in a forward layout, a slight tight arch is acceptable.

**Onodi** – A tumbling skill that begins like a back handspring. After pushing off, the athlete performs a ½ twist onto the hands and finishes the skill as a front handspring step-out or transitions into a stunt.

**Pike Jump** – A jump where both legs are extended together in front of the body, parallel to the surface, with arms reaching toward the feet. The athlete lands facing completely to the side, typically with the left side of the body facing the front unless otherwise directed on the 8-count sheet. The clasp before the jump is performed facing front, while the prep motion (e.g., high V or cone) is performed toward the side.

**Power Hurdle (PH)** – Beginning from a standing position with feet together, the athlete jumps upward from both feet, then steps out and lands one foot at a time to initiate entry into a tumbling element.

**Round Off (RO)\*** – A tumbling skill that begins like a cartwheel. The athlete blocks strongly through the shoulders, bringing the legs together at the top of the inversion. The skill finishes with both feet landing simultaneously in a standing position, facing the direction from which the athlete started.

**Running Tumbling** – A tumbling skill or sequence of skills performed after a running entry, using steps and/or a hurdle to generate forward momentum.

**Standing Tumbling (ST)** – A tumbling skill or sequence of skills performed from a static, non-running position. The first movement is typically a “sit” into the skill. *Exception: Standing tumbling may connect directly to jumps as designated on the 8-count sheet.*

**Toe Touch (TT)** – A jump in which the legs extend into a full forward straddle at peak height. Arms extend in a “T” motion, while the head and torso remain upright. This jump is always performed facing the front of the field of play. It may also be performed as a basket toss element.

**Tuck Jump** – A jump where the knees lift tightly to the chest at peak height, with knees and feet together. Arms extend in a high V. This jump is always performed facing the front of the mat.

**Whip** – A tumbling skill resembling a back handspring but performed without the hands contacting the surface, creating a fast, arched backward rotation.

**X Jump (X)** – A jump where the legs extend into a straddle with knees facing forward, while the arms extend in a high V. The head and torso remain upright. This jump is always performed facing the front of the field of play.

## Motions

**Knee** – The body position in which an athlete is bent at the hips and knees, with the left knee on the performing surface and the right foot in front. Arm placement may vary as indicated on the 8-count sheet.

**Nugget** – The body position in which an athlete is in a squat on their feet, with knees and feet together and hands touching the performing surface.

**Seat Roll (SR)** – A movement in which an athlete transitions from an upright position (starting on one or both feet) to rolling on the hips along the side, front, or back, and then returns to a standing position with feet under them.

### Additional Standard Motions –

- **Bend**
- **Hips**
- **Clasp**
- **Low V**
- **Cone**
- **Punch** (right or left)
- **Half High V** (right or left)
- **T Motion**
- **Half Low V** (right or left)
- **Tabletop**
- **High V**
- **Touchdown**