

At/From/To - Transitional words describing where (at which level) the stunt must begin or finish.

At: The level in which the stunt begins and finishes should be the same

From: The level in which the stunt must begin at

To: The level in which the stunt must finish at

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.

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 Stunt: When the entire body of the top person is above the head of 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, straddle lifts, suspended rolls and leap frogs. (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.)

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

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.

Prep-Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit. 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. i.e. flatback, straddle lifts, chair, T-lift. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

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

Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s).

- A lib and platform position are examples of a 1 leg stunt.
- The following are considered single leg body positions: stretch, bow and arrow, scale, scorpion, chin-chin, needle, and similar variations.

Switch-up: A stunt in which the top person begins with one foot on the performing surface, is released from the bases, then lands in a stunt on the other foot.

Tic-Tock: A stunt that is held in a static position on one 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.

(At the beginning of the tic-tock no one can be holding under the foot in which the top person is switching onto, in order for the skill to be given elite credit. It is acceptable for a base/spotter to be holding onto the ankle in order to ensure that USASF rule: Stunts D is followed during the tic-tock in levels 1, 2 and 3. Legal skills that do not adhere to this stipulation, will receive level appropriate credit instead of elite.)

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 twisting rotation, starts a new transition.

(In order to receive elite credit for twisting skills, released twisting skills, and inverted twisting skills, the skill must be performed in continuous motion with the bases and the top person completing the skill simultaneously. Once the top person has landed at the final level, any additional walking by the bases will not be added on to determine the final degree of twisting. Legal skills that do not adhere to this stipulation, will receive level appropriate credit instead of elite.)

Waist Level (Below Prep-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, not waist level.

For a visual diagram of levels: Please view Page 56 in the USASF Cheer Rules & Glossary document:

http://usaf.net.ismmedia.com/ISM3/std-content/repos/Top/2013%20Website/Safety/docs/USASF_2016-17_Rules-Cheer.pdf