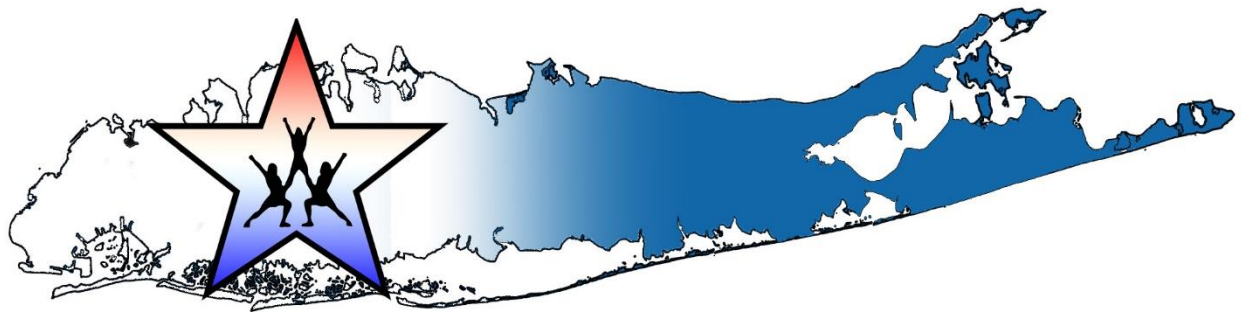


SUFFOLK COUNTY



YOUTH CHEERLEADING ASSOCIATION

GLOSSARY

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SUFFOLK COUNTY YOUTH CHEERLEADING ASSOCIATION PHILOSOPHY

SCYCA – Suffolk County Youth Cheerleading Association – made up of leagues both in Nassau and Suffolk County since 2006

It is the objective of SCYCA to provide a community of support for youth recreational cheerleading leagues. This is inclusive of the Director/Coordinators, Head coaches, team parents, school age demonstrator-volunteers, their teams, ideals, and rights. The intent is to provide a level field for youngsters of approximate and equal age and ability to cheer, under volunteer adult supervision, with equipment and optimum conditions of health and safety. The high standards of sportsmanship and fair play shall be the first requisite of local league competition. To this end the following rules, guidelines and procedures are set down for leagues participating in SCYCA.

Long Island youth recreational cheerleading has evolved into a sport requiring qualified supervising Directors and Coordinators and Program leaders. It is the Directors/Coordinators responsibility to foster the promotion and trends in cheerleading at the local level with respect to and national trends. SCYCA implements a competition calendar for Long Island to give leagues options and knowledge of all Youth Recreational competitions regardless of its affiliation. SCYCA maintains safety rules based on what is acceptable for the average youth recreation team with regard to current trends locally, regionally and nationally.

SCYCA adopted a standard score sheet for their competitions. A goal is for teams to compete with respect and regard for their competitors and for their coaches and Directors/Coordinators to continuously learn through judge's expertise, how contemporary cheerleading teams can effectively and efficiently lead the crowd. SCYCA relies on its members to operate within the "spirit or intent of the organizations philosophy" to be forthcoming with information about how they operate and ethical in giving factual information.

SCYCA reserves the right to determine and resolve all disputes as pertains to the scope of SCYCA jurisdiction. All final actions are within the absolute discretion of the majority of the Executive Board, if continuity of SCYCA's mission statement is compromised in whole or part.

SCYCA exists to give Directors/Coordinators a foundation for sportsmanlike behavior, techniques and procedures. Ethical standards shall be strictly enforced by SCYCA.

SUFFOLK COUNTY YOUTH CHEERLEADING ASSOCIATION GLOSSARY

Rule 1 Glossary

Airborne/Aerial: To be free of contact with a person or the performing surface.

Assisted Inverted Floor Skill: An inverted participant on the performing surface that is partially supported by non-inverted participants who is/are also on the performing surface.

Backspot: Also see "spotter"

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.

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 one person under a top person's foot, regardless of hand placement, that person is considered a base.

Base of Support: Weight bearing point(s) between the top person and base(s)

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

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.

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

Chorus Line Flip: A stunt in which a participant on the performing surface performs a backward flip while being supported by the connected arms of the other participant.

Chuck 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.

Cradle: A dismount from a partner stunt, pyramid, or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face up pike 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 (face up, legs straight and together) below prep level.

Cupie/Awesome: 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 forward roll where the feet of the performer are at or above the performers waist prior to the hands making contact with the performing surface.

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.

Elevator/Sponge Toss: A person loads into a prep/elevator loading position and is tossed by multiple bases.

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 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 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.)

Flatback: A stunt in which a top person is in a face up, face down, horizontal position with hips and shoulders in alignment.

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.

Foldover Stunt: An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the bases.

Full: A 360 degree twisting rotation.

Half (Stunt): See "Prep".

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 skill in which a person balances on his or her hands on the performing skill

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the second level.

Helicopter Toss: 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.

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

Layout: An airborne tumbling skill which involves a hip overhead 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.

Liberty: A one leg stunt (usually extended) that may include variations such as a hitch, a torch, a heal stretch, an arabesque, a scorpion, etc.

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 that is initiated at waist level, 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.

Multi-Based Stunt: A stunt having 2 or more bases not including the spotter.

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.

Non-Release Stunt: A stunt in which contact is maintained between a top person and a person on the performing surface

Non-release Transition: A top person is moved from one stunt to another while maintaining physical contact with original base(s), new base(s), or a post.

Open-Pike Position: Legs are straight and hips are bent approximately halfway between a full pike position and full layout position.

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

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

Pop: A controlled upward release by the base(s) to initiate a dismount or a release transition.

Post: A person in direct weight bearing contact with the performing surface who temporarily supports a top person during the execution of a stunt.

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-Level: A top person's base of support is at approximately shoulder height.

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

Prone Position: A face down, flat body position

Prop: Any item that is manipulated (e.g., poms, signs, megaphone, 2 pole banner, flag(s) etc.)

Pyramid: Two or more connected stunts.

Release Stunt: Any stunt in which the top person becomes free of contact from all personnel on the performing surface.

Release Transition/Release Pyramid Transition: A top person changed from one stunt to another (including loading positions) during a temporary loss of physical contact with all personnel on the performing surface

Roll: A spin over head rotation that is executed either on the performing surface or in a partnered stunt in which the top person is in contact with a person on the ground.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

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

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

Side T-Lift: A stunt in which the base(s) extend a top person overhead in a forward facing horizontal straight body position.

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.

Split Position: Legs extended in opposite directions at right angles to the trunk.

Sponge: The base(s) absorb a top person's downward momentum to push/lift the top person into position for the next stunt/skill.

Spotter: A person in direct weight bearing contact with the performing surface whose primary function is to protect a top person's head, neck and shoulders.

Straddle Position: Bent at the hips with legs straight and apart.

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, etc.) is performed.

Stunt/Partner Stunt/Lift: One or more bases support one or more top persons off the performing surface.

Superman: A top person is released by the base(s) or leaves the supporting surface of a prop and is caught in the prone position.

Suspended Roll: A stunt skill that involves hip overhead rotation from the top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.

Suspended Splits: A top person is supported in a split position between multiple bases.

Swedish Fall: An stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulder of a base while her lower body is supported by another bases extended arms.

Swinging Stunt: A top person is suspended and swing between multiple bases.

Switch Up: A stunt in which the top person starts with one foot on the ground, is released and lands in a vertical stunt on one foot or both feet.

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two 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 Drop: A partner stunt (e.g. shoulder stand) in which the base leans forward until the top person dismounts to the performing surface without assistance.

Tick-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.

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.

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 performing 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.

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

Transitional Stunt: Top person or top persons moving from one 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.

Tuck Position: Bent at the hips and knees with knees drawn toward the torso.

Tumbling: Any hip overhead skill that is not supported by a base that begins and ends on the performing surface.

Twist: An athlete performing a rotation around their body's vertical 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 twisting rotation, starts a new transition.