

STUDENT PERFORMANCES/EXHIBITS/COMPETITION-CHEERLEADING

GENERAL GUIDELINES

1. Cheerleading squads must be under the direction of a qualified and knowledgeable coach.
2. All cheerleaders must receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids).
3. Practice sessions must be supervised by the coach and held in a location suitable for the activities of cheerleaders.
4. Proper spotting techniques should be used.
5. Sponsors/coaches must recognize a squad's particular ability level and must limit the squad's activities accordingly. "Ability level" refers to the squad's talent as a whole and individuals should not be pressed to perform activities until safely perfected.

SPECIFIC PROHIBITIONS

1. Use of the mini-tramp is prohibited.
2. Pyramids higher than two and one-half persons high are prohibited. Pyramid height is measured by body lengths (i.e. a shoulder stand is "two high", a shoulder straddle or sit is one and one-half high, etc.).
3. Split catches are prohibited.
4. Front and back tension drops are prohibited.
5. Toe pitches are prohibited.
6. Flips off of pyramids and partner stunts other than basket tosses and suspended rolls where the flipping person is continually holding the bases' hands are prohibited.
7. Suspended rolls higher than shoulder level are prohibited.

PARTNER STUNT AND PYRAMID GUIDELINE

1. All new partner stunt and pyramid activity must be reviewed and approved by the coach prior to execution.
2. Pyramids over two high must not be performed indoors without the use of cushioned tumbling mats.
3. All new pyramids and partner stunts over "two persons" high must have a spotter in the proper position. (This includes single and double based extensions.)
4. Pyramids of any height performed outdoors must not be performed on slick or concrete-like surfaces.
5. Basket tosses (both flips and jumps) may be performed only after being approved by the advisor and when using three spotters (the two bases and additional spotter in back) and must not be performed on concrete-like or hardwood surfaces.
6. Basket tosses must not be performed except from ground level.
7. People dismounting from pyramids over two high must be assisted when landing.

8. No pyramids or partner stunts may be performed without spotters unless they can be performed consistently without difficulty and approved by the coach.
9. Suspended rolls from shoulders must be approved by the coach and performed on mats.

TUMBLING

1. All new tumbling activity must be reviewed and approved by the coach prior to execution.
2. Tumbling must not be executed on slick or concrete-like surfaces.
3. Tumbling tricks must not be executed without the use of a spotter unless they can be performed consistently without difficulty and approved by the coach.
4. Tumbling requiring the use of a spotter must be preceded by verbal communication of the intended trick.
5. New tumbling skills must be mastered on a mat whenever possible. If a mat is not available – “over-spotting” should be employed. New tumbling skills must not be learned on concrete-like surfaces.

This policy will be superseded by regulations of the MSSPA, if and when published.

DATE ADOPTED: July 1, 2003

DARE REVIEWED: FEBRUARY 5, 2025