

# NA CHEER GLOSSARY

[GO TO VIDEO GLOSSARY](#)

*REFERENCE GUIDE FOR SKILLS MENTIONED IN THE YOUTH CHEER LEVELS GRID & GENERAL SAFETY RULES.*

**1/4 Turn Cradle:** A ¼ turn by the flyer to the cradle position. Bases/spotter make the same ¼ turn to catch the flyer.

**1/4 Up (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees.

**180 (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. Other related terms include Half Up, 1/2 Twist Load in.

**360 (Stunt):** A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees. Other related terms include Full Up or Full Around.

**Aerial:** See Front Aerial, Side Aerial

**Airborne Tumbling Skill:** A tumbling skill involving hip **overhead** rotation, **becoming free of contact with the performance surface.**

**Alternate Cradles:** Dismount variations in which the flyer executes a trick/body position. Cradle examples include: Toe Touch, Tuck, Kick, Pike. Clarification: the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Alternate Flipping Body Positions (Tumbling):** X-Out, Layout, Pike, Step Out, and Whip.

**Arabesque:** A stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and flyer's chest is up (close to 90 degrees).

**Arabian:** A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

**Back Handspring:** See Handspring

**Back Limber:** Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

**Back Limber to Back Walkover:** Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

**Back Spotter:** See Continuous Spotter

**Back Walkover:** A non-airborne tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot at a time.

**Ball Up:** A release move of the flyer, bringing knees to chest and landing in an upright, standing position.

**Barrel Roll:** A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

**Base:** A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

**Basket Toss:** A type of toss with no more than 3 bases, 1 back spotter, where 2 bases use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

**Bow N' Arrow:** A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a T motion through the space between their working leg and gripping arm.

**Brace/Bracer:** A physical connection that helps to provide stability to a top person. **Bracers may not be a base or continuous spotter.**

**Braced Flip:** A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). Types of Braced Flips include Braced Front Flip and Braced Back Flip. Some of the body positions for the flipping top person of a braced flip include a Tuck and Pike.

**Braced Roll:** A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

**Building:** See stunt

**Bump Down:** A stunt dismount skill in which the Flyer transitioned to a sponge/reload position in order to return the flyer to the performance surface.

**Cartwheel:** A non aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

**Chair:** Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

**Consecutive Front/Back Handsprings:** See Handspring series.

**Continuous Connected Jumps:** The execution of two or more jumps in constant movement without stoppage of movement.

**Continuous Spotter:** The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. Does NOT need to have contact with the flyer/stunt group.

**Cradle:** A **released** dismount in which the bases catch the top person **below shoulder level** with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike position.

# NA CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Cupie:** A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight

**Dismount:** A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge/reload position in order to return the flyer to the performance surface. Examples of dismounts: Step Off Front/Back, Shove Wrap, Bump Down, and Cradle.

**Dive Roll:** A Forward Roll where the feet leave the ground before the hands reach the ground.

**Downward Inversion:** A stunt or pyramid in which an inverted person's momentum is moving towards the performing surface.

**Drop:** Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne or inverted position without first bearing weight on the hands/feet.

**Eighteen Inches above Extended Arm /Level:** Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer.

**Extended Position:** A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position. Therefore, a true show and go would be considered an extended position.

**Extension:** A two leg, extended level stunt in which the flyer's feet are being held/gripped by the base(s) in the extended position.

**Extension Prep:** A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the bases.

**Extension Prep Hitch:** A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches are not considered single leg stunts.

**Fall Back:** Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid. **Also Known as a Fireman Catch.**

**Flat Back:** Stunt in which the flyer has both feet off of the ground, is lying in a horizontal face up position and is supported by at least 3 bases. **Extended Flatbacks are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks are classified as below prep level stunts.**

**Flip (Tumbling):** An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

**Flip Body Positions:** Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

**Footwork:** Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

**Flyer:** A person who receives primary support from another person.

**Footwork:** The activity of moving from place to place, with full body movement, to create visual effects.

**Forward Flipping Leap Frog:** Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand/hand contact. Usually performed from a Sponge position.

**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.

**Forward Suspended Roll:** A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot and lands in a cradle to the same bases or the performance surface.

**Front Aerial:** An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

**Front Base (Spotter):** A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

**Front Handspring:** See Handspring

**Front Limber:** Gymnastic, non-aerial flexibility skill that originates on the hands, keeping both legs together and landing in a back bridge position.

**Front Tuck:** A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

**Front Walkover:** A non aerial tumbling skill where one 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 one foot/leg at a time.

**Full Twist:** A 360 degree twisting rotation.

**Full Up:** A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

# NA CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Group Based Stunts:** A stunt using multiple bases for support.

**Half:** See Extension Prep

**Hand Support (Tumbling):** When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

**Hand/Arm Connection:** The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist).

**Handspring:** A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

**Handspring Series:** A tumbling term used to describe a participant's performance of two or more consecutive handsprings

**Handstand:** A straight body inverted position where the arms are extended straight by the head and ears.

**Handstand Fall to Bridge:** When a participant front limbers to a Bridge position from a Handstand.

**Heel Stretch:** A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg to mirror the Half High V motion of the opposite arm while keeping the working leg straight.

**Helicopter:** Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

**Horizontal T-Lift:** A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/armpits of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of flyer.

**Inversion/Inverted:** When the athlete's shoulders are below their waist and both feet are above their head.

**Inversion Entry:** Inversion skill/stunt which originates from the performance surface.

**Inversion Exit:** Inversion skill/stunt which transitions to the performance surface.

**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.

**Layout (Tumbling):** An airborne tumbling skill that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

**Leap Frog:** A braced flyer is transitioned from one set of bases to another or back to the original bases by in direct hand/hand contact of a base/back spotter. The flyer must remain upright and stay in continuous contact with the base/back spotter while transitioning.

**Liberty:** A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

**Limber:** See Front Limber or Back Limber

**Load in:** A flyer's position in preparation to build a stunt or skill in between stunts. Common positions/terms: Sponge, One Foot Load In, Two Foot Load in.

**New Base(s):** Bases previously not in direct contact with the top person of a stunt.

**Nugget:** A position in which a participant is **crouched on the performance surface, face down on the shins and forearms.**

**Original Base(s):** A base which is in contact with the top person during the initiation of the stunt.

**Partner Assisted Jumps:** A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position and the elevated athlete executes a standard style jump.

**Partner Pick Up:** A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations.

**Pendulum:** A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

**Pike:** Body bent forward at the hips while the legs are kept straight.

**Pop:** A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

**Pop Off:** Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

**Post:** A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

# NA CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

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

**Prep:** See Extension Prep.

**Pretty Flyer:** Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

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

**Prone Position:** A belly down, flat body position.

**Prop:** An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth are examples of a prop.

**Pyramid:** Any type of physical contact between a stunt group to an individual standing on the performance surface OR a stunt group(s). The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body. This physical contact may be made between flyers, between bases, flyer to base, flyer to individual on performance surface, base to individual on performance surface.

**Release Move:** A stunt transition or skill in which the flyer becomes free of contact **from anyone within the stunt group that is on the performance surface.**

**Reload:** Return to the loading position with both feet of the top person in the hands of the bases.

**Round Off:** The tumbler, with a push off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

**Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

**Scale:** A single leg stunt typically performed with the stunt facing to the side while the Flyer's chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area in a side stretch with the knee facing the crowd.

**Scorpion:** A single leg stunt typically performed with the stunt facing to the side while the Flyer grips their foot/ankle with both hands pulling their working leg behind their body to create a position that mimics a Scorpion's tail.

**Seated Position:** Anytime a participant is bearing the majority of their weight on their seat.

**Shove Wrap:** A stunt dismount in which the Flyer's feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

**Show and Go:** A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

**Shushunova:** A straddle jump or toe touch landing on the performance surface in a prone/pushup position.

**Side Aerial:** An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

**Single Front/Back Handspring:** A tumbling term used to describe a participant's performance of one handspring.

**Single Based Stunt:** A stunt using a single base for support. Other terms include: partner stunt.

**Single Leg Stunt:** A stunt where the flyer is free from contact from all bases on one of their feet. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunt because the foot of the flyers working leg remains in contact with the bases hands.

**Single Leg Stunt Variations:** Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

**Single Trick Non-Twisting Cradles:** Dismount variations in which the flyer executes a single trick/body position at the highest point. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Single Trick Non-Twisting Toss Skills:** Toss skill variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

**Split Stunts:** Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

**Sponge:** A stunt/stunt transition in which the Base(s) bring the flyer from a stunt to the load In position (the Sponge) in transition to another skill. Also know as Smush.

**Sponge Toss:** A **toss** with multiple bases. **Prior to the toss, feet of the flyer are held in the bases hands at below prep level.**

**Spotter:** Member of team responsible for the head/shoulders of the flyer during a stunt. This person is not a base. They are able to let go of the stunt and it remain in the air.

**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 defined as "standing tumbling."

# NA CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Step Off the Front/Back:** A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

**Step Out (tumbling):** A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

**Stepping Stone Transition:** Transition in which a participant uses teammates as “stepping stones” to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

**Straight Cradle:** A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

**Straight Ride:** The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

**Stunt:** Any skill encompassing a load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions, dismounts and release moves are considered types of stunt variations for skill category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt). Other terms for stunt include: building, stunt elevation

**Stunt Elevation/Stunt Building:** The degree in which the flyer’s foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

## Stunt Height Levels

- **Below Knee Stand Level:** A height classification in which the flyer’s foot/feet are below the height of a knee stand. Examples - Flyer standing on back of a Nugget. Flyer standing on the thighs of a base, where base’s shins are on the performance surface and torso is upright.
- **Knee Stand Level:** A height classification in which one knee of the base is on the performance surface and the other in a hitch position, or base is on all fours, with arms locked out.
- **Waist Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer’s feet at the base’s stomach level while standing.
- **Below Prep Level:** Any skill that is below shoulder level of a base.
- **Prep Level:** A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position
- **Extended Level Stunts:** A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s).

**Stunt Transition:** See transitional stunt

**Superman Transition:** The back spotter grips the flyer’s ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level or below stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter during this transition.

**Supine:** Lying face upward

**Supporting Leg:** A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg).

**Suspended Roll:** See Forward Suspended Roll

**Swedish Falls:** A stunt in which the flyer is lying horizontal face down and is supported by 3 bases. One base MUST be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

**Swing Dance Stunts:** Swing dance style lifts and movements, usually done between two people, where the base lifts the flyer and moves them up and down or side to side.

**Swing Stunts:** A stunt, with multiple bases, using a swinging motion that uses the flyer’s body in a front to back or side to side movement and swings into a new stunt position.

**Switch Up:** A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on one or both feet.

**T-Lift:** A waist level stunt in which the flyer with arms in a T motion is supported on either side by at least two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted, position while being supported in the stunt.

**Tension Roll/Drop:** A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

**Thigh Stand Level:** The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.

**Tic Tock:** A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

**Toe/Leg Pitch:** A prohibited single or multi based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person’s height.

**Top Person:** See Flyer.

# NA CHEER GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

**Toss Stunts:** A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

**Transitional Stunt:** Top person(s) changing from one skill to another thereby changing the configuration of the beginning stunt.

**Tuck (Tumbling):** A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

**Tumbling:** Any gymnastic or acrobatic skill that begins and ends on the performance surface.

**Turn:** Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

**Two High Pyramid:** All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

**Two and One Half (1/2) High Pyramid:** All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing through a two and a half high pyramid position is allowed in Level 4.

**Twist Cradles(s):** A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: ¼ Twist, ½ Twist, ¾ Twist, Single Twist/Full Down/Full Twist, 1 ¼ Twist, 1 ½ Twist.

**Twist (stunt):** Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or building of a stunt inclusive of any bounces/dips that precede or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

**Upright:** When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

**V-Sit/V-Sit Variations:** A stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Prep Level V-Sit (waist level skill), Extended V-Sit (prep level skill), seated position variations (i.e. pike, hitch)

**Valdez:** Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

**Walkover:** A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

**Working Leg:** A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

**X-Out:** Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.