

## **CYO SPECIFIC SAFETY GUIDELINE**

### **(Rev. 11/15 Subject to Change)**

SAFETY REGULATIONS AND RULES FOUND IN THE NATIONAL FEDERATION RULES BOOK ARE USED AS GUIDELINES.  
PLEASE CONTACT [CYO@CCBC.NET](mailto:CYO@CCBC.NET) FOR CLARIFICATION OF RULES/QUESTIONS.

#### **General Rules:**

1. Jewelry is prohibited during practices and games with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. Jewelry includes: earrings, necklaces, watches, metal barrettes (with the exception of bobby pins) or covered metal barrettes and rings.
2. Hair must be fully up and off face.
3. Proper footwear must be worn at all times.
4. Glitter – Cheerleaders shall not wear glitter on their face, hair or uniform.
5. Fingernails – Fingernails shall be kept at a length appropriate for safe participation.
6. Cheerleaders wearing casts shall not be involved in any stunts; casts must be reported to CYO.

#### **Game Rules: Cheerleaders may cheer on sidelines during basketball team warm-ups.**

1. Basketball – Short Time-Out – 30 seconds:
  - Cheerleaders may cheer/gymnastics/tumble/jumps.
  - No foul shot harassment.
  - No stunts.
2. Basketball – Full Time-Out – 60 seconds:
  - Cheerleaders may enter the court after players and officials have vacated.
  - Stunts/Jumps/Gymnastics shall not be performed during a basketball game when the ball is in play. (LIVE BALL)
3. Game Protocol – Home team does Welcome Cheer. Visitors cheer 1<sup>st</sup> time out then rotate time outs.

#### **STUNTS/TOSSES/PYRAMIDS/OTHERS:**

- A. All pyramids and/or mounts are limited to two (2) persons high. “Two High” is defined as the base (bottom person) having at least one (1) foot on the ground. All bases must have direct weight-bearing contact with the ground.
- B. Spotters must be present throughout mounting and dismounting stages of pyramids. Spotters are considered part of the squad at all times with regard to the maximum allowable number of members.
- C. Single Base Stunts: a stunt that is single-based can be single cradled, but there shall be a spotter who reaches under the head/shoulder area of the flyer when cradled. (Only one spotter is required)
- D. All stunts higher than a shoulder stand (i.e., above the shoulder extension, etc.) must have a continuous spotter for the stunt.
- E. Half extension toss to a cradle requires a 3rd person spotter.

- F. Basket tosses or any type of toss are permitted only on appropriate mats, grass, rubberized and soft-yielding surfaces. The bases and partners must all begin from ground level and must be dismounted to a cradle position by the original bases, plus an additional spotter. Tosses cannot be tossed to another set of bases or to another stunt or pyramid before the cradle. Airborne tosses may not land in a stomach catch (with the exception of a log roll). Basket tosses are limited to a total of four bases tossing the stunt, including the person who may set or load the partner. No partner stunt(s) or pyramid(s) may move through or under a basket toss, and basket tosses are not allowed to be thrown over stunts. The bases shall remain in their original positions unless they must move to catch the top person because of unexpected circumstances.
- G. Gymnastics - No more than four (4) consecutive flips, handsprings, walkovers, round-offs, cartwheels, etc. This means a total of four (4) flips any combination at all times. All gymnastics stunts must originate from ground level. The person forming a gymnastics stunt(s) may rebound (without hip over rotation) from his/her feet into a cradle. Tumbling over or under a stunt or a prop is not permitted. No dive forward rolls. (Note: If apparent the cheerleader's body hits the floor while performing a gymnastics stunt, a safety infraction will be issued by the safety committee.)
- H. Stationary Hanging Pyramids are allowed.
- I. Double-base extension, the spotter may or may not assist in building the stunt and must spot the head and shoulders on the cradle dismount, BUT not provide primary support to the top. The spotter MUST touch the top person, touching the top person's calves, or grasping the top person's ankles.
- J. Double base liberties are allowed without any type of supported connecting partner stunts BUT must have a required spotter behind the liberty.
- K. Double-base suspended splits are permitted provided the person performing the splits is able to lower his/her own weight into the split position, or the base's provided support at least thigh level.
- L. Double-base split catches are allowed.
- M. A bracer shall not be above shoulder height or provide primary support EXCEPT, single base extensions or extensions provided the top person having both feet and hands support from their bases who is in direct contact with the floor.
- N. Pendulums (teeter-totters) are allowed if performed from shoulder height or below. There must be at least four catches on each side of a full pendulum with a separate spotter behind bases. No inverted teeter-totters are allowed.
- O. A top person is not permitted to drop the head backward out of alignment with the torso (eyes no longer looking forward).
- P. A separate spotter is required on stunts in which the supporting arm(s) of the base(s) is fully extended. Such as: Bird, Double-Base Dead-Man Lift, Double-Base Straddle Lift, and Triple-Base/Straddle Lift.

## **PROHIBITED**

- A. The use of mini-tramps, springboards, or any height increasing apparatus is not allowed.
- B. Flips or swan dives from toss/pitch or pyramids/mount are not allowed.
- C. Knee drops, split drops, knee tension drops, knee slide, and thigh drops are not allowed. A fall to the knee or thigh is interpreted as follows: falling or dropping to the knees/thigh (a direct drop to the knee/thigh area) from any position without using another type of support. **HANDS MUST HIT THE FLOOR FOR SUPPORT BEFORE THE KNEES/THIGH.**
- D. Toe and thigh pitches are not allowed.

- E. Split catches (throw up) are not allowed.
- F. No single, double, triple flips from basket tosses.
- G. No collapsing pyramids or stunts.
- H. Helicopters are not allowed
- J. Free-falling flips from any type of toss, stunt, or pyramid are prohibited.
- K. Suspended flips are prohibited.
- L. A participant shall not move over or under a mount or pyramid.
- M. Forward suspended rolls are permitted off multi base stunts, shoulder height or below, provided the top person maintains continuous hand-to-hand/arm contact with the original two bases.
- N. Signs – No flinging of signs and/or stepping on signs.
- O. Poms must land far enough away so as not to interfere with portions of performances. No stepping and/or kicking the poms during the portion of the performance. Note: Team member can move the pom during the portion of performance to prevent interference of routine.
- P. Double Twist dismounts are prohibited.

#### **APPROVED DISMOUNTS**

- A. Step-off, basket toss toe catch, twists to cradle, fireman's catch, (2 or more) are acceptable dismounts.
- B. Roll-down dismounts must have a separate spotter at the head and shoulders area of the top person.
- C. Dismounts from a single-base stunt to a single-base cradle shall have a separate head-and-shoulder spotter (except the chair and torch).
- D. Dismounts from multi-base stunts shoulder height or below to a multi-base cradle do not require a third person spotter.
- E. Dismounts from extended stunts, which require a spotter shall have separate head-and-shoulder spotter.
- F. Backward dismounts require at least two catchers and a separate head and shoulder spotter.

#### **TWISTS**

- A. Single twist from prep or extended level acceptable.
- B. Double Twist Dismounts – prohibited.

## **TRANSITIONAL STUNTS**

- A. Refer to CYO for clarification at [CYO@ccbc.net](mailto:CYO@ccbc.net)

## **INVERSIONS**

- A. **Inversions are not allowed.**

## **Pee Wee Guidelines**

- A. General Rules (above) apply to Pee Wee Teams**
- B. No Inversions.**
- C. Up to shoulder height only.**
- D. ALL stunts must have a spotter**
- E. No more than 3 consecutive tumbling tricks.**
- F. Pee Wee teams can pop ONLY from a half extension to straight cradle.**
- G. Pee Wee teams can do stunt variations at shoulder level.**
- H. No 'Creative Ins' for stunting.**

Contact Information:

**[www.leaguelineup.com/bccyo](http://www.leaguelineup.com/bccyo)**

For general information and questions,  
Contact the CYO Office at [CYO@ccbc.net](mailto:CYO@ccbc.net)

Broome County CYO,  
86 Walnut Street  
Binghamton, NY 13905

607.584.7800 x431  
607.584.7801 fax