



FTD- Frequently Taken Deductions JAMZ Championship Season 2008-2009

Version 1- October 9, 2008

Stunt/Coach's Manual Clarification

1. There were several skills in the JAMZ Camps Stunt /Skill Manual that may have shown certain skills as LEGAL or ILLEGAL in particular Level. Please refer to the rules and these Clarifications/ Frequently taken deductions when reviewing a skill's legality and NOT the Camps Skill Manual.

Youth Cheer Rules

General

1. The NON-MOUNT division is limited to Level 2 tumbling. Therefore any gymnastics involving a tuck is ILLEGAL.

Youth Level 1

1. Prep Level Hitches are ALLOWED as long as the bases maintain contact with the feet and the flyer's foot does not go above the head of the bases. Stunts are only allowed at prep level and below. Staircase stunt where the flyer takes the hitched foot above the bases head would be ILLEGAL.
2. Peek- a-Boo extension prep where the flyer does a ¼ or ½ twist int the sponge position would be ILLEGAL.
3. The Arrest to an Extension Prep would be ILLEGAL because the flyer is not allowed to twist during the load in or mount into a stunt.
4. Fo' Sho'-and-Go Extension Prep would be ILLEGAL because it is a twist during the load in to mount.
5. Bases may move/turn while flyer is in a sponge position and/or once building of the stunt is complete.
6. Leg fan to extended Liberty stunt is ILLEGAL



7. All tosses are prohibited
8. All inversions are prohibited
9. Extended double leg stunt are only allowed when braced on BOTH sides by prep level stunts with the connection initiating at the prep level or below.
10. Youth Level 1- In extended double leg stunts the middle flyer in the extension must be braced on both sides by prep level stunts with hand arm connection made at or below prep level. Hand arm connection cannot be initiated at the extension but must begin at or below prep level.
11. Youth Level 1- leg stunts in a pyramid CANNOT cradle from the extension but must return to the prep level and then cradle.
12. Youth Level 1- one legged stunts must be preformed BELOW prep level. Prep Level one leg stunts are ILLEGAL
13. Youth Level 1- All tosses are ILLEGAL
14. Youth Level 1- Show and Go extensions would be ILLEGAL because it takes the flyer through an extended position and extended stunts are Illegal at Level 1 excluding exceptions under the Pyramid rules.
15. Inversions in Stunts are ILLEGAL. A flyer must never pass through an inverted position at anytime including load in and dismount. Therefore a handstand to a shoulder sit would be ILLEGAL at Levels 1, 2, and 3.
16. Airplane Stunt where the bases move during the load in or transitioning into the stunt would be ILLEGAL. Bases may not move during stunt building.
17. Back Dive to Extension would be ILLEGAL.

Youth Level 2

1. Youth Level 2- Only straight ride baskets are Legal
2. You may not take a flyer through an extended position while the flyer is on one leg. So Show and go Liberties or extended one leg stunts would be illegal because it takes the flyer through an extended position while the flyer's primary weight is on one leg. See exceptions under Pyramids rules.
3. Inversions in Stunts are ILLEGAL. A flyer must never pass through an inverted position at anytime including load in and dismount. Therefore a handstand to a shoulder sit would be ILLEGAL at Levels 1, 2, and 3.
4. Airplane Stunt where the bases move during the load in or transitioning into the stunt would be ILLEGAL. Bases may not move during stunt building.
5. Back Dive to Extension would be ILLEGAL.-



Youth Level 3

1. Braced Flips in pyramids are ILLEGAL
2. A Star Barrel Roll would be LEGAL as long as it begins and ends in a cradle.
3. Inversions in Stunts are ILLEGAL. A flyer must never pass through an inverted position at anytime including load in and dismount. Therefore a handstand to a shoulder sit would be ILLEGAL at Levels 1, 2, and 3.
4. Pyramids are allowed up to 2 high. The head of the Flyer must not exceed 2 high and the flyer MAY NOT in a pyramid transition pass above 2 high.
5. NO trick or skill may PROCEED or FOLLOW a twisting toss. Ex- a kick full is ILLEGAL, or a full twist with a toe touch performed at the end is ILLEGAL, a Star Full toss is ILLEGAL. A full twist toe touch toss would be ILLEGAL.
6. Back Dive to Extension would be ILLEGAL.-

Youth Level 4

1. Braced Flips in pyramids are ILLEGAL
2. Pyramids are allowed up to 2 high. The head of the Flyer must not exceed 2 high and the flyer MAY NOT in a pyramid transition pass above 2 high.
3. No trick or skill may PROCEED or FOLLOW a double twisting rotation. Ex. A kick double would be ILLEGAL, a Star double would be ILLEGAL, a Full twist with a toe touch performed at the end is ILLEGAL.
4. Back Dive to Extension would be ILLEGAL.-

Youth Level 5

1. Braced Flips in pyramids are LEGAL if braced between two prep level stunts.