

AACCA College Cheerleading Basketball Court Surface Restrictions

There are specific additional skill restrictions for cheerleading when performed on the basketball playing surface. These restricted skills can only be performed on a mat during halftime or postgame. *However, in tournament situations, such performances may not be allowed due to time and other restrictions.*

At many conference tournaments there is an AACCA representative to assist with compliance. Feel free to share it with each institution's cheerleading coach.

The actual rules are printed at the bottom, referenced from the College Cheerleading Safety Rules at <http://www.aacca.org>. The following list is for easier reference by non-technical tournament staff.

- 1) **No basket tosses (or similar tosses) ***
Basically, if the throwing motion begins from below the shoulder, it can only be performed by two persons: a base and a spotter.
- 2) **No 2 ½ high pyramids***
While pyramids in college are defined by body height and where the connections are made, a simple rule that usually applies is that every person in the pyramid must either be on the ground or on someone who is on the ground.
- 3) **No twisting dismounts**
Stunts can dismount several ways including popping to the ground with assistance, being lowered to a load position before dismounting and also cradling following a pop from the shoulders or above. However, the top person may not twist during the airborne phase of the dismount.
- 4) **No flipping in or out of stunts***
- 5) **No twisting tumbling**
Tumbling skills are limited to one somersault and 0 twisting rotations. Note: a "roundoff" entry into a tumbling pass is allowed.

* One skill that is an exception to several of these rules is a braced flip pyramid in which the top person is held on both sides by a bracer. They may be "tossed" into the flip by multiple bases, but they are never fully airborne as they are required to have contact on each side throughout the skill. During the flip, the top person is not on someone on the ground, but this specific instance is an exception to that rule.

Rule "H" from the "College Safety Rules for 2009-2010"

On a basketball court surface, the following skills are prohibited except during halftime or postgame performances where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface. Pregame and timeouts are not exceptions to this rule and are subject to the listed restrictions.

- a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
- b. Partner stunts in which the base uses only one arm to support the top person. *Exception: Cupies/awesomes are allowed with an additional spotter.*
- c. Flips or released twists into or from partner stunts. *Exception: Front and back flips to a stunt or cradle are allowed if the top person is braced on both sides by hand/arm to hand/arm contact.*
- d. Two and one half person high pyramids.
- e. Inversions in partner stunts and pyramids. *Exception: Inversions that begin on the ground and go to an upright position where the top person is in constant contact with a base or spotter are allowed.*
- f. Twisting tumbling skills.

If you have any questions, feel free to contact us at 800-533-6583 or by cell phone during the weekend at 901-361-9048 and ask for Jim Lord.