

NOVICE LEVEL 1 RULES

BUILDING



The rules listed below are those for Novice level 1 and are stated as they appear in the USASF Rule Book (released June 10, 2019).

Please note: each rule listed has the specific section number or letter as well as the page number where you can find it in the USASF rule book.

General Rule Book Section:

- 1 All skills allowed in a level encompass all skills allowed in the preceding level. If a skill is not allowed in a level, it is also not allowed in the preceding level(s).
- 2 Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regard to proper performance level placement. **Athlete safety must be considered with all skills.**
- 13 Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

Page 14

All Level Stunts Rule Book Section:

A. ALL LEVEL STUNTS - GENERAL

- 1 Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions but may immediately pass through an extended position.

B. ALL LEVEL STUNTS - RELEASE MOVES

- 1 Release moves:
 - a. Must return to original bases
 - b. May not land on the performing surface without assistance.
 - c. May not intentionally travel.
 - d. May not land in an inverted position.
 - e. May not pass over, under or through other stunts, pyramids, individuals or **props**.
 - f. That land in a non-upright position must have:
 - (1) 3 catchers for a multi-based stunt.
 - (2) 2 catchers for a single-based stunt.
 - g. The height of a release move is determined by:
 - (1) The highest point of the release
 - (2) The distance from the top person's hips to the extended arms of the bases (**not the back spot**)
- 2 Free flipping or assisted flipping stunts and transitions are not allowed.
- 3 Single based split catches are not allowed.

C. ALL LEVEL STUNTS - INVERSIONS

- 1 **An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.**

Page 15

All Level PYRAMIDS Rule Book Section:

A. ALL LEVEL STUNTS - GENERAL

- 1 Pyramids must follow Stunts and Dismounts rules and are allowed up to 2 high
- 2 Top person must receive primary support from a base. Exception: Release Moves
- 3 Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).

NOVICE LEVEL 1 RULES

BUILDING



A. ALL LEVEL STUNTS - GENERAL CONTINUED

- 4 Primary weight may not be borne at second level. Transitions must be continuous.
- 5 Required brace/connection must be made prior to the initiation of the skill.

Page 16

All Level DISMOUNTS Rule Book Section:

A. ALL LEVEL DISMOUNTS

- 1 Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
- 2 Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- 3 Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- 4 All multi-based waist level cradles in which the bases begin underneath the top person's feet must follow toss rules.
- 5 Dismounts must return to original base(s).

Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

Exception: Dismounting single based stunts with multiple top persons.

- 6 No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- 7 No free flipping or assisted flipping dismounts allowed.
- 8 Dismounts may not intentionally travel.
- 9 Top persons in dismounts may not come in contact with each other while released from the bases.

Exception: Dismounting single based stunts with multiple top persons.

- 10 Tension drops/rolls of any kind are not allowed.

Page 16

LEVEL 1 STUNTS Rule Book Section:

A. SPOTTERS

- 1 A spotter is required for each top person at prep level and above.
- 2 A spotter is required for each top person in a floor stunt. The spotter may grab the top person's waist.
- 3 The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
- 4 Shoulder sits, T-Lifts, and stunts where the top person is only supported at the waist, do not require a spotter.

NOVICE LEVEL 1 RULES

BUILDING



B. STUNTS - GENERAL

- 1 At least one base must remain in contact with the top person.
- 2 Leap frogs and leap frog variations are not allowed.
- 3 Single based stunts with multiple top persons are not allowed.
- 4 No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
- 5 A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

C. STUNTS - LEVELS

- 1 Single leg stunts are only allowed at waist level.
- 2 Prep level single leg stunts are allowed if:
 - a. The top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter.
 - b. The connection is hand/arm to hand/arm and made prior to initiating the single leg prep level stunt.
- 3 Walk up shoulder stands are allowed.
- 4 Stunts above prep level are not allowed.

Exception: Two leg stunts may immediately pass through an extended position.

D. STUNTS-TWISTING

- 1 Up to 1/4 twist allowed.
- 2 Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed.
- 3 1/2 Wrap around stunts are allowed.
- 4 Up to a 1/2 twist is allowed if the top person starts and ends on performance surface and is only supported at the waist.

E. STUNTS- RELEASE MOVES

- 1 Not allowed other than those allowed in Level 1 Dismounts.

F. STUNTS-INVERSIONS

- 1 Not allowed.

Page 17

LEVEL 1 PYRAMIDS Rule Book Section:

A. PYRAMIDS - GENERAL

- 1 Required brace/connection(s) must remain the same and stay connected throughout the entire transition.
- 2 No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
- 3 A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

NOVICE LEVEL 1 RULES

BUILDING



B. PYRAMIDS- LEVELS

- 1 Two leg extended stunts:
 - a. Must be braced to a top person at prep level or below with hand-arm connection.
 - b. Prep level top persons bracers must be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
 - c. May not be connected to other extended stunts.
- 2 Prep level single leg stunts:
 - a. Must be braced by at least one person at prep level or below with hand-arm connection.
 - b. Prep level bracers must be in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.
- 3 Extended single leg stunts are not allowed.

C. PYRAMIDS-RELEASE MOVES

- 1 Anytime a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules.

Page 16

LEVEL 1 DISMOUNTS Rule Book Section:

A. DISMOUNTS - GENERAL

- 1 0 Twists (including 1/4 turns) allowed.
- 2 No dismounts are allowed from skills **above prep level** in pyramids.

B. DISMOUNTS TO CRADLES

- 1 Only basic **straight cradles** are allowed.
- 2 Sponge, Load In, Squish and Waist level cradles are not allowed.

C. DISMOUNTS TO THE PERFORMANCE SURFACE

- 1 Only **straight pop downs** are allowed.

Page 16

LEVEL 1 TOSSES Rule Book Section:

A. TOSSES

B. NOT ALLOWED (INCLUDES SPONGES TOSSES AND WAIST LEVEL CRADLES).

Page 16

All Star Novice Divisions Rule Book Section:

B. NO TOSSES PERMITTED

Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.

Clarification: All waist level cradles are illegal.

Page 40

NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Nugget Cupie & Liberty

Novice Level 1 Building

Novice Level 1 Building

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level. [Page 12](#)

Cupie: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome." [Page 5](#)

Nugget: A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt. [Page 8](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Nugget Cupie & Liberty

Novice Level 1 Building

Entry:



Base

On the performing surface in a nugget position



Top Person

Start with one foot loaded on the nugget

Spotter

Hold top person at their waist

Middle:



Base

Hold



Top Person

Step and lock out first leg. Then put both feet together on top of the base that's in a nugget for cupie or lift second knee to liberty position

Spotter

Help support top person at the waist

Exit:



Base

Hold



Top Person

Step down, one foot at a time, from the base that's in the nugget position. Can also use a different transition or dismount.

Spotter

Assist top person off of the base

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats

Drills:

- Top person practicing stepping onto a panel mat and locking out legs.
- Timing drills

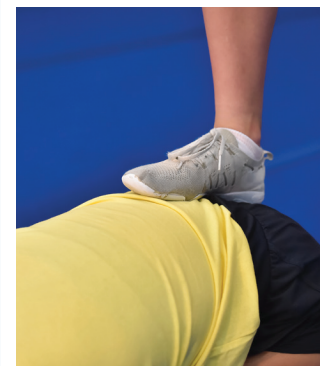
Variation(s):

- Single leg stunts
- Different body positions
- 1/4 up to liberty or body positions
- Tick Tocks

Notes:

Safety:

The top's foot placement on the base's back during the entry.



NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Knee Stand Cupie

Novice Level 1 Building

Novice Level 1 Building

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level. [Page 12](#)

Cupie: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome." [Page 5](#)

Nugget: A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt. [Page 8](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Knee Stand Cupie

Novice Level 1 Building

Entry:



Base

Right knee on the performance surface and left knee up with top of left foot flat on the floor. Right hand under top person's foot with the left arm wrapped around the top's leg, around the knee.



Top Person

Start with one foot loaded onto the left leg of base. And either both hands on the shoulders of the base or grabbing the spotter's wrist.

Spotter

Hold top person at their waist

Middle:



Base

Make sure top person's foot is in the base's pocket. Base should squeeze the foot into their body, while supporting under the toe with the right hand. Left arm should assist in squeezing the leg into the body.



Top Person

Step up and lock out both legs. Putting both feet together on top of the base's knee or pulling left knee up into liberty position

Spotter

Help support top person at the waist

Exit:



Base

Hold



Top Person

Step down, one foot at a time. First with the foot that's not being supported by the base.

Spotter

Assist top person off of the base by supporting the top's waist.

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats

Drills:

- Top person practicing stepping onto a panel mat and locking out legs
- Timing drills

Variation(s):

- Single leg stunts
- Different body positions
- 1/4 up to liberty or body positions
- Tick Tocks

Notes:

Safety:

The alignment of the base's up knee being over their ankle and hips being over their down knee



NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Standing Waist Level Liberty

Novice Level 1 Building

Novice Level 1 Building

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level. [Page 12](#)

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg. [Page 7](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base/athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Standing Waist Level Liberty

Novice Level 1 Building

Entry:



Base

Legs about shoulder width apart. Knees bent and back straight. Right hand grabbing the heel and the forearm nearly flat under the top person's foot. The arm should be placed around belly level. Left arm should be wrapped right above top's knee.



Top Person

Start with one foot loaded into base's hand. And either both hands on shoulders of the base or grabbing the spotter's wrist.

Spotter

Hold top person at their waist

Middle:



Base

Dip with legs. Then, lock them out. Base should squeeze the arm into their belly, keeping the foot flat. Left arm should continue to squeeze into their body.



Top Person

Dip with the base and lock out the leg being supported by the base. Once leg is locked, the top person can execute the liberty. (STEP, LOCK, LIBERTY)

Spotter

Help support top person at the waist

Exit:



Base

Base should bend at the knees, keeping their back straight, assisting person back to the performance surface. Back to the starting position.



Top Person

Step down with the liberty leg. Top should either use the shoulders of the base to help step down or use the spotter's wrist.

Spotter

Assist top person, at the waist, from stunt

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Drills:

- Top person practicing stepping onto a panel mat and locking out legs
- Timing drills

Variation(s):

- Different body positions
- 1/4 up to liberty or body positions
- Tick Tocks

Notes:

Safety:

The minimal to no arch in the base's back at entry



NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Load-In (aka Sponge)

Novice Level 1 Building

Novice Level 1 Building

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level. [Page 7](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Load-In (aka Sponge)

Novice Level 1 Building

Entry:



Base

Bases should begin with their legs around shoulder width apart. The bases be positioned facing each other and about as far apart as the top person's shoulders.

Bent knees, straight back, and hands together with palms up and arms at a 90 degree angle. The bases should put their wrists around where their belly button is located.



Top Person

Start with either one foot loaded into a base's hand or both feet on the performance surface. Top should have a hand on each of the bases' shoulder.

Spotter

Hold top person at their waist

Middle:



Base

Dip with legs, while maintaining a straight back. Once top's feet are in the bases hands the bases may lock out their legs or keep them bent Base should keep arms bent at a 90 degree angle, keeping the top's foot flat at belly level.

Top Person

Dip with the base, immediately locking out arms and squeezing their legs in to less than shoulder width apart Top person knees should remain bent, chest up, and seat back.

Spotter

Help load top person into load-in/sponge. Once there, spotter either continue to support at the waist or under the seat.

Exit:

Base

Bases let go of top's feet.

Top Person

Maintaining contact with shoulder, land with feet together and knees slightly bent.

Spotter

Assist top person, at the waist, from stunt to the performance surface.

Supplies / Aids:

Video

Conditioning:

- Squats

Drills:

- Hang drills on panel mats
- Timing drills

Notes:

Lined area for notes.



Safety:

The distance/closeness between the bases at entry



NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Show & Go

Novice Level 1 Building

Novice Level 1 Building

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Show & Go

Novice Level 1 Building

Entry:



Base



Top Person

Spotter

Bases should begin with their legs about shoulder width apart. The bases should be positioned no wider than the top person's shoulders. Bent knees, straight back, and hands together with palms up and arms near a 90 degree angle. Bases should put their wrists around where their belly button is located.

Start with either one foot loaded into a base's hand or both feet on the performance surface. Top should have a hand on each of the bases' shoulder.

Hold top person at their waist

Middle:



Base



Top Person



Spotter



Together, dip with their legs, drive top person above head, letting it come back to down to load-in/sponge position

Bend through elbows. Push off bases' shoulders, standing up as quickly as possible. Top should be in a straight body, squeezing legs together and arms by their side or hitting motion at peak of stunt. Catch shoulders once top person is back at sponge level.

Both hands on top's waist or under top's seat. Dip with bases, push to the top. Hands will slide to legs or ankles as top hits peak . Controlling bringing the top down back to sponge. Catching the same way they started, at waist or under seat.

Exit:



Base



Top Person



Spotter

Bases let go of top's feet.

Maintaining contact with shoulder, land with feet together and knees slightly bent.

Assist top person, at the waist, from stunt to the performance surface.

Supplies / Aids:

Video

Conditioning:

- Squats

Drills:

- Top should practice push and standing on the floor.
- Timing drills with bases and spotter

Notes:



Safety:

The bases not stepping back as the top reaches the top of the skill



NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Prep

Novice Level 1 Building

Novice Level 1 Building

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts) [Page 8](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Prep

Novice Level 1 Building

Entry:



Base



Top Person

Spotter

Bases should begin with their legs about shoulder width apart. The bases should be positioned no wider than the top person's shoulders. Bent knees, straight back, and hands together with palms up and arms near a 90 degree angle. Bases should put their wrists around where their belly button is located.

Start with either one foot loaded into a base's hand or both feet on the performance surface. Top should have a hand on each of the bases' shoulder.

Hold top person at their waist

Middle:



Base

Top Person

Spotter

Together, dip with their legs, drive top person above head. At the top, rotate hands out to where the wrist are together and settle the foot down to shoulder level.

Bend through elbows. Push off bases shoulders, standing up as quick as possible. Top should be in a straight body, squeezing legs together or closer than shoulder width and arms by their side. Legs slightly separate when bases pull top down to shoulder level.

Hands on top's waist or under seat. Dip with bases, push to the top. Hands should shift to ankles or legs at top. Controlling bringing the top down to shoulder level.

Exit:



Base

Top Person

Spotter

Bases dip with their legs, drive feet together at the extended position and slowly the stunt back to load-in/sponge. Releasing the feet to place out.

Stay tight during the dip, squeeze legs together at the top of the extended position, and catching the shoulder of the bases when they bring the top down to load-in/sponge position. Maintaining contact with shoulder, land with feet together and knees slightly bent.

From ankles, assist to the extended position. Spotter can either remain holding at the ankles or catching the top person's seat when bases bring top person to load-in/sponge. Assist top person, the waist, from stunt to the performance surface.

Supplies / Aids:

Video

Conditioning:

- Squats

Drills:

- Show & Go
- Timing drill
- Hang drill

Variation(s):

- 2-Man variation
- Walk-in variation

Notes:

Safety:

The distance/closeness between the bases while the stunt is up



NOVICE LEVEL 1 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Prep to Prone Position

Novice Level 1 Building

Novice Level 1 Building

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts) [Page 8](#)

Prone Position: A face down, flat body position. [Page 8](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- A top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Prep to Prone Position

Novice Level 1 Building

Entry:



All Positions

The transition starts in a prep.

Middle:



Base

Top Person

Spotter

Bases dip together and toss high. While arms are extended, catch top girl and hug the top person into their body. Making sure they don't past their chest area. Catch top as if you were catching a cradle.

From prep, top person squeeze legs together. Keep chest and head up the entire time. (Arm position can vary.)

Drive up above head and guide top person down. Maintains contact with top's ankle throughout transition.

Exit:



Base

Top Person

Spotter

While arms are extended, catch top girl and hug the top person into their body. sure they don't past their chest area. Catch top as if you were catching a cradle.

Keep chest and head up the entire time. (Arm position can vary.)

Hold top person at their ankles.

Supplies / Aids:

Video

Conditioning:

- Squats

Drills:

- Catching high cradles
- Timing drills with bases and spotter

Variation(s):

- Twisting to prone variation
- Prone from extended stunt

Notes:



Safety:

- 1 Bases catching high and absorbing with legs



- 2 Top keeping head and chest up at catch

