



South African
Majorette and Cheerleading
Association



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✉ admin@smaca.org

CHEERLEADING INFORMATION RULES AND REGULATIONS 2025

Moses Ngobeni (President), (Vice-President), Celia Opperman (Coaches-Majorettes), Amanda Bowden (Coaches-Cheerleading), Eunisa Muller (Finance), Kelsey Butler (Adjudication), Matthew Higgs (Development), Tina Du Plessis Cloete (Compliance Officer), Sam Higgs (Public Relations), Shareefa Waggie (Secretary)

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GENERAL INFORMATION

PLEASE NOTE

If the school an athlete is attending offers Cheerleading or Performance Cheer then the athlete must participate for their school team only and may not register as an athlete for another club or school without written permission from their school principal.

Exception: If the athlete is registered with a club or school prior to joining the new school they may continue to participate with the club or school they were first registered to.

I. SAMCA CHEERLEADING DIVISIONS

(12 Total: 4 Primary School divisions, 4 High School divisions, and 4 Tertiary divisions)

A. PRIMARY SCHOOL DIVISIONS (4 Divisions = Grade 1 – Grade 7 in the year of competition)

Teams can select to compete in the following divisions:

1. Primary School All Girl (Intermediate level 2)
2. Primary School Coed (Intermediate level 2)
3. Primary School All Girl (Median level 3)
4. Primary School Coed (Median level 3)

Notes: Each team can enter Primary School All Girl Divisions (Intermediate and Median) and Primary School Coed Divisions (Intermediate and Median), athlete crossover between divisions will only be allowed between All Girl and Coed Divisions provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division or in both levels.

B. HIGH SCHOOL DIVISIONS (4 Divisions = Grade 8 – Grade 12 in the year of competition)

Teams can select to compete in the following divisions:

1. High School All Girl (Median level 3)
2. High School Coed (Median level 3)
3. High School All Girl (Advanced level 4)
4. High School Coed (Advanced level 4)

Notes: Each team can enter High School All Girl Divisions (Intermediate and Median) and Primary School Coed Divisions (Intermediate and Median), athlete crossover between divisions will only be allowed between All Girl and Coed Divisions provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division or in both levels.

C. TERTIARY DIVISIONS (4 Divisions = 18 years and older in the year of competition and not registered at a secondary institution)

Teams can select to compete in the following divisions:

1. Tertiary All Girl (Elite level 5)
2. Tertiary School Coed (Elite level 5)
3. Tertiary All Girl Large (Premier level 6)
4. Tertiary School Coed Large (Premier level 6)

Notes: Each team can enter Tertiary All Girl Divisions (Elite and Premier) and Tertiary Coed Divisions (Elite and Premier), athlete crossover between divisions will only be allowed between All Girl and Coed Divisions provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division on in both levels.

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II. UNIFORM

- A. Soft-soled shoes must be worn while competing. No dance shoes / boots, and / or gymnastics slippers (or similar) are allowed. Shoes must have a solid sole.
- B. Jewellery of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces, and pins on uniforms are not allowed. Jewellery must be removed and may not be taped over. Exception: medical ID tags / bracelets.

Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.

- C. The uniform must have fitted sleeves (long or short).
- D. For purposes of promotion of international sport and the global athletic image of the Sport of Cheerleading, athletes must compete in team attire that does not intentionally expose the midriff / mid-section of the athlete while the athlete is in a standing position. All athletes must compete in a full top uniform, crop tops, half tops or mid-drifts will not be allowed. Should mesh be used for the midriff of an athlete's uniform, it should not be see through and should have a lining to ensure the mesh isn't see through.
- E. No underwear should show through the uniform, bumps from straps are acceptable.
- F. Male and female athletes must wear obvious proper support.
- G. Skirts and shorts should be of sufficient length to present and athletic image.
- H. Hair should be secured off the face in a simple unexaggerated style that is adaptable to all diversities.
- I. If bows or hair accessories are worn, they should not be the focal point of attention and should be worn set to the back of the head, not in front or on top. **(Pictures can be sent out to teams as to the expectations for bow placement).**
- J. Make-up is to be age appropriate and reflect and athletic image, utilizing neutral colours for eyes and skin, theatrical make-up should be avoided.
- K. A team that contravenes any uniform rule will receive a warning at the first occurrence, should there be a second occurrence of the same uniform infringement the team will receive a one (1) point per judge penalty for each uniform rule violation.

III. PERFORMANCE TIMES

- A. The competition will start on the start time and run.
- B. Should there be a delay in the competition every effort will be made to get the competition running back on time.
- C. A team cannot refuse to move up a slot.
- D. If a team leaves the competition area, it is at their own peril. If a team misses their slot to perform, they will receive a five (5) point deduction per judge and will be slotted in at the discretion of the Chief Adjudicator.

IV. TIME OF ROUTINE

- A. Cheer portion: Must be placed in the beginning of routine.
Cheer portion minimum time requirement is thirty (30) seconds.
Maximum time between cheer portion and music portion is twenty (20) seconds. **(This time should not be included in the overall combined time of cheer and music portion).**
- B. Music portion: Two minutes (2:00)
- C. Cheer and music portions combined will be a maximum of three minutes (3:00).
- D. To keep the competition on time, teams must enter the performance area as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed. **(Videos can be sent out to teams as to the expectations for team entry and exit from the performance area, as well as the expectation of starting the routine).**
- E. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.

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- F. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.
- G. Time penalties cannot be appealed.
- H. **BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.**

V. PROPS

- A. **Signs** – minimum size A4, maximum size 10m x 10m (measured from the outer most points), made from any material except metal or wood.
- B. **Flags** – minimum size A4, maximum size 10m x 10m (measured from the outer most points), made from any material except metal or wood (the poles can be made from any material).
- C. **Banners** – minimum size A4, maximum size 10m x 10m (measured from the outer most points), made from any material except metal or wood.
- D. **Megaphones** – minimum diameter of opening 9mm, maximum diameter of opening 50cm, may not have any electronic or mechanical components.
- E. **Poms** – no restrictions.

VI. TEAM SIZE / NUMBER OF ATHLETES PER TEAM

- A. All Girl – Minimum 10 athletes, Maximum 24 athletes (no male athletes).
- B. Coed – Minimum 10 athletes, Maximum 24 athletes (minimum 1 male athlete).

VII. AGE OF ATHLETE

A. PRIMARY SCHOOL DIVISIONS

Grade 1 – 7 in the year of competition.

B. HIGH SCHOOL DIVISIONS

Grade 8 – 12 in the year of competition.

C. TERTIARY DIVISIONS

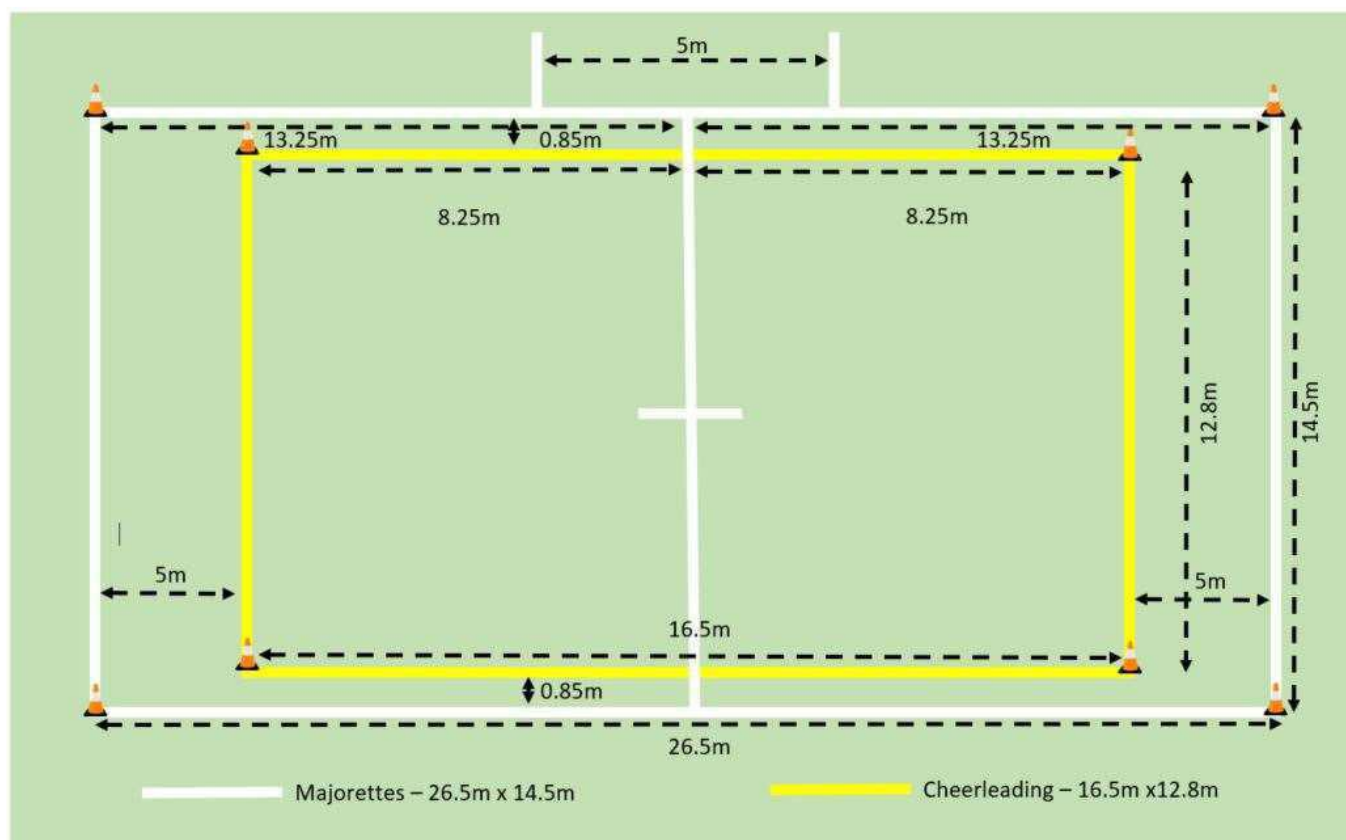
18 years and older in the year of competition and not registered at a secondary institution.

VIII. PERFORMANCE SURFACE

- A. The performance area will be 42 feet x 54 feet / 12.8 meters x 16.5 meters. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, basket tosses, and tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
- B. The performance area must be marked with a clearly visible line colour.
- C. The outer line must be a minimum of 150mm and a maximum of 200mm.
- D. The centre line is to be 100mm and it is from the back to front of the demarcated area with a small line in the centre of the field parallel to the front of the field.
- E. Teams may line up anywhere inside the competition area.
- F. No penalty for stepping outside the area. **(Athletes should not be gaining an athletic advantage by taking a longer run-up from outside of the performance area or performing extra skills outside of the performance area).**
- G. A one (1) point per judge penalty will be assessed to any team that has an athlete that steps out the performance area to gain an athletic advantage.

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IX. CROSSOVER ATHLETES

- A. Each team can enter All Girl Divisions and Coed Divisions, athlete crossover between divisions will only be allowed between All Girl and Coed Divisions provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division on in both levels per division.

X. SAMCA ANTI-DOPING RULES AND REGULATIONS

- A. SAMCA is committed to drug free sport, the safety of our athletes, and fairness of play for our sport. Please refer to the following link for more details. <http://www.drugfreesport.org.za/>



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RULES AND REGULATIONS

I. GENERAL RULES

- A. All teams must be supervised during all official functions by a qualified director / advisor / coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All directors, advisors, and coaches should have an emergency response plan in the event of an injury.
- D. All directors, advisors, and coaches should complete a safeguarding course as stipulated by SAMCA.

II. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES:** Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Chief Adjudicator. The Chief Adjudicator may consult with the Cheerleading Coach's Representative when needed. Such questions should be made prior to the team's competition performance. For any questions concerning the legality of a move or trick, it is recommended to send a video copy of any skill of question to the Chief Adjudicator. The Chief Adjudicator may consult the Cheerleading Coach's Representative when needed.
- B. **PERFORMANCE:** Any questions concerning the team's performance should be made to the Cheerleading Coach's Representative immediately after the team's performance and an appeal form submitted to the Cheerleading Coach's Representative. Appeal forms can be obtained from the music / announcer's table.

III. SPORTSMANSHIP

- A. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

IV. INTERRUPTION OF PERFORMANCE

- A. UNFORSEEN CIRCUMSTANCES
 - 1. If, in the opinion of the Chief Adjudicator, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
 - 2. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the Chief Adjudicator.
 - 3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
- B. FAULT OF THE TEAM
 - 1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
 - 2. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If decided by the Chief Adjudicator, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
 - 3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

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C. INJURY

1. The only persons that may stop a routine for injury are:
 - a. The Chief Adjudicator.
 - b. The advisor / coach from the team performing.
 - c. The injured individual.
2. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If the Chief Adjudicator allows a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of Chief Adjudicator. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
4. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach / advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
 - d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

V. INTERPRETATIONS AND / OR RULINGS

- A. Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Chief Adjudicator. The Chief Adjudicator will render a judgment to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Chief Adjudicator may consult with the Cheerleading Coach's Representative when needed.

VI. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

VII. SPOTTER POLICY

To promote a higher level of safety for competing athletes, SAMCA and Provincial Organisations will provide spotters for all competition performances. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

VIII. MUSIC GUIDELINES

- A. Trainers must make use of recorded music on a memory stick and are to be prepared in perfect working order, and set at the correct position, in case of a mishap.
- B. Two well marked memory sticks must be at music / announcer's desk prior to the team's performance. A SAMCA or Provincial Organisation designated person will press play once signalled by an athlete in the performance area, by the athlete raising their hand.
- C. Memory sticks must be handed in at the music / announcer's desk at least one section prior to the team's performance.

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- D. Judging of a team's performance will take place when the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
- E. Penalties will be imposed by the Penalty Judges and ratified by the Chief Adjudicator where an infringement of the rules has occurred.
- F. In the event of an athlete becoming ill or incurring an injury during the performance the athlete should move to the edge of the field where a medic will attend to them, the Chief Adjudicator will stop the music. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If the Chief Adjudicator allows a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of Chief Adjudicator. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
- G. In the event of an athlete becoming incapacitated during the performance the Chief Adjudicator will stop the music. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If the Chief Adjudicator allows a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of Chief Adjudicator. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
- H. The trainer is permitted to attend the chill area but may not communicate with the team or the adjudicators. All communication must take place through the marshal.

IX. MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue. In the event a team authorizes the commercial recording or streaming at the event venue, the team must obtain approval from SAMCA or the Provincial Organisation hosting the competition. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted without prior approval. By attending / purchasing admission to the event, each attendee grants permission to SAMCA or the Provincial Organisation and its affiliates, designees, agents, licensees and invitees to use the image, likeness, action and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorisation or compensation.

X. GENERAL SAFETY RULES

- A. All athletes must be supervised during all official functions by a qualified director / coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All teams, coaches, and directors must have an emergency response plan in the event of an injury.
- D. All directors, advisors, and coaches must complete a safeguarding course as stipulated by SAMCA.
- E. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
- F. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
- G. Soft-soled shoes must be worn while competing. No dance shoes / boots, and / or gymnastics slippers (or similar) are allowed. Shoes must have a solid sole.

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H. Jewellery of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces, and pins on uniforms are not allowed. Jewellery must be removed and may not be taped over.

Exception: medical ID tags / bracelets.

Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.

I. Any height increasing apparatus used to propel an athlete is not allowed.

Exception: spring floor when being used as the performance surface.

J. Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed.

K. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.

Clarification: As is common with Cheerleaders at sporting events; for divisions that allow the standing single back tuck flip skill, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.

L. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

M. Supports, braces, and soft casts that are unaltered from the manufacturer's original design / production do not require additional padding. Supports, braces, and soft casts that have been altered from the manufacturer's original design / production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch / 1.27 centimetres thick if the participant is involved in tumbling, stunts, pyramids, or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in tumbling, stunts, pyramids, or tosses.

N. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.

O. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.

P. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.

Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.

Q. Athletes must have at least one (1) 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.

Clarification: The cheer portion of the routine is the beginning of the routine and athletes would not be required to have at least one foot, hand, or body part (other than hair) on the performing surface prior to the music portion of the routine.

R. The competitors who begin a routine must remain the same throughout the course of a routine. An athlete is not permitted to be "replaced" by another athlete during a routine.

S. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her / his mouth during practice and / or performance.

T. For purposes of promotion of international sport and the global athletic image of the Sport of Cheerleading, athletes must compete in team attire that does not intentionally expose the midriff / mid-section of the athlete while the athlete is in a standing position. Should mesh be used for the midriff of an athlete's uniform, it should not be see through and should have a lining to ensure the mesh isn't see through.

XI. JUDGING CRITERIA AND SCORESHEETS

A. The judges will score the teams according to the judging criteria on a 100-point system.

XII. JUDGING PROCEDURES

A. The judges will be appointed at the sole discretion of SAMCA and Provincial Organizations.

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- B. As the teams make their presentations, the judges will score the teams using a 100-point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be totalled to determine the overall team score.
- C. In the event of a first-place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XIII. SCORES AND RANKINGS

- A. Individual score sheets are for the exclusive use of each particular judge.
- B. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams.
- C. Scores and rankings will be available only to coaches or captains at the conclusion of the competition.
- D. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' scores sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of their respective team's final placement.

XIV. FINALITY OF DECISIONS

- A. By participating in SAMCA affiliated competitions, each team agrees that decisions by the judges will be final and will not be subject for review.
- B. Each team acknowledges the necessity for the judges to make prompt and fair decisions in competitions and each team therefore expressly waives any legal, equitable, administrative, or procedural review of such decisions.

XV. PENALTIES

- A. A five (5) point per judge penalty will be assessed to any team violating any of the specific safety rules as stated.
- B. This deduction does not apply to violations mentioned that are designated a lesser point value.
- C. For any questions concerning the legality of a move or trick, it is recommended to send a video copy of any skill of question to the Chief Adjudicator. The Chief Adjudicator may consult the Cheerleading Coach's Representative when needed.

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CHEERLEADING DIVISIONS (BY LEVEL) - SAFETY RULES

NOVICE (LEVEL 1) DIVISION RULES

NOVICE (LEVEL 1) DIVISION – GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his / her feet into a transition.

Exception: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in the Novice (Level 1) Division.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.

Clarification: An individual may jump over (rebound) another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

NOVICE (LEVEL 1) DIVISION – STANDING / RUNNING TUMBLING

A. Skills must involve constant physical contact with the performance surface.

Exception: Block cartwheels and round offs are allowed.

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.

E. Front and back handsprings are not allowed.

NOVICE (LEVEL 1) DIVISION – STUNTS

A. Spotters:

1. A spotter is required for each top person at prep level and above*.

Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts.

**Extended arm stunts that are not in the upright position (e.g., v-sits, extended flats backs, etc.) are considered prep level stunts.*

Clarification 1: The centre 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.

Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

Exception: Shoulder sits / straddles, t-lifts, and stunts with up to a ½ twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.

2. A spotter is required for each top person in a floor stunt.

Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels:

1. Single leg stunts are only allowed at waist level.

Exception 1: Prep level single legs stunts are allowed if 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. The connection must be hand / arm to hand / arm and must be made prior to initiating the single leg prep level stunt.

Exception 2: A walk up shoulder stand is allowed in the Novice (Level 1) Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

2. Stunts above prep level are not allowed. A stunt may not pass above prep level.

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Clarification: Taking the top person above the head of the bases is not allowed.

C. Twisting stunts and transitions are allowed up to a total of a $\frac{1}{4}$ twisting rotation by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a $\frac{1}{4}$ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

Exception 1: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) is a stunt that is allowed in the Novice (Level 1) Division.

Exception 2: $\frac{1}{2}$ wrap around stunts are allowed in the Novice (Level 1) Division.

Exception 3: Up to a $\frac{1}{2}$ twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.

D. During transitions, at least one base must remain in contact with the other top person.

Exception: Leapfrogs and leapfrog variations are not allowed in the Novice (Level 1) Division.

E. Free flipping or assisted flipping stunts and transitions are not allowed.

F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless of if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

NOVICE (LEVEL 1) DIVISION – STUNTS-RELEASE MOVES

A. No release moves are allowed other than those allowed in Novice (Level 1) Division "Dismounts" and "Tosses".

B. Release moves may not land in a prone or inverted position.

C. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

D. Helicopters are not allowed.

E. A single full twisting log/barrel roll is not allowed.

F. Release moves may not intentionally travel.

G. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

NOVICE (LEVEL 1) DIVISION – STUNTS-INVERSIONS

A. Inversions are not allowed.

Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Novice (Level 1) Division "Standing / Running Tumbling").

Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

B. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

NOVICE (LEVEL 1) DIVISION – PYRAMIDS

A. Pyramids must follow Novice (Level 1) Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

1. *Note: Single based or assisted single based EXTENDED stunts are not allowed in the Novice (Level 1) Divisions.*

B. Top persons must receive primary support from a base.

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Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Novice (Level 1) Division "Dismount" rules.

C. Two leg stunts:

1. Two leg extended stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
 - a. The connection must be made prior to initiating the two-leg extended stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.

Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

2. Two leg extended stunts may not brace or be braced by other extended stunts.

D. Single leg stunts:

1. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:
 - a. The connection must be made prior to initiating the single leg prep level stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.

Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

2. Extended single leg stunts are not allowed.

E. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

NOVICE (LEVEL 1) DIVISION – DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single based stunts must have a spotter with at least 1 hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in the Novice (Level 1) Division.

Clarification 2: All waist level cradles are not allowed.

C. Dismounts must return to the original base(s):

Exception 1: Dismounts to the performance surface must be assisted by either an original base and / or spotter.

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including a ¼ turn / rotation) are not allowed.
- F. 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.
- G. No dismounts are allowed from skills above a prep level in pyramids.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops / rolls of any kind are not allowed.

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NOVICE (LEVEL 1) DIVISION – TOSSES

A. Tosses are not allowed.

Clarification 1: This includes “Sponge” (also known as Load Ins or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

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INTERMEDIATE (LEVEL 2) DIVISION RULES

INTERMEDIATE (LEVEL 2) DIVISION – GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his / her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler / top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.

Clarification: An individual may jump over (rebound) another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed.

Exception 1: Dive rolls performed in a swan / arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.

Example: A back handspring step out immediately moving into a ½ turn is not allowed.

INTERMEDIATE (LEVEL 2) DIVISION – STANDING TUMBLING

A. Flips and aials are not allowed.

B. Series front and back handsprings are not allowed.

Clarification: A back walkover into a back handspring is allowed.

C. Jump skills in immediate combination with handspring(s) is not allowed.

Example: Toe touch handsprings and handspring toe touches are not allowed.

D. No twisting while airborne.

Exception: Round offs are allowed.

INTERMEDIATE (LEVEL 2) DIVISION – RUNNING TUMBLING

A. Flips and aials are not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.

Exception: Round offs are allowed.

INTERMEDIATE (LEVEL 2) DIVISION – STUNTS

A. Spotters:

1. A spotter is required for each top person above prep level.

2. A spotter is required for each top person in a floor stunt.

Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels:

1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.

Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.

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Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

2. Note: Single based or assisted single based EXTENDED stunts are not allowed.
- C. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.

Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

Exception: A single full twisting log / barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.

Clarification 2: A log / barrel roll may not include any other skills (e.g., kick full twists, etc.) other than the twist.

Clarification 3: A log / barrel roll may not be assisted by another top person.

- D. During transitions, at least one base must remain in contact with the other top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
- Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.*
- Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.

INTERMEDIATE (LEVEL 2) DIVISION – Stunts-Release Moves

- A. No release moves are allowed other than those allowed in Intermediate (Level 2) Division "Dismounts" and "Tosses".
- B. Release moves may not land in a prone or inverted position.
- C. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

Exception: See Dismount "C."

- D. Releasing from inverted to non-inverted body positions is not allowed.
- E. Helicopters are not allowed.
- F. A single full twisting log / barrel roll is allowed as long as it starts and ends in a cradle position.

Clarification 1: Single base log / barrel rolls must have two (2) catchers. Multi-base log / barrel rolls must have three (3) catchers.

Clarification 2: A log / barrel roll may not be assisted by another top person.

Clarification 3: A log / barrel roll must return to the original bases and may not include any skill other than the twist.

Example: No kick full twists.

- G. Release moves may not intentionally travel.
- H. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

INTERMEDIATE (LEVEL 2) DIVISION – STUNTS-INVERSIONS

- A. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
- Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.*

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Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g., a shoulder sit).

Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

B. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

INTERMEDIATE (LEVEL 2) DIVISION – PYRAMIDS

A. Pyramids must follow Intermediate (Level 2) Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

1. Note: Single based or assisted single based EXTENDED stunts are not allowed in the Intermediate (Level 2) Divisions.

B. Top persons must receive primary support from a base.

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Intermediate (Level 2) Division "Dismount" rules.

C. Extended stunts may not connect to or be braced by any other extended stunts.

D. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

E. Extended single-leg stunts:

1. Must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.
2. The connection must be made prior to initiating the extended single leg stunt.
3. Prep level top persons bracers must have both feet in the bases' hands.

Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

INTERMEDIATE (LEVEL 2) DIVISION – DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least one (1) hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two (2) catchers and a spotter with at least 1 hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts must return to the original base(s):

Exception 1: Dismounts to the performance surface must be assisted by either an original base and / or spotter.

Exception 2: Straight pop downs or small pop offs with no additional skill(s) from the waist level or below are the only dismounts allowed to the performance surface without assistance.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.

E. Twisting dismounts exceeding $\frac{1}{4}$ turn / rotation are not allowed. All other positions / additional skills are not allowed.

Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.

F. 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.

G. Cradles from extended single-leg stunts in pyramids are allowed.

H. No free flipping or assisted flipping dismounts are allowed.

I. Dismounts may not intentionally travel.

J. Top persons in dismounts may not come in contact with each other while released from the bases.

K. Tension drops / rolls of any kind are not allowed.

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INTERMEDIATE (LEVEL 2) DIVISION – TOSSES

A. Tosses are not allowed.

Clarification 1: This includes “Sponge” (also known as Load Ins or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

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MEDIAN (LEVEL 3) DIVISION RULES

MEDIAN (LEVEL 3) DIVISION – GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.

Clarification: A tumbler may rebound from his / her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler / top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.

Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

Clarification: Although not applicable for the Median (Level 3) Division as flips are not allowed; for divisions that allow flips (e.g., Advanced (Level 4) – Premier (Level 6) Divisions), athletes already proficient in a standing single back tuck flip skill may perform a standing single back tuck flip with poms only in the athlete's hands during the cheer portion of the routine.

D. Dive rolls are allowed.

Exception 1: Dive rolls performed in a swan / arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Example: If an athlete in the Median (Level 3) Division performs a round off - toe touch - back handspring - back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median (Level 3) Division Standing Tumbling regulations.

MEDIAN (LEVEL 3) DIVISION – STANDING TUMBLING

A. Flips are not allowed.

Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.

Exception: Round offs are allowed.

MEDIAN (LEVEL 3) DIVISION – RUNNING TUMBLING

A. Flips must follow the enclosed conditions:

1. Back flips may ONLY be performed in tuck position only from a round off or round off back handspring(s).

Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.

2. Other skills with hand support prior to the round off or round off back handspring are allowed.

Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.

3. Cartwheel tucked flips and / or cartwheel to back handsprings(s) to tucks are not allowed.

4. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed.

Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

B. No tumbling is allowed after a flip or an aerial cartwheel.

Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one (1) step into the next tumbling skills must be included to separate the two (2) passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete(s) finishes the skill with both feet together, then one (1) step is all that is needed to create a new tumbling pass.

C. No twisting is allowed while airborne.

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Exception: Round offs are allowed.

Exception: Aerial cartwheels are allowed.

MEDIAN (LEVEL 3) DIVISION – STUNTS

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions are allowed up to one (1) twisting rotation by the top person in relation to the performance surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a one (1) rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

- D. Full twisting transitions must land at and originate from prep level or below only.

Example: No full ups (1 twist or more) to an extended position.

- E. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.

Clarification: A twist performed with an additional turn by the bases performed in the same level set, would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation.

- F. During stunts and transitions, at least one (1) base must remain in contact with the top person.

Exception: See "Release Moves."

- G. Free flipping stunts and transitions are not allowed.

- H. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless of whether the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

- I. Single based split catches are not allowed.
- J. Single based stunts with multiple top persons require a separate spotter for each top person.
- K. Extended single leg top persons may not connect to any other extended top person.

MEDIAN (LEVEL 3) DIVISION – STUNTS-RELEASE MOVES

- A. Release moves are allowed but must not exceed extended arm level.

Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and / or dismount and must follow the appropriate "Toss" and / or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

- B. Release moves may not land in an inverted position. Releasing from an inverted to non-inverted position is not allowed.
- C. Release moves must start at waist level or below and must be caught at prep level or below.
- D. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
- E. Release moves are restricted to one (1) skill / trick and 0 twists. Only skills performed during the release attribute to the one (1) skill / trick and 0 twists limitation. Therefore, placement to an immediate body position would not be considered a skill.

Exception: Log / barrel rolls may twist up to one (1) rotation and must land in a cradle or a flat and horizontal body position. (i.e., Flat back or prone position)

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Clarification: Single based log rolls must have two (2) catchers. Multi-based log rolls must have three (3) catchers.

F. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.

Clarification: An individual may not land on the performing surface without assistance.

Exception 1: See Median (Level 3) Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

G. Helicopters are not allowed.

H. Release moves may not intentionally travel.

I. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

J. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

MEDIAN (LEVEL 3) DIVISION – STUNTS-INVERSIONS

A. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.

Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by two (2) hands. Both hands of the top person must be connected to a separate hand of the base(s).

B. Inversions are limited to a ½ twisting rotation to extended level and one (1) twisting rotation to prep level and below.

Exception 1: A multi-based suspended forward roll may twist up to one (1) full twisting rotation (See # A Exception above). A Forward Suspended Roll exceeding a ½ twist must land in a cradle.

Exception 2: In a multi-based suspending backward roll, the top person may not twist.

C. Downward inversions are allowed at waist level and must be assisted by at least 2 bases / catchers positioned at the waist to shoulder level to protect the head and shoulder area. The top person must maintain contact with the original base.

Clarification 1: The stunt may not pass through prep level and then become inverted below prep level or below. (The momentum of the top person coming down is the primary safety concern.)

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.

Clarification 3: Two-leg Pancake stunts are not allowed in the Median (Level 3) Division.

D. Downward inversions may not come into contact with each other.

E. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

MEDIAN (LEVEL 3) DIVISION PYRAMIDS

A. Pyramids must follow Median (Level 3) Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. Top persons must receive primary support from a base.

Exception: See Median (Level 3) Division "Pyramid Release Moves"

C. Extended single leg (1 leg) stunts may not brace or be braced by any other extended stunts.

D. No stunt, pyramid or individual may move over or under another separate stunt, pyramid, or individual.

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

E. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep level or below and at least one (1) base. The connection to the bracer must be hand / arm to hand / arm. The connection must be made prior to the initiating of the skill and must remain in contact throughout the skill. A Hand / arm connection does not include the shoulder.

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MEDIAN (LEVEL 3) DIVISION PYRAMIDS – RELEASE MOVES

- A. Any skill allowed as a Median (Level 3) Division Release Move is also allowed if it remains connected to a base and two (2) bracers.
- B. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performance surface and must follow the Median (Level 3) Division dismount rules.
- C. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two (2) persons at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.
Clarification 1: Twisting stunts and transitions are allowed up to one (1) twist, if connected to at least two (2) bracers at prep level or below with an arm / arm connection. The connections must be made prior to the initiation of the skill and must remain in contact throughout the skill.
Clarification 2: Median (Level 3) Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with one (1) other top person provided the release move meets the Median (Level 3) Division "Stunt Release Moves" or "Dismounts" criteria.
- D. The top person must remain in direct contact with at least two (2) different top persons at prep level or below. One of these top person contacts must be in a hand / arm-to-hand / arm connection; the other may be either in a hand / arm-to-hand / are connections or in a hand / arm-to-foot / lower leg (below the knee) connection.
Clarification 1: Pyramid Release Moves must be braced on two (2) different sides (e.g., right side / left side or left side/back side, etc.) by two (2) separate bracers. (Example: two (2) bracers on the same arm are not allowed.) A top person must be braced on two (2) of the four (4) sides (front, back, right, or left) of her / his body.
Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.
- E. Primary weight may not be borne at the second level.
Clarification: The transition must be continuous.
- F. These release transitions may not involve changes bases.
- G. These transitions must be caught by at least two (2) catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - 1. Both catchers must be stationary.
 - 2. Both catchers must maintain visual contact with the top person throughout the entire transition.
- H. Release moves may not be braced / connected to the top person(s) above prep level.

MEDIAN (LEVEL 3) DIVISION – PYRAMIDS-INVERSIONS

- A. Must follow Median (Level 3) Division "Stunt Inversions" rules.
- B. A top person may pass through an inverted position during a pyramid position if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and also a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base(s) that remains in contact with the top person may extend their arms during the transition if the skill(s) starts and ends in a position at prep level or below.

Example 1: A flat back split that rolls to a load in position is allowed even if the base(s) extends their arms during the inversion skill.

Example 2: A flat back that rolls into an extended position is not allowed because the skill did not first land in a position below the extended level.

MEDIAN (LEVEL 3) DIVISION – PYRAMIDS-RELEASE MOVES W/ BRACED INVERSIONS

- A. Pyramid transitions may not involve inversions while released from the bases.

MEDIAN (LEVEL 3) DIVISION – DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

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- A. Cradles from single based stunts must have a spotter with at least one (1) hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two (2) catchers and a spotter with at least one (1) hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and / or a spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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.
- D. Only straight pop downs, basic straight cradles, and $\frac{1}{4}$ turns are allowed from any single (1 leg) stunt.
- E. Up to a 1 $\frac{1}{4}$ twisting rotations are allowed from all two (2) - leg stunts.
Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Median (Level 3) Division "Stunts" regarding Twisting Stunts and Transitions specifically.
- F. 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.
- G. Up to one (1) trick is allowed during a dismount from any 2-leg stunt.
- H. Any dismount from prep level and above involving a skill / trick (i.e., twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops / rolls of any kind are not allowed.
- M. When cradling single based stunts with multiple top persons, two (2) catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- N. Dismounts from an inverted position are not allowed.

MEDIAN (LEVEL 3) DIVISION – TOSSES

- A. Any other tosses, that are not Basket Tosses, must follow the Median (Level 3) Division Tosses Rules.
- B. Tosses are allowed up to a total of four (4) tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- C. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least three (3) original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: no intentional traveling tosses.
- D. The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated.
- E. Flipping, inverted, or traveling tosses are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to one (1) trick allowed during a toss. Twisting tosses may not exceed one (1) twisting rotation.
Example 1: Legal: toe-touch, ball out, pretty girl
Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch
Clarification: The 'arch' does not count as a trick.
Exception: A Ball X toss is allowed at this level as an "EXCEPTION."
- H. During a twisting toss, no skill other than the twist is allowed.
Example: No kick fulls, No $\frac{1}{2}$ twist toe touches.
- I. Top persons in separate tosses may not come in contact with each other.
- J. Only a single top person is allowed during a toss.

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ADVANCED (LEVEL 4) DIVISION RULES

ADVANCED (LEVEL 4) DIVISION – GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.

Clarification: A tumbler may rebound from his / her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler / top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.

D. Dive rolls are allowed:

Exception 1: Dive rolls performed in a swan / arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Example: If an athlete in Advanced (Level 4) Division performs a roundoff - toe touch - back handspring - whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced (Level 4) Division Standing Tumbling regulations.

ADVANCED (LEVEL 4) DIVISION – STANDING TUMBLING

A. Standing flips and flips from a back handspring entry are allowed.

B. Skills are allowed up to one (1) flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

C. Consecutive flip-flip combinations are not allowed.

Example: Back tuck – back tuck, back tuck – punch front is not allowed.

D. Jump skills are not allowed in immediate combination with a standing flip.

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

Clarification 1: Jumps connected to ¾ front flips are not allowed.

Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

ADVANCED (LEVEL 4) DIVISION – RUNNING TUMBLING

A. Skills are allowed up to one (1) flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

ADVANCED (LEVEL 4) DIVISION – STUNTS

A. A spotter is required for each top above prep level.

B. Single leg extended stunts are allowed.

C. Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations by the top person in relation to the performing surface.

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Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Twisting stunts and transitions to an extended position are allowed under the following conditions:

1. Extended skills up to a ½ twist are allowed.

Example: A ½ up to extended single leg stunt is allowed.

Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e., a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

2. Extended skills exceeding a ½ twist but not exceeding one (1) twist must land in a 2-leg stunt, platform position or a liberty (body position variations are not allowed).

Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.

Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e., a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

E. During transitions, at least one (1) base must remain in contact with the top person.

Exception: See "Release Moves."

F. Free flipping mounts and transitions are not allowed.

G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

H. Single based split catches are not allowed.

I. Single based stunts with multiple top persons require a separate spotter for each top person.

J. Extended single top persons may not connect to any other extended single leg top person.

ADVANCED (LEVEL 4) DIVISION – STUNTS-RELEASE MOVES

A. Release moves are allowed but must not exceed extended arm level.

Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and / or dismount and must follow the appropriate "Toss" and / or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

B. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot.

C. Release skills that land in a non-upright position must have three (3) catchers for a multi-based stunt and two (2) catchers for a single based stunt.

D. Release moves must return to original bases.

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Clarification: An individual may not land on the performing surface without assistance.

Exception 1: See Advanced (Level 4) Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

- E. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping.
- F. Release moves initiating from an extended level may not twist.
- G. Helicopters are allowed up to a 180-degree rotation and 0 twisting and must be caught by at least three (3) catchers, one of which is positioned at head and shoulder area of the top person.
- H. Release moves may not intentionally travel.
- I. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
- J. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

ADVANCED (LEVEL 4) DIVISION – STUNTS-INVERSIONS

- A. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
- B. Downward inversions are allowed at prep level and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area.

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.

Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.

Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.

Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.

- C. Downward inversions must maintain contact with an original base.

Exception: Side rotating downward inversions.

Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

- D. Downward inversions may not come into contact with each other.

- E. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

ADVANCED (LEVEL 4) DIVISION – PYRAMIDS

- A. Pyramids must follow Advanced (Level 4) Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

- B. Top persons must receive primary support from a base.

Exception: See "Advanced (Level 4) Pyramid Release Moves."

- C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.

- D. No stunt or pyramid may move over or under another separate stunt or pyramid.

Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

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Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

E. Any skill that is allowed as an Advanced (Level 4) Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to two (2) bracers.

ADVANCED (LEVEL 4) DIVISION PYRAMIDS – RELEASE MOVES

A. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one (1) person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Exception: While a tick-tock from prep level or higher to an extended position (e.g., low to high and high to high) is not allowed for Advanced (Level 4) Division "Stunts", the same skill is allowed in Advanced (Level 4) Division "Pyramid Release Moves" if the skill is braced by at least one (1) person at prep level or below. The top person performing the tick-tock must be braced the entire time during the release from the bases.

Clarification 2: Advanced (Level 4) Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced (Level 4) Division "Stunt Release Moves" or "Dismounts" criteria.

Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.

B. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

C. Primary weight may not be borne at the second level.

Clarification: The transition must be continuous.

D. Non-inverted transitional pyramids may involve changing bases under the following conditions:

1. The top person must maintain physical contact with a person at prep level or below.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

2. The top person must be caught by at least two (2) catchers (minimum of one (1) catcher and one (1) spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).

E. Non-inverted pyramid release moves must be caught by at least two (2) catchers (minimum of one (1) catcher and one (1) spotter) under the following conditions:

1. Both catchers must be stationary.
2. Both catchers must maintain visual contact with the top person throughout the entire transition.

F. Release moves may not be braced / connected to the top persons above prep level.

ADVANCED DIVISION PYRAMIDS – INVERSIONS

A. Must follow Advanced (Level 4) Division Stunt Inversions rules.

ADVANCED (LEVEL 4) DIVISION PYRAMIDS – RELEASE MOVES W/BRACED INVERSIONS

A. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least two (2) persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 2: Braced flips must be braced on 2 separate sides (i.e., right side - left side, left side- back side, etc.) by two (2) separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on two (2) of the four (4) sides (front, back, right, or left) of their body.

B. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.

C. Braced inversions (including braced flips) may not involve changing bases.

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- D. Braced inversions (including braced flips) must be in continuous movement.
- E. All braced inversions (including braced flips) that do not twist must be caught by at least three (3) catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of one (1) catcher and two (2) spotters.
 - 1. All required catchers / spotters must be stationary.
 - 2. All required catchers / spotters must maintain visual contact with the top person throughout the entire transition.
 - 3. The required catchers / spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- F. Braced inversions (including braced flips) may not travel downward while inverted.
- G. Braced inversions (including braced flips) may not come in contact with other stunt / pyramid release moves.
- H. Braced inversions (including braced flips) may not be braced / connected to top persons above prep level.

ADVANCED (LEVEL 4) DIVISION – DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single based stunts must have a spotter with at least one (1) hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s).

Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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.

- D. Up to a 2 ¼ twisting rotations are allowed from all 2- leg stunts.

Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2 – leg stunt. There are specific exceptions given for the platform body position within the Advanced (Level 4) Division "Stunts" regarding Twisting Stunts and Transitions specifically.

- E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.

Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced (Level 4) Division "Stunts" regarding Twisting Stunts and Transitions specifically.

- F. 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 prop.
- G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops / rolls of any kind are not allowed.
- L. When cradling single based stunts with multiple top persons, two (2) catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- M. Dismounts from an inverted position may not twist.

ADVANCED DIVISION - TOSSES

- A. Tosses are allowed up to a total of four (4) tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least three (3) original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

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Example: No intentional traveling tosses.

Exception: A ½ turn is allowed by bases as in a kick full basket.

- C. The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to two (2) tricks are allowed during a toss.

Example: Kick full, full up toe touch.

- G. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.

Example: No kick double tosses.

- H. Tosses may not exceed 2 ¼ twisting rotations.
- I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and / or other top persons.
- J. Only a single top person is allowed during a toss.

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ELITE (LEVEL 5) DIVISION RULES

ELITE (LEVEL 5) DIVISION – GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.

Clarification: A tumbler may rebound from his / her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler / top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.

D. Dive rolls are allowed:

Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

ELITE (LEVEL 5) DIVISION – STANDING TUMBLING

A. Skills are allowed up to one (1) flipping and one (1) twisting rotation.

ELITE (LEVEL 5) DIVISION – RUNNING TUMBLING

A. Skills are allowed up to one (1) flipping and one (1) twisting rotation.

ELITE (LEVEL 5) DIVISION – STUNTS

A. A spotter is required for each top above prep level.

B. Single leg extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

ELITE (LEVEL 5) DIVISION – STUNTS-RELEASE MOVES

A. Release moves are allowed but must not exceed more than 18 inches / 46 centimetres above extended arm level.

Clarification: If the release move exceeds more than 18 inches / 46 centimetres above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches / 46 centimetres, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

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- B. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.

Exception: Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

- C. Release skills that land in a non-upright position must have three (3) catches for a multi-based stunt and two (2) catchers for a single based stunt.

- D. Release moves must return to original bases.

Clarification: An individual may not land on the performance surface without assistance.

Exception 1: See Elite (Level 5) Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

- E. Helicopters are allowed up to a 180-degree rotation and must be caught by at least three (3) catchers, one (1) of which is positioned at head and shoulder area of the top person.

- F. Release moves may not intentionally travel.

- G. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

- H. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

ELITE (LEVEL 5) DIVISION – STUNTS-INVERSIONS

- A. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."

- B. Downward inversions are allowed from prep level and above and must be assisted by at least three (3) catchers, at least two (2) of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.

Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 2: Downward inversion originating from prep level or below do not require three (3) catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)

Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.

- C. Downward inversions must maintain contact with an original base.

Exception: The original base may lose contact with the top person when it becomes necessary to do so.

Example: Cartwheel-style transition dismounts.

- D. Downward inversions from above prep level:

1. May not stop in an inverted position.

Example: A cartwheel roll off would be legal because the top person is landing on their feet.

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

2. May not land on or touch the ground while inverted.

Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.

- E. Downward inversions may not come in contact with each other.

- F. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

ELITE (LEVEL 5) DIVISION - PYRAMIDS

- A. Pyramids must follow Elite (Level 5) Division "Stunts" and "Dismounts" rules and are allowed up to two (2) high.

- B. Top persons must receive primary support from a base.

Exception: See Elite (Level 5) Division "Pyramids Release Moves".

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ELITE (LEVEL 5) DIVISION PYRAMIDS – RELEASE MOVES

- A. During a pyramid transition, a top person may pass above two (2) persons high while in direct physical contact with at least one (1) person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

- B. Primary weight may not be borne at the second level.

Clarification: The transition must be continuous.

- C. Non-inverted pyramid release moves must be caught by at least two (2) catchers (minimum of one (1) catcher and one (1) spotter) under the following conditions:

1. Both catchers must be stationary.
2. Both catchers must maintain visual contact with the top person throughout the entire transition.

- D. Non inverted transitional pyramids may involve changing bases. When changing bases:

1. The top person must maintain physical contact with a person at prep level or below.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

2. The top person must be caught by at least two (2) catchers (minimum of one (1) catcher and one (1) spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

- E. Release moves may not be braced / connected to the top persons above prep level.

ELITE (LEVEL 5) DIVISION PYRAMIDS – INVERSIONS

- A. Must follow Elite (Level 5) Division “Stunt Inversions” rules.

ELITE (LEVEL 5) DIVISION PYRAMIDS – RELEASE MOVES W/ BRACED INVERSIONS

- A. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

- B. Braced inversions (including braced flips) are allowed up to $1\frac{1}{4}$ flipping rotations and $\frac{1}{2}$ twisting rotations.

- C. Braced inversions (including braced flips) that exceed $\frac{1}{2}$ twisting rotations are only allowed up to a $\frac{3}{4}$ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e., cradle, flat back, prone) and doesn't exceed one (1) twisting rotation.

Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e., basket toss or sponge) performing a full twist and a backward $\frac{3}{4}$ rotation to a prone position while in contact with one (1) bracer.

- D. Inverted transitional pyramids may involve changing bases.

- E. Braced inversions (including braced flips) must be in continuous movement.

- F. All braced inversions (including braced flips) that do not twist must be caught by at least three (3) catchers.

Exception: Brace flips that land in an upright position at prep level or above require a minimum of one (1) catcher and two (2) spotters.

1. The three (3) catchers / spotters must be stationary.
2. The three (3) catchers / spotters must maintain visual contact with the top person throughout the entire transition.
3. The three (3) catchers / spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

- G. All braced inversions (including braced flips) that twist (including $\frac{1}{4}$ twist or more) must be caught by at least three (3) catchers. All three (3) catchers must make contact during the catch.

1. The catchers must be stationary.
2. The catchers must maintain visual contact with the top person throughout the entire transition.

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3. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- H. Braced inversions (including braced flips) may not travel downward while inverted.
- I. Braced flips may not come in contact with other stunt / pyramid release moves.
- J. Braced inversions (including braced flips) may not be braced / connected to top person(s) above prep level.

ELITE (LEVEL 5) DIVISION - DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performance surface.

- A. Cradles from single based stunts must have a separate spotter with at least one (1) hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two (2) catchers and a separate spotter with at least one (1) hand / arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts must return to the original base(s).

Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and / or spotter(s).

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the 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.

- D. Up to a 2 ¼ twisting rotations are allowed from all stunts.
- E. 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 prop.
- F. No free flipping dismounts allowed.
- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops / rolls of any kind are not allowed.
- J. When cradling single based stunts with multiple top persons, two (2) catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- K. Dismounts from an inverted position may not twist.

ELITE (LEVEL 5) DIVISION – TOSSES

- A. Tosses are allowed up to a total of four (4) tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least three (3) original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: No intentional traveling tosses.

Exception: A ½ turn is allowed by bases as in a kick full basket.

- C. The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 2 ½ twisting rotations allowed.
- G. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and / or top persons.
- H. Only a single top person is allowed during a basket toss.

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PREMIER (LEVEL 6) DIVISION RULES

PREMIER (LEVEL 6) DIVISION – GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.

Exception 1: A tumbler may rebound from his / her feet into a stunt transition. If the rebound from the tumbling pass involves hip-overhead rotation, then the tumbler / top person must be caught and stopped in a non-inverted position before continuing into the hip-overhead transition or stunt.

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.

D. Dive rolls are allowed:

Exception: Dive rolls that involve twisting are not allowed.

PREMIER (LEVEL 6) DIVISION – STANDING / RUNNING TUMBLING

A. Skills are allowed up to one (1) flipping and one (1) twisting rotations.

PREMIER (LEVEL 6) DIVISION - STUNTS

A. A spotter is required:

1. During one-arm (1 arm) stunts above prep level, other than cupies or liberties.

Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.

2. When the load / transition involves:

- a. A release move with a twist greater than 360 degrees.
 - b. A release move with an inverted position landing at prep level or above.
 - c. A free flip.
3. During stunts in which the top person is in an inverted position above prep level.
 4. When the top person is released from above ground level to a one-arm (1 arm) stunt.

B. Stunt levels:

1. Single leg (1 leg) extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.

Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use two (2) catchers.

Example: a rewind that lands in a cradle position.

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.

Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.

E. Single based split catches are not allowed.

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F. Single based stunts with multiple top persons require a separate spotter for each top person.

PREMIER (LEVEL 6) DIVISION STUNT – RELEASE MOVES

A. Release moves are allowed but must not exceed more than 18 inches / 46 centimetres above extended arm level.

Clarification: If the release move exceeds more than 18 inches / 46 centimetres above the bases' extended arm level, it will be considered a toss or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.

B. Release moves may not land in an inverted position.

C. Release moves must return to original bases.

Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunt with multiple top persons.

Clarification: An individual may not land on the performing surface without assistance from above waist level.

D. Helicopters are allowed up to a 180-degree rotation must be caught by at least three (3) catchers, one (1) of which is positioned at head and shoulder area of the top person.

E. Release moves may not intentionally travel. See exception in "C" herein.

F. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

G. Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

PREMIER (LEVEL 6) DIVISION STUNTS – INVERSIONS

A. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

PREMIER (LEVEL 6) DIVISION – PYRAMIDS

A. Pyramids are allowed up to 2 ½ high.

B. For 2 ½ high pyramids, there must be at least two (2) spotters, one providing additional pyramid support, and both designated for each person who is above two (2) persons high and whose primary support does not have at least one (1) foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.

Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.

C. Free-flying mounts originating from ground level and above may not originate in a handstand position and are allowed up to one (1) flipping (3/4 maximum free flip between release and catch) and one (1) twisting rotation, or 0 flipping and two (2) twisting rotations.

Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids, or individuals.

PREMIER (LEVEL 6) DIVISION PYRAMIDS – RELEASE MOVES

A. During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:

1. Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e., tower pyramid tick-tocks)
2. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

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PREMIER (LEVEL 6) DIVISION PYRAMIDS – INVERSIONS

- A. Inverted stunts are allowed up to 2 ½ persons high.
- B. Downward inversions from above prep level must be assisted by at least two (2) bases. Top person must maintain contact with a base or another top person.

PREMIER (LEVEL 6) DIVISION PYRAMIDS – RELEASE MOVES W/BRACED INVERSIONS

- A. Braced flips are allowed up to up to 1 ¼ flipping and one (1) twisting rotation.
- B. Braced flips are allowed if direct physical contact is maintained with at least one (1) top person at prep level or below and must be caught by at least two (2) catchers.

Exception: Braced inversions to 2 ½ high pyramids may be caught by one (1) person.

- C. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one (1) base and one (1) additional spotter under the following conditions:
 - 1. The base / spotter must be stationary.
 - 2. The base / spotter must maintain visual contact with the top person throughout the entire transition.
 - 3. The base / spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw of the top person is considered the initiation of the skill)
- D. Free released moves from 2 ½ high pyramids:
 - 1. May not land in a prone or inverted position.
 - 2. Are limited to 0 flipping and one (1) twisting rotation.
- E. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

PREMIER (LEVEL 6) DIVISION – DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performance surface.

- A. Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least one (1) hand / arm supporting the head and shoulder of the top person.
- B. Dismounts to the performance surface must be assisted by an original base 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 performance surface that do not require assistance.

Clarification: An individual may not land on the performance surface from above waist level without assistance.

- 1. Dismounts to the performance surface are allowed up to 2 ¼ twists.
- 2. Dismounts to the performance surface exceeding 1 ¼ twists must be assisted by two (2) catchers or one (1) catcher with a spotter.

Exception: Dismounts to the performance surface from 2 ½ high pyramids are allowed up to 1 ¼ twists and must be assisted by two (2) catchers or one (1) catcher with a spotter.

- C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to two (2) persons high and requires at least two (2) catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require two (2) catchers, one (1) of which must be stationary at the initiation of the cradle.

Exception: 2-1-1 thigh stands may perform two (2) twists from a forward-facing stunt only (example: extension, liberty, heel stretch).

- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts to a cradle:
 - 1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).
 - 2. Require at least two (2) catchers, one (1) of which is an original base.
 - 3. May not intentionally travel.
 - 4. Must originate from prep level or below. (May not originate from 2 ½ pyramids.)

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Exception: $\frac{3}{4}$ front flip to cradle may occur from a $2\frac{1}{2}$ high pyramid and requires two (2) catchers, one (1) on each side of the top person and one (1) of which must be stationary when the cradle is initiated, $\frac{3}{4}$ front flip to cradle from $2\frac{1}{2}$ high may not twist.

F. Free flipping dismounts to the performance surface are only allowed in front flipping rotation:

Clarification: Back-flipping dismounts must go to cradle.

1. Allowed up to one (1) front flipping and 0 twisting rotations.
 2. Must return to an original base.
 3. Must have a spotter.
 4. May not intentionally travel.
 5. Must originate from prep level or below. (May not originate from $2\frac{1}{2}$ high pyramids.)
- G. Tension drops / rolls of any kind are not allowed.
- H. When cradling single based stunts with multiple top persons, two (2) catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from one (1) arm stunt that involve a twist must have a spotter assisting the cradle with at least one (1) hand / arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids, or individuals.
- K. Dismounts must return to original base(s).

Exception: Single based stunts with multiple top persons do not need to return to original base(s).

- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER (LEVEL 6) DIVISION – TOSSES

- A. Tosses are allowed up to a total of four (4) tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

Exception 1: Fly away tosses that would go over the back person.

Exception 2: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.

- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least three (3) bases one (1) of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
- D. Flipping tosses are allowed up to $1\frac{1}{4}$ flipping rotation and two (2) additional skills. A tuck, pike or lay out are not counted in the two (2) additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X - out is considered a skill.

Legal (Two (2) Skills)

Tuck flip, X-out, full twist
Double, full-twisting layout
Kick, full-twisting layout
Pike, open, double full-twist
Arabian front, full twist

NOTE: An Arabian Front followed by a $1\frac{1}{2}$ twist is considered to be a legal skill.

Illegal (Three (3) Skills)

Tuck flip, X-out, double full-twist
Kick, double full-full twisting, layout
Kick, full-twisting layout, kick
Pike, split, double full-twist
Full-twisting layout, split, full-twist

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- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Non-flipping tosses may not exceed 3 ½ twists.
- G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.
- I. Only a single top person is allowed during a basket toss.

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GLOSSARY

½ WRAP AROUND: A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in “Swing Dancing”). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person’s body wrapped around the back or the base.

AERIAL (NOUN): Cartwheel or walkover executed without placing hands on the ground.

AIRBORNE / AERIAL (ADJECTIVE): To be free of contact with a person or the performing surface.

AIRBORNE TUMBLING SKILL: An aerial manoeuvre involving hip-over-head rotation in which a person uses their body and the performance surface to propel himself / herself away from the performance surface.

ALL 4S POSITION: An “All 4s Position” is when an athlete is on their hands and knees on the performance surface but not in a tucked (nugget) position. When this person is supporting a top person, the “All 4s” position is a waist level stunt.

ASSISTED-FLIPPING STUNT: A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See “Suspended Flip”, “Braced Flip”)

BACKBEND: An athlete’s body position created when an athlete bends forming a backward arched body position, typically supported by the athlete’s hands and feet with the abdomen facing upward.

BACK WALKOVER: A non-aerial tumbling skill where the athlete moves backward into an arched body position, with the hands making contact with the ground first, then the athlete rotates the hips over the head and lands on one foot / leg at a time.

BACKWARD ROLL: A non-aerial tumbling skill where the athlete rotates backward into / or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

BALL-X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle / x-position with the arms and legs or just the legs.

BARREL ROLL: See “LOG ROLL”.

BASE: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: “New Base” and / or “Original Base”). If there is only 1 person under a top person’s foot, regardless of hand placement, that person is considered a base.

BASKET TOSS: A toss involving two (2) or three (3) bases and a spotter – two (2) of the bases use their hands to interlock wrists.

BLOCK: A tumbling term referring to the increase in height created by using one’s hand(s) and upper body power to push off the performing surface during a tumbling skill.

BLOCK CARTWHEEL: A momentarily airborne cartwheel created by the athlete “blocking” through the shoulders against the performance surface during the execution of the skill.

BRACE: A physical connection that helps to provide stability from one top person to another top person. A top person’s hair and / or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

BRACED FLIP: A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

BRACER: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

CARTWHEEL: A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

CATCHER: Person(s) responsible for the safe landing of a top person during a stunt / dismount / toss / release.

All catchers:

1. Must be attentive.
2. Must not be involved in other choreography.
3. Must make physical contact with the top person upon catching.

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4. Must be on the performing surface when the skill is initiated.

CHAIR: A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

COED STYLE TOSS: A toss skill that involves a single base grabbing the top person at the waist and tossing the top person from ground level.

CRADLE: A dismount in which the top person is caught in a cradle position.

CRADLE POSITION: Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V" / pike / hollow body position (face up, legs straight and together) below prep level.

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."

DISMOUNT: The ending movement from a stunt or pyramid to a cradle or the performing surface.

Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

Movement from a cradle to the ground is not considered a "Dismount". When / if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.).

DIVE ROLL: An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

DOUBLE-LEG STUNT: See "STUNT".

DOUBLE CARTWHEEL: An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

DOWNWARD INVERSION: A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

DROP: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

EXTENDED ARM LEVEL: The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

EXTENDED POSITION: A top person, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

EXTENDED STUNT: When the entire body of the top person is extended in an upright position over the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie. Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(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.)

EXTENSION PREP: See "PREP".

FLAT BACK: A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

FLIP (STUNTING): A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

FLIP (TUMBLING): A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

FLIPPING TOSS: A toss where the top person rotates through an inverted position.

FLOOR STUNT: Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

FLYER: SEE "TOP PERSON".

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 to create a motion similar to a ball "rolling" across the floor.

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FREE FLIPPING STUNT: A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. *(This does not include Release Moves that start in an inverted body position and rotate to a non-inverted body position.)*

FREE RELEASE MOVE: A release move in which the top person becomes free of contact with all bases, bracers, or the performance surface.

FRONT LIMBER: A non-aerial tumbling skill where the athlete 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 on both feet / legs at the same time.

FRONT TUCK: A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

FRONT WALKOVER: A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot / leg at a time.

FULL: A 360 degree twisting rotation.

GROUND LEVEL: To be on the performance surface.

HALF (STUNT): See "PREP".

HAND / ARM CONNECTION: The physical contact between two (2) or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand / arm connection is required.

HANDSPRING: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

HANDSTAND: A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

HANGING PYRAMID: A pyramid in which one (1) or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the 2nd level.

HELICOPTER TOSS ("HELICOPTER"): A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

HORIZONTAL AXIS (TWISTING IN STUNTS): An invisible line drawn from front to back through belly button of the top person.

INITIATION/INITIATING: The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

INVERSION: See "INVERTED"; it is the act of being inverted.

INVERTED: When the athlete's shoulders are below her / his waist and at least one foot is above her / his head.

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.

JUMP SKILL: A skill that involves a change in body position during a jump. (e.g. a toe touch, pike, etc..)

JUMP TURN: Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

KICK DOUBLE FULL ("KICK DOUBLE"): A skill, typically from a toss, which involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

KICK FULL: Skill, typically from a toss, which involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

KNEE (BODY) DROP: See "DROP".

LAYOUT: An airborne tumbling skill that involves a hip over-head rotation in a stretched, hollow body position.

LEAP FROG: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

(SECOND LEVEL) LEAP FROG: Same as a "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

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LEG/FOOT CONNECTION: The physical contact between two or more athletes using the leg(s) / foot (feet). Any connection from the shin to the toe is considered a legal connection when leg / foot connection is allowed.

LIBERTY: A stunt in which the base(s) hold 1 foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

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.

LOG ROLL: A release move in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

MOUNT: See "STUNT".

MULTI-BASED STUNT: A stunt having 2 or more bases not including the spotter.

NEW BASE(S): Bases previously not in direct contact with the top person of a stunt.

NON-INVERTED POSITION: A body position in which either of the conditions below are met:

1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

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.

ONODI: Starting from a back handspring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

ORIGINAL BASE(S): Base(s) that is / are in contact with the top person during the initiation of the skill / stunt.

PANCAKE: A downward inversion stunt in which both of the top person's legs / feet remain in the grip of a base(s) while performing a fold over / pike forward rotation to be caught on the top person's back.

PAPER DOLLS: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

PIKE: Body position with the body bent forward at the hips with legs straight and together.

PLATFORM POSITION: A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

POWER PRESS: When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

PREP (STUNT): A multi base, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

PREP-LEVEL: The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit, etc.). 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. (e.g. flatback, straddle lifts, chair, t-lift, etc.).

Clarification: A stunt is considered below prep level if at least one (1) foot of the top person is at waist level, as determined by the height / positioning of the base.

Exception: chair, t-lift and shoulder sits are prep level stunts.

PRIMARY SUPPORT: Supporting a majority of the weight of the top person.

PRONE POSITION: A face down, flat body position.

PROP: An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

PUNCH: See "REBOUND".

PUNCH FRONT: See "FRONT TUCK".

PYRAMID: Two or more connected stunts.

REBOUND: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface, typically performed from or into a tumbling skill.

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RELEASE MOVE: When the top person becomes free of contact with all people on the performance surface; see "FREE RELEASE MOVE"

REWIND: A free-flipping release move from ground level used as an entrance skill into a stunt.

ROUND OFF: Similar to a cartwheel except the athlete lands with two (2) feet placed together on the ground instead of one (1) foot at a time, facing the direction from which they arrived.

RUNNING TUMBLING: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

SECOND LEVEL: Any person being supported above from the performance surface by one or more bases.

SECOND LEVEL LEAP FROG: Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

SERIES FRONT OR BACK HANDSPRINGS: Two (2) or more front or back handsprings performed consecutively by an athlete.

SHOULDER LEVEL: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

SHOULDER SIT: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

SHOULDER STAND: A stunt in which an athlete stands on the shoulder(s) of a base(s).

SHOW AND GO: A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

SHUSHUNOVA: A straddle jump (toe touch) landing on the performing surface in a prone / push-up position.

SINGLE-BASED DOUBLE CUIPE: A single base supporting two (2) top persons who each have both feet in a separate hand of the base; see "CUIPE"

SINGLE-BASED STUNT: A stunt using a single base for support.

SINGLE-LEG STUNT: See "STUNT".

SPLIT CATCH: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

SPONGE TOSS: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position.

The top person has both feet in the bases' hands prior to the toss.

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 trained in proper spotting techniques.

The spotter:

1. Must be standing to the side or the back of the stunt, pyramid, or toss.
2. Must be in direct contact with the performing surface.
3. Must be attentive to the stunt being performed.
4. 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.
5. Cannot stand so that their torso is under a stunt.
6. 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.
7. May not have both hands under the sole of the top person's foot / feet or under the hands of the bases.
8. May not be considered both a base and the required spotter at the same time. If there is only one (1) person under a top person's foot, regardless of hand placement, that person is considered a base.

Example: In a 2 leg stunt, the base of one (1) of the legs is not allowed to also be considered the required spotter (regardless of the grip).

NOTE: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST 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.

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 still defined as "standing tumbling."

STEP OUT: A tumbling skill that lands on one (1) foot at a time as opposed to landing on both feet simultaneously.

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STRAIGHT CRADLE: A release move / dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

STRAIGHT RIDE: The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight-line position that teaches the top to reach and to obtain maximum height on toss.

STUNT: Any skill in which a top person is supported above the performance surface by one (1) or more persons. A stunt is determined to be "One (1) Leg" or "Two (2) Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot than the skill will be considered a "Two (2) Leg" stunt.

SUSPENDED ROLL: A stunt skill that involves hip overhead rotation from the top person while connected with hand / wrist to hand / wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

SUSPENDED FORWARD ROLL: A suspended roll that rotates in a forward rotation. See "SUSPENDED ROLL".

SUSPENDED BACKWARD ROLL: A suspended roll that rotates in a backward rotation. See "SUSPENDED ROLL".

T-LIFT: A stunt in which a top person with arms in a t-motion is supported on either side by two (2) bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

TENSION ROLL / DROP: A pyramid / stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and / or base(s) perform a forward roll after becoming free from contact from each other.

THREE QUARTER (¾) FRONT FLIP (STUNT): A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

THREE QUARTER (¾) FRONT FLIP (TUMBLE): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and / or feet landing first.

TIC-TOCK: A stunt that is held in a static position on one (1) leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

TOE / LEG PITCH: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Torso: The midsection / waist area of an athlete's body.

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and / or other top persons. The top person is free from the performance surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See "Release Moves")

TOP PERSON: The athlete(s) being supported above the performance surface in a stunt, pyramid, or toss.

TOWER PYRAMID: A stunt on top of a waist level stunt.

TRANSITIONAL PYRAMID: A top person moving from one (1) position to another in a pyramid. The transition may involve changing bases provided at least one (1) athlete at prep level or below maintains constant contact with the top person.

TRANSITIONAL STUNT: Top person or top persons moving from one (1) stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and / or the top person making contact with the performance surface.

TRAVELING TOSS: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a ¼ or ½ turn by the bases in tosses such as a "Kick Full").

TUCK POSITION: A position in which the body is bent at the waist / hips with the knees drawn into the torso.

TUMBLING: Any hip over-head skill that is not supported by a base that begins and ends on the performance surface.

TWIST: An athlete performing a rotation around their body's vertical axis. (vertical axis – head to toe axis)

TWISTING STUNT: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position).

Moses Ngobeni (President), (Vice-President), Celia Opperman (Coaches-Majorettes), Amanda Bowden (Coaches-Cheerleading), Eunisa Muller (Finance), Kelsey Butler (Adjudication), Matthew Higgs (Development), Tina Du Plessis Cloete (Compliance Officer), Sam Higgs (Public Relations), Shareefa Waggie (Secretary)

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Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and / or change in direction of the twist / rotation, starts a new transition.

TWISTING TOSS: A toss in which the athlete rotates around their body's "Vertical Axis"

TWISTING TUMBLING: A tumbling skill involving hip overhead rotation in which an athlete rotates around their body's "Vertical Axis".

TWO (2) HIGH PYRAMID: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performance surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above 2 persons high". "Passing above 2 persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

TWO AND ONE HALF (2 AND ½) HIGH PYRAMID: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one (1) other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half (2 and ½) High Pyramid" is measured by body lengths as follows: chairs, thigh stands, and shoulder straddles are 1 and ½ body lengths; shoulder stands are 2 body lengths.

UPRIGHT: A body position of a top person in which the athlete is in a standing position on at least one (1) foot while being supported by a base(s).

V-SIT: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.

VERTICAL AXIS (TWISTING IN STUNTS OR TUMBLING): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

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, based on the point of connection to the base(s), and are not considered a Waist Level stunts.

WALKOVER: A non-aerial tumbling skill involving hip- over-head rotation in which a person rotates forward / backward (usually performed with the legs in a split position) with support from one (1) or both hands.

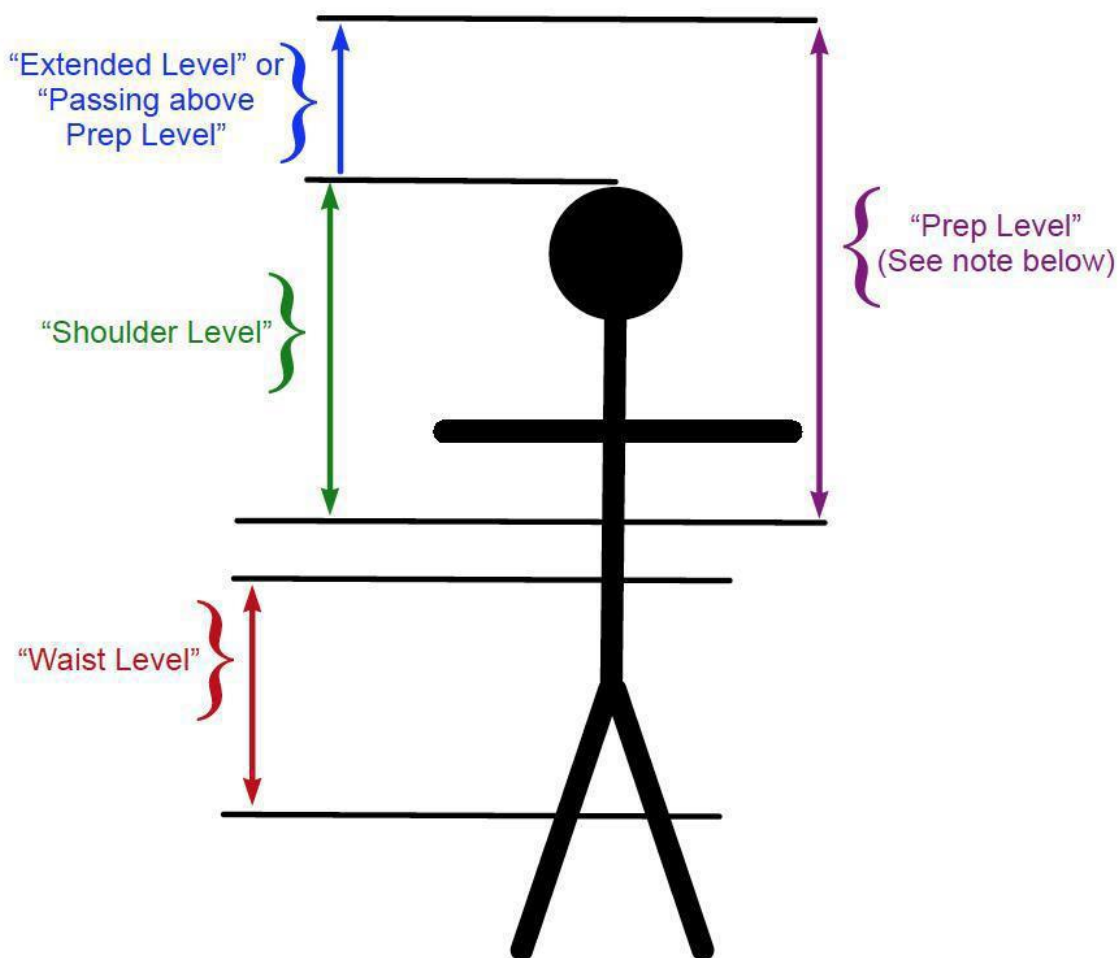
WHIP: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

X-OUT: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "X" fashion during the rotation of the flip.

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NOTE: Holding a stunt above the head may also be considered prep level (not shoulder level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended V-sit.



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INFORMATION, RULES, AND REGULATIONS AGREEMENT

We have reviewed the SAMCA cheerleading information, rules, and regulations with our entire team and we hereby accept the information, rules, and regulations as a fair and integral part of competition and agree to adhere to the rules, policies, and procedures contained herein. Rule clarifications and changes may occur throughout the season.

TEAM NAME

DATE

PROVINCIAL ORGANIZATION

COACH / DIRECTOR'S SIGNATURE

DIVISION

CAPTAIN'S SIGNATURE

RETAIN A COPY OF THESE RULES FOR YOUR RECORDS

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