

SOAR Cheerleading

Special Olympics Arkansas



Rules & Regulations Manual



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Special Olympics Mission

The mission of Special Olympics Arkansas is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

Purpose of Special Olympics

Special Olympics is a worldwide program of sports training and athletic competition open to individuals with intellectual disabilities regardless of their abilities. The International Olympic Committee (IOC) has granted its Official recognition to Special Olympics International, Inc. (SOI).

Unified Sports

Unified Sports is a program, which provides individuals with intellectual disabilities and individuals without intellectual disabilities have the opportunity to train and compete together on sports teams.

The purpose of the program is to provide an environment in which all participants can improve sports skills through training and competition. Unified Sports is most successful when athletes and partners are matched according to ability and age. Unified Sports is an important program because it expands sports opportunities for athletes and partners seeking new challenges.

In addition, Unified Sports increase inclusion in the community by helping to break down barriers that have historically kept people with and without intellectual disabilities apart. Unified Sports was created and developed by Special Olympics to help further the overall mission of Special Olympics.

SPECIAL OLYMPICS ARKANSAS CHEERLEADING

Purpose

The purpose of Cheerleading is to be a supportive unit at sporting and community events, displaying leadership, sportsmanship and pride.

Competitive cheerleading provides an opportunity for athletes to demonstrate both their individual and group skills while being scored by a panel of experts on difficulty and execution.

Coaching Guidelines

All practice sessions must be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e. use of appropriate mats, away from excessive noise and distractions, suitable athlete to coach ratio, etc.). Tumbling, stunts, pyramids and jumps should be limited to appropriate surfaces during practice and competition.

Coaches should recognize a cheerleader's individual ability level and focus on providing fundamentals before progressing. Athletes should perform based on their emotional, physical, and mental readiness.

All cheerleading teams should also adopt a comprehensive conditioning and strength-building program.

DIVISION REQUIREMENTS

Special Olympics Arkansas Cheerleading will offer the following divisions:

- A. Individual Division
 - a. Beginner
 - b. Advanced
- B. Team Division
 - a. Traditional Team
 - b. Unified Team

Coaches are to register each team for **one** of the team divisions. Athletes/partners may **not** participate in more than one division, or on more than one team. Athletes may compete in both a team division and an individual division.

★ INDIVIDUAL DIVISION

1. Athletes may compete in one of two levels, Beginner or Advanced but not both.
2. Athletes must begin in a cheer stance.
3. Athletes may use poms and/or signs.
4. No music will be allowed during the individual performance.
5. Coach may give verbal or physical cues from the sidelines if needed (must be out of the judge's' view).

★ TRADITIONAL TEAM DIVISION

1. Teams in this division must be composed of **only** traditional Special Olympic athletes.
2. Volunteers, Coaches, Unified Partners, etc. will **not** be permitted on the mat during the routine.
3. Teams must perform a routine *not exceeding* 2 minute and 30 seconds that includes both a music section and an Incorporated Cheer.
4. Each routine must include **ALL** the following:
 - a. Incorporated Cheer, *as defined in the guidelines section of this manual.*
 - b. Music Routine, including:
 - i. Stunts,
 - ii. Pyramid,
 - iii. Jumps,
 - iv. Tumbling,
 - v. Dance.
 - c. At least three formation changes.
5. Additional routine components may be added at coach's discretion - including but not limited to motions, choreography, tosses, partner stunts, etc.

★ **UNIFIED TEAM DIVISION**

1. Teams in this division must be composed of both traditional Special Olympic athletes *and Unified Partners*, as defined in the guidelines section of this manual.
2. Teams must perform a routine *not exceeding* 2 minute and 30 seconds that includes both a music section and an Incorporated Cheer.
3. Each routine must include of **ALL** the following:
 - a. Incorporated Cheer, *as defined in the guidelines section of this manual.*
 - b. Music Routine, including:
 - i. Stunts,
 - ii. Pyramid,
 - iii. Jumps,
 - iv. Tumbling,
 - v. Dance.
 - c. At least three formation changes.
4. Additional routine components may be added at coach's discretion - including but not limited to motions, choreography, tosses, partner stunts, etc.

Team Composition

1. Team size is limited to a maximum of 15 athletes allowed per team.
2. Teams must be associated with a cheerleading gym or program, school program, or community group.
3. Traditional teams must be composed of all Special Olympic athletes.
4. Unified teams must be composed of both Special Olympic athletes AND Unified Partners.

Additional Unified Requirements

1. Unified teams must be composed of both Special Olympic athletes AND Unified Partners.
2. Special Olympic athletes should comprise **MORE THAN 50%** of the team.
3. Unified Partners should comprise **LESS THAN 50%** of the team.
4. Unified Partners and Special Olympic athletes should be uniformed in appearance as a team.

GENERAL RULES & REQUIREMENTS

Uniform Guidelines

- Team members must wear outfits alike in style and color. No jeans will be permitted. All team members must have athletic shoes (e.g. tennis shoes) with non-marking sole in like style.
- Women
 - Bottoms: pants, shorts, skorts or skirts (must be at least mid-thigh in length). Briefs or bloomers must be worn under all skirts.
 - Tops: tank-top, collared shirt or tee shirt (no pockets). No halter tops will be allowed. Straps must be at least 1" in width. Spaghetti straps will not be permitted. When standing at attention, apparel must cover the midriff.
- Men
 - Bottoms: pants or shorts
- Jewelry
 - Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, stickers or glitter and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exceptions: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed)
- Hair
 - For safety reasons, long hair should be out of the face and secured.

Routine

1. Props, including signs, poms, megaphones, and flags may be used in the **cheer only**.
2. No props should be used during the music section of the routine.
3. Athletes should perform based on their emotional, physical, and mental readiness.
4. Timing of the music will be on the first motion or word by team members.
5. No stunts or pyramid can be more than 2 people high.
6. All teams must have two spotters on the floor at all times.

Coaching & Facilitation

1. There will be NO verbal or physical coaching from the sideline. Partners can assist in placing athletes on the floor in the first formation, if needed.
2. Teams may choose their own music. All music used for public performances and competitions must follow the guidelines found at usacheer.net/music.
3. All coaches must be certified as Special Olympics Arkansas Cheerleading Coaches.

SOAR TRAINING REQUIREMENTS & RESOURCES

Coaches and Volunteers

Coaching Requirements Class A Volunteer Application Coaches Certification Form	Volunteer Requirements Class A/B Volunteer Application Background Check
Mandatory Coaches Training SOAR General Orientation Protective Behaviors Quiz Concussion Training CPR Certification Coaching Unified Sports Training	Mandatory Volunteer Training Concussion Training Coaching Unified Sports Training
Recommended Training Seizure Training People First Training - disabilityisnatural.com First Aid Training	Additional Resources

APPENDIX A

INDIVIDUAL JUDGING & SCORING INFORMATION

Motions-Beginner Division Individual Skills



CLAP
Hands in blades, at the
chin, elbows in



CLASP
Hands clasped, at the
chin, elbows in



HIGH V
Arms extended up
forming a "V", relax
the shoulders



LOW V
Arms extended down
forming a "V"



T MOTION
Both arms extended straight
out to the side and parallel
to the ground, relax the
shoulders



HALF T
Both arms parallel to the
ground and bent at the
elbows, fists into shoulders

Jumps-Beginner Division
Individual Skills
(Must choose one)

T-Jump

Keep legs straight; keep knees together; arms in t motion; has to leave the ground



Spread Eagle

Keep knees forward; keep a straight body without piking

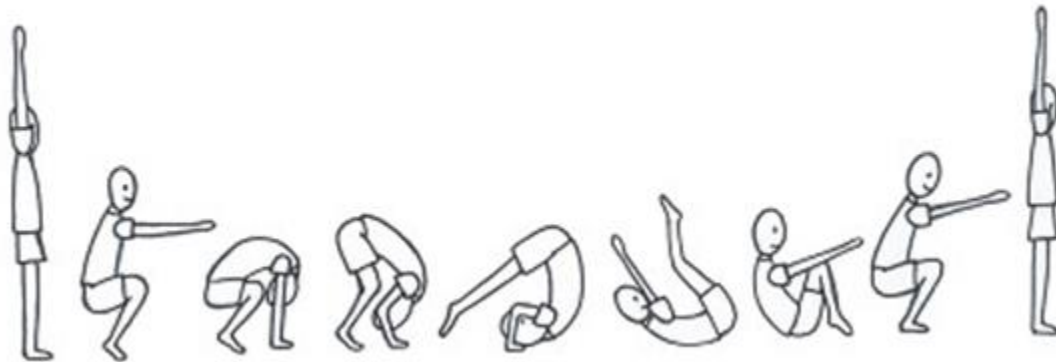


Tumble-Beginner Division Individual Skills

Each athlete must be able to do a forward roll or better.

Forward Roll

1. Stand tall with arms glued to your ears
2. Squat down and reach in in front of you as far as you can
3. Once hands touch the ground jump and send your hips over your head
4. Allow yourself to roll in a tuck position until feet touch the ground
5. Reach in front of you and stand up using the momentum as if you were doing a narrow stands squat



Chant-Beginner Division Individual Skills

Chant: A short, repetitive cheer used for crowd involvement. A chant contains motions or jumps. This chant can be repeated 3 times and must not be longer than 1 min. You may use the chant below or you can use one of your own chants.

Listed below is an example of a cheer

**Go Hogs Go
Red and White**

Go



Hogs



Go



Red



and



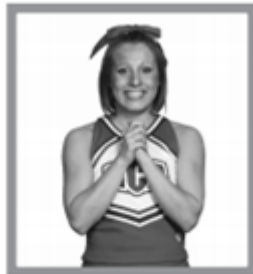
White



Motions-Advanced Division Individual Skills



CLAP
Hands in blades, at the chin, elbows in



CLASP
Hands clasped, at the chin, elbows in



HIGH V
Arms extended up forming a "V", relax the shoulders



LOW V
Arms extended down forming a "V"



T MOTION
Both arms extended straight out to the side and parallel to the ground, relax the shoulders



HALF T
Both arms parallel to the ground and bent at the elbows, fists into shoulders



TOUCHDOWN
Arms extended straight and parallel to each other, fist facing in



LOW TOUCHDOWN
Arms extended straight down and parallel to each other, fist facing in



PUNCH
One arm extended straight up, one arm on hip, in a fist



L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)



BOW AND ARROW
One arm extended to side with other arm bent at elbow in a half "T" motion



TABLETOP
Arms bent at elbow, fists in front of shoulders

Jumps-Advanced Division

Individual Skills

(Must do both)

Tuck Jump

Bring knees to chest; keep knees together



Spread Eagle

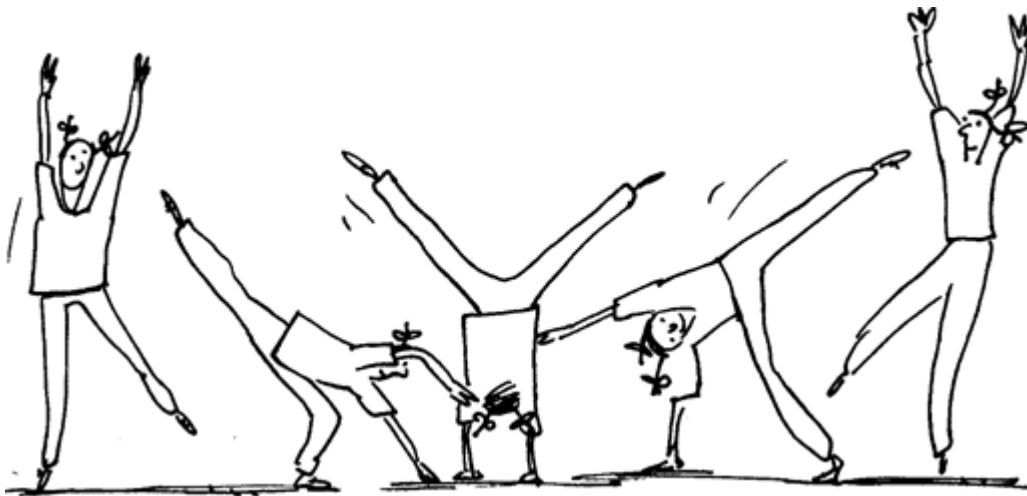
Keep knees forward; keep a straight body without piking



Tumbling-Advanced Division Individual Skills

Cartwheel

1. Start in a lunge. To start your lunge, put your dominant leg in front and bend it slightly. Your back leg should be straight. Your arms should be straight above your head, near your ears.
2. Put your hands on the ground. Put your hands on the ground with your hands turned 90 degrees.
3. Kick your feet over your head. Kick your feet over your head one at a time. The foot that kicks should land first.
4. Land in a lunge. Land in a lunge facing the opposite direction you started from. Your arms should be over your head near your ears. Your front leg should be slightly bent, and your back leg should be straight.



Each athlete must be able to do a cartwheel or better.

Cheer-Advanced Division
Individual Skills

Listed below is an example of a cheer

Red, Black and White
The Hogs, that's right
Stand up and Shout
Let's win, tonight

<https://www.youtube.com/watch?v=MjP1SMFuKLE>

APPENDIX B

TEAM JUDGING & SCORING INFORMATION

SCORING RUBRIC

<u>Scoresheet Component</u>	<u>Basic</u> 1-2 Points Possible	<u>Intermediate</u> 2-3 Points Possible	<u>Advanced</u> 4-5 Points Possible
<i>Composition & Presentation</i>			
Uniform Appearance	Less than 50% of the team displays uniformed appearance	At least 50% of the team displays uniformed appearance	Majority of the team displays uniformed appearance
Energy & Enthusiasm	Minimal levels of energy and enthusiasm is displayed.	Average levels of energy and enthusiasm is displayed.	High levels of energy and enthusiasm is displayed.
Safety Technique	Safety guidelines were not followed by the team. More than 2 safety violations were performed..	Safety guidelines were mostly followed by the team. 1-2 safety violations were performed.	Safety guidelines were followed by the team. No safety violations were performed.
Overall Routine Impression	Routine components lacked to be displayed; AND lacked originality or creativity; OR did not utilized all athletes abilities.	Routine components lacked to be displayed OR were present but lacked originality or creativity; OR did not utilized all athletes abilities.	All routine components were displayed with originality, creativity, and utilized all athletes abilities.
<i>Incorporated Cheer</i>			
Crowd Effectiveness	Cheer does not effectively lead the crowd.	Cheer effectively leads the crowd.	Cheer very effectively lead the crowd.
Use of Signs, Poms, Megaphones, or Flags	Props are not present and/or not used during the cheer.	Props are present and not used during the cheer OR do not enhance the cheer performance.	Props are present and used during the cheer to enhance the cheer performance.
Proper Use of Skills to Lead Crowd	Skills - stunts, tumble, jumps, etc. - are not used in the cheer.	Skills - stunts, tumble, jumps, etc. - are used in the cheer but not properly to lead the crowd.	Skills - stunts, tumble, jumps, etc. - are used properly in the cheer to lead the crowd
Overall Cheer Execution	Cheer is not well executed.	Cheer is well executed.	Cheer is very well executed and performed.
<i>Group Tumbling</i>			
Execution	Less than 50% of the team performs a level appropriate pass - standing or running.	Most of the team performs a level appropriate pass - standing or running.	Majority of the team performs a level appropriate pass - standing or running.
Technique	Less than 50% of the athletes execute average precision, form and synchronization.	Majority of the athletes execute average precision, form and synchronization.	Majority of the athletes execute excellent precision, form and synchronization.
<i>Group Jumps</i>			
Execution & Variety	Less than 50% of the team performs jumps. Must be synchronized and include a variety.	Most of the team performs jumps. Must be synchronized and include a variety.	Majority of the team performs jumps. Must be synchronized and include a variety.
<i>Group Dance</i>			
Execution & Synchronization	Team does not demonstrates a high level of energy and entertainment value which incorporates multiple visual elements.	Team somewhat demonstrates a high level of energy and entertainment value which incorporates multiple visual elements.	Team demonstrates a high level of energy and entertainment value which incorporates multiple visual elements.

<u>Scoresheet Component</u>	<u>Basic</u> 1-4 Points Possible	<u>Intermediate</u> 5-8 Points Possible	<u>Advanced</u> 9-10 Points Possible
<i>Group Stunts</i>			
Difficulty	Majority of stunts are below prep level.	Majority of stunts are at prep level and include transitions and dismounts.	Majority of stunts are extended and/or include a variety of transitions, dismounts, and releases.
Performance & Execution	Less than 50% of the team demonstrates excellent precision, form and synchronization.	Majority of the team demonstrates excellent precision, form and synchronization.	Most to all of the team demonstrates excellent precision, form and synchronization.
<i>Pyramids</i>			
Difficulty	Team performs one structure.	Team performs more than one structure, or performs one structure plus transitions, releases, and/or dismounts..	Team performs more than one structure with transitions, releases, and/or dismounts.
Creativity & Execution	Less than 50% of the team demonstrates excellent precision, form and synchronization.	Majority of the team demonstrates excellent precision, form and synchronization.	Most to all of the team demonstrates excellent precision, form and synchronization.

SCORING DEDUCTIONS & INFRACTIONS

DEDUCTION	PENALTY POINTS	EXPLANATION
Time Limitation	3 points: 3-5 sec 5 points: 6-10 sec 7 points: 11 sec +	Each competition performance must not exceed two minutes and thirty seconds (2:30). Timing will begin with the first movement, voice, or note of music, whichever comes first. If a team exceeds the time limit, a penalty will be assessed for each violation.
Competition Performance Area	0.5 points per occurrence	Approximate floor size will be 54 feet wide by 42 feet deep (9 strips of cheer floor/non-spring). Any team member stepping outside or touching outside of the performance area with a full step/hand/body part will cause the team to receive a penalty per occurrence.
Safety Violations	10 points per occurrence	Any team in violation of the Rules and Regulations set forth by SOAR will be assessed a deduction for each violation.
Individual Athlete Minor Fall(s)	0.25 points per occurrence	Examples include: Hands down on tumbling, knees touching the ground on tumbling.
Individual Athlete Major Fall(s)	0.50 points per occurrence	Examples include head, shoulders, or back of an individual falling down on tumbling, an athlete tripping/falling on the floor during a transition.
Stunt Fall(s)	1 point per occurrence	Examples include: Drop from an individual stunt to a load in, cradle or on the ground in a controlled manner.
Stunt Drop(s)	1.5 points per occurrence	Examples: drop from individual stunt to the ground in a compromising position (this includes top, base, or spot).
Pyramid Collapse	2 points per occurrence	Examples: Multiple connected stunts falling from the intended position.

Deduction Notes:

1. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
2. Any deductions/penalties will be taken from a team's FINAL average score.
3. The maximum number of points that will be deducted on attempts to rebuild skills that continue to fall will be 2 points.

SOAR SAFETY RULES

SOAR GLOSSARY

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 maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

Athlete:

A teammate with an intellectual disability

Back Walkover:

A non-aerial tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, then 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.

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 one person under a top person's foot, regardless of hand placement, that person is considered a base.

Basket Toss:

A toss involving 2 or 3 bases and a spotter -- 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.

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.

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: must be attentive, not be involved in other choreography, make physical contact with the top person upon catching, 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.

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.

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.)

Downward Inversion:

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

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 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 above the head of 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, straddle lifts, suspended rolls and leap frogs. (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.

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.

Free Release Move:

A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Limber:

A non-aerial tumbling skill where one 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 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.

Ground Level:

To be on the performing surface.

Hand/Arm Connection:

The physical contact between two 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.

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 which involves a change in body position during a jump.

Examples: Toe-Touch, Hurdler, Herkie, Tuck Jump, Straddle Jump, Spread Eagle, T-Jump, Pike Jump

Layout:

An airborne tumbling skill which 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.

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, that is initiated at waist level, 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.

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.

Original Base(s):

Base(s) which is 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.

Partner:

A teammate that does not have an intellectual disability.

Pike:

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.

i.e. prep, shoulder level hitch, shoulder sit.

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

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

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, pom 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.

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.

Release Move:

When the top person becomes free of contact with all people on the performing surface; see "Free Release Move"

Round Off:

Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one 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 the performing surface by one or more bases.

Series Front or Back Handsprings:

Two or more front or back handsprings performed consecutively by an athlete.

Show and Go:

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

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).

Single-Based Stunt:

A stunt using a single base for support.

SOAR:

Special Olympics Arkansas

Spotter:

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

The spotter:

- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.

- must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. (regardless of the grip). If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand **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."

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 or more persons. A stunt is determined to be "One Leg" or "Two 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, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a non-upright position, which is not supported under any foot, then the stunt will be considered a "Two Leg" stunt.

T-Lift:

A stunt in which a top person with arms in a t-motion is supported on either side by two 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.

Tic-Tock:

A stunt that is held in a static position on one 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.

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 position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt:

Top person or top persons moving from one 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.

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 performing 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). 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 twisting rotation, starts a new transition.

Twisting Tumbling:

A tumbling skill involving hip over head rotation in which an athlete rotates around their body's "Vertical Axis".

Upright:

A body position of a top person in which the athlete is in a standing position on at least one 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.

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 or both hands.

Waist Level:

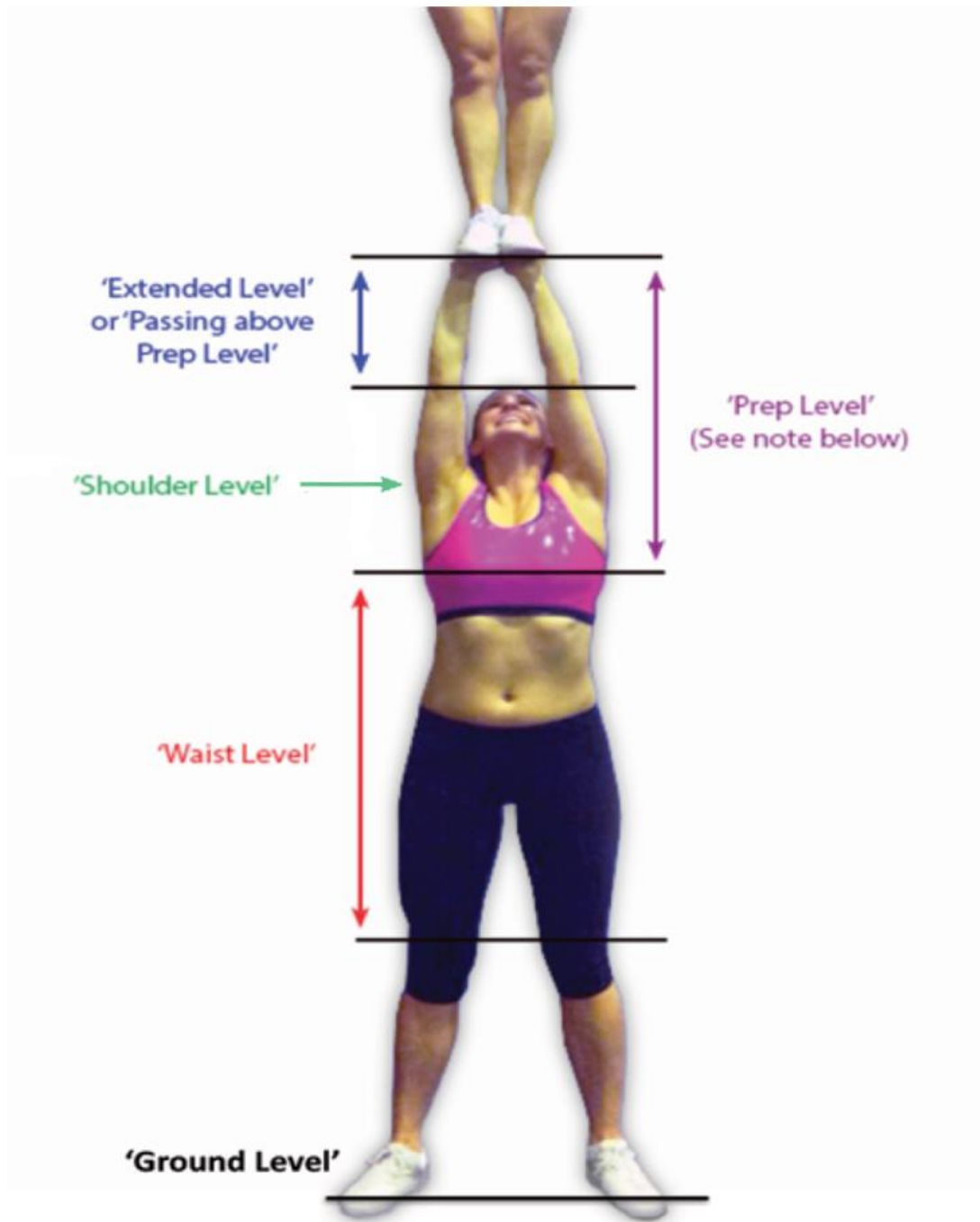
A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position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

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 an arched position (not tucked and not in layout 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.



Note: You must consult the glossary, and rules, for further specifications, explanations and restrictions when interpreting the stunt levels.

SOAR SAFETY RULES

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. There will be a set of routine and safety & deduction judges at each competition. The routine judges will be using the SOAR Cheerleading Score Sheets. Judges' decisions are final.
2. All athletes must be supervised during all official functions by a qualified director/coach.
3. Coaches must require proficiency before skill progression.
4. Coaches must consider the athlete, group and team skill levels when choreographing a team or individual's routine.
5. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
6. Athletes, volunteers, and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
7. Athletes must 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.
8. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
9. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
10. Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.
11. Any height increasing apparatus used to propel an athlete is not allowed.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.
14. Exception: Athletes using wheelchairs or other assistive devices may not have direct contact.
15. 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.

SOAR SAFETY RULES

STUNT RULES

Rules have been adapted from a combination of USASF 2016-17 Rules and NFHS Recommendations.

Spotters

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

Stunt Levels

- A. 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 would be illegal.
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 illegal, regardless of the back spot's positioning.
- B. Twisting stunts and transitions are allowed up to a total of 1/2 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, would be illegal if the resulting cumulative rotation of the top person exceeds 1/2 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.
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, and does not include any skill other than the twist.
Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist. Clarification: The log roll may not be assisted by another top person.
- C. During transitions, at least one base must remain in contact with the top person.
- D. Free flipping or assisted flipping stunts and transitions are not allowed.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
- F. Single based stunts with multiple top persons are not allowed.

Release Moves

- A. No release moves allowed other than those allowed at Level 2 in "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. Releasing from inverted to non-inverted 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.
- G. Release moves may not intentionally travel.
- H. Release moves may not pass over, under or through other stunts, pyramids or individuals.

Inversions

- A. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed. *Clarification: All inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.*
Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or 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.

SOAR SAFETY RULES

PYRAMID RULES

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. *Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L2 dismount rules.*
- D. Extended stunts may not brace or be braced by any other extended stunts.
- 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 of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is illegal.
- F. Extended single-leg stunts:
 - a. Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - b. The connection must be made prior to initiating the extended single leg stunt.

DISMOUNTS & TOSSES

- A. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
- B. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- D. Dismounts to the performing 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 performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- E. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- F. Twisting dismounts exceeding 1/4 turn are not allowed.
- G. All other positions are not allowed. Example: toe touch, pike, tuck, etc. are not allowed.
- H. 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.
- I. Cradles from extended single leg stunts in pyramids are allowed.
- J. No free flipping or assisted flipping dismounts allowed.
- K. Dismounts must 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.
- N. No tosses allowed.

SOAR SAFETY RULES

TUMBLING RULES

Rules have been adapted from a combination of USASF 2016-17 Rules and NFHS Recommendations.

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 stunt 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.
- 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.
- D. 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.

STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels are allowed.
- C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck.
- D. Jump skills are allowed up jump back handsprings. No flips are allowed in combination with a jump skills
Example: Toe touch back tucks, back tuck toe touches, toe touch back handspring tucks.

RUNNING TUMBLING

- A. Flips:
 - a. 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, flipping-twisting skills, and Arabians.
 - b. Aerial cartwheels are allowed.
 - c. Front flips are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel.
- C. No twisting while airborne.
Exception: Round offs are allowed.
Exception: Aerial cartwheels are allowed.

SOAR SAFETY RULES

APPROPRIATE SKILL EXAMPLES

GROUP & PARTNER STUNTS				
Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
<ul style="list-style-type: none"> • Inversion to Ground Level to Below Prep Level • Inversion from Ground Level to Prep Level 	<ul style="list-style-type: none"> • Switch Up to Lib or Body Position to Prep Level • Tic Toc to Prep Level - (Lib/Body Position to Lib/Body Position) 	<ul style="list-style-type: none"> • ½ Twist Transition to Prep Level • ½ Twisting Transitions to Prep Level Single Leg • ½ Twisting Transition to Extended Stunt 	<ul style="list-style-type: none"> • Straight Cradle from Extension • Straight Cradle from Prep Level Body Position • Straight Pop Off to Floor • ¼ Twist Dismount from Prep or Extension 	<ul style="list-style-type: none"> • Prep Level 1 leg Stunt • Extension • Back Stand • Prep Level Show & Go • Extended Flat Back • Extended Straddle Sit • Shoulder Sit • Chair • Barrell Roll • Leap Frog Variations • Walk-In Prep Level Press Extension
PYRAMIDS				
Inversion Style	Release Style	Twisting	Dismount Style	Other Style
<ul style="list-style-type: none"> • Braced Stunt Skills 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced switch up to extended single leg • Brace prep level to extend single leg tic toc 	<ul style="list-style-type: none"> • Braced Stunt Skills • Brace ½ twisting transition to/from extended single leg 	<ul style="list-style-type: none"> • Stunt Skills • Straight Cradle from Extended Single Leg • ¼ cradle from extended single leg position 	<ul style="list-style-type: none"> • Braced Stunt Skills • Braced Combination of two or more appropriate skills performed simultaneously
TUMBLING				
Running Tumbling		Standing Tumbling		
Round Off - Cartwheel Back Walkover Front Walkover to Cartwheel/Round Off Cartwheel ½ Turn to Skill Cartwheel/Round Off BHS Cartwheel/Round Off BHS Step Out Round Off BHS Series Aerials - Round Off Tuck Round Off BHS Tuck Round Off BHS Series Tuck Connected Skills		Forward Roll - Straddle Roll - Handstand Handstand Forward Roll - Front Limber - Front Walkover - Cartwheel Backward Roll - Back Extension Roll - Bridge Up to Backbend Standing Backbend - Back Bend Kick Over - Back Walkover Standing Back Handspring - Back Handspring Step Out Series Back Handspring - Jump to BHS - Standing Back Tuck BHS Back Tuck - Series to Back Tuck - Connected Skills		