



CHEER ROCK! COMPETITION GLOSSARY OF CHEERLEADING TECHNICAL TERMS CHEERLEADING CATEGORY

Aerial	– a stunt performed free of contact with a person or surface.
Awesome	– an extended stunt where a partner has both feet together in the hand(s) of the base(s).
Back Bend	– a face-up body position where the hands and feet are in contact with the cheering surface and the hips are pushed upwards into an arch position.
Base	– a person with at least one foot on the floor who is in direct weight-bearing contact with the performing surface and provides primary support for another person.
Basket Toss	– toss with multiple tossers, 2 of which have their hands interlocked.
Brace	– providing stability to a partner without having weight-bearing contact. The stunt could remain stable without a brace.
Chair	– a stunt in which the partner is in a sitting position on the hand(s) of the base(s).
Cradle	– catcher(s), with palms up, catches a partner by placing one arm under the back and the other under the thighs of the partner. The partner must land in a pike position.
Dead Man Lift	– a stunt in which the partner is in a layout position, supported away from the cheering surface by one or more bases.
Diamond Head	– a hanging pyramid in which two partners are supported away from the cheering surface by holding onto the arms of a third partner in a shoulder stand. The shoulder stand base supports the two suspended partners with his/her arms.
Dismount	– the process of leaving or finishing a stunt, pyramid or release onto the cheering surface or into a cradle.
Double Cartwheel	– two partners performing cartwheel(s) while holding each others' thighs, waist, etc.
Drops	– dropping to the knee, thigh, seat, front, back or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
Extended Stunt	– a stunt in which the supporting arm(s) of the base(s) is fully extended above the head. This does not include stunts in which the partner is at or below shoulder stand level. (Extended-liberty, awesome, extension. Not extended-chair; shoulder stand, hands position, straddle lift.) See awesome.
Flip	– an aerial stunt involving hip over head rotation
Fly-over Back Flip	– a basket toss or multi-based toss with and backward flip that is cradled by a new set of bases
Fly-over Toss	– a basket toss or multi-based toss that travels and is cradled by a new set of bases.
Front-drop	– dropping to the performing surface in a stomach down position,
Gauntlet	– a set of at least two basket tosses or multi-based tosses that toss in unison and cradle to each others' bases. (The partner switch bases during the toss.)
Hands	– a non-extended, single-based stunt position where the partner is standing in the hands of the base at shoulder level
Handstand	– an inverted, straight-body position in which the arms are extended beside the head and the hips are over the head and shoulders.
Hanging Pyramid	– a pyramid in which one or more persons are suspended off the performing surface by one or more partners.



Helicopter	– a partner in a horizontal position is tossed, and then rotates around a vertical axis (like helicopter blades) before being caught by the original bases.
Inverted Position	– a position where the person's head is below his/her waist.
Layout Position	– a position where the partner is in a face-up, flat body position.
Log Roll	– a partner in a horizontal position is tossed, the rotation parallel to the performing surface (twists) before being caught by the original bases.
Mount	– any skill in which one or more persons support one or more persons away from the cheering surface. Also referred to as a stunt.
Needle	– an inverted stunt position where the partner extends one leg vertically while pulling their body down to the supported leg. The head of the partner is below waist level.
One-Arm Stunt	– any extend single-based stunt in which one arm of the base has primary support of the partner.
Partner	– the person(s) on top of a stunt or toss. Also referred to as the top-person.
Pop	– a controlled pushing motion upward by a base(s) to increase the height of the partner or to release the partner to a cradle catch or dismount directly to the cheering surface.
Prone Position	– a position where the partner is supported by bases and is in a face-down, flat body position.
Prop	– an object that can be manipulated.
Pyramid	– multiple connected stunts.
Regrab	– landing from a multi-based toss in a new toss, stunt, or any position other than a dismount
Release	– See Aerial
Retake	– moving down from one stunt to the floor and back up to another stunt
Roll-up	– a stunt in which a partner starts lying down or seated on the cheering surface performs an assisted forward/back roll which transitions up into a stunt. The partner goes through an inverted position before finishing the roll up.
Second-Level	– a person being supported by one or more person(s) in contact with the ground.
Shoulder Stand Level	– A stunt in which the partner stands on the shoulders of the base(s), or when the hips of the partner are at the same height they would be if in a shoulder stand.
Split Catch	– a stunt in which a partner is in a Spread Eagle position, supported off the cheering surface by the base(s) on the thighs (not to be confused with Straddle lift or Suspended Split). Single-based Split catches are prohibited.
Sponge Toss	– a multi-based toss where the partner is tossed into the air by his/her feet.
Spotter	– a person who is in direct contact with the performing surface and may help control the building of, or dismounting from, a stunt. This person(s) shall not provide primary support for the stunt, meaning the stunt or pyramid would remain stable without the spotter(s). The primary responsibility of the spotter is to watch for safety hazards. Inattentive persons or persons whose mobility or whose visions of the stunt is blocked are not considered spotters. The spotter shall be in a position to prevent injuries, with special emphasis on protecting the head, neck and back areas.
Stunt	– any skill in which one or more persons are supported away from the surface by one or more persons. Also referred to as a mount.
Sweep	– a controlled pushing forward motion by a base(s) to release a partner to a cradle catch.
Table-Top	– a stunt in which the partner is standing on the back of a base(s) that is leaning forward.
Tension Drop	– a pyramid/stunt in which the base(s) and top(s) lean in formation until the partner(s) leave the base(s) without assistance.



- Third Level** – any partner in a 2 ½ high pyramid not directly supported by someone in contact with the cheering surface.
- Tick Tock** – a move within a stunt in which the partner is in an extended liberty variation and simultaneously switches (or hops) to the opposite supporting leg she is standing. Partner must remain vertical and upright.
- Toe/Leg Pitch** – a single or multi-based toss in which the base(s) push upward on a single foot or leg of the partner to increase the partner's height (often resulting in a hip over head rotation/flip).
- Top Person** – the person on top of a stunt. Also referred to as a partner
- Torch** – a stunt position in which the partner is standing on one foot with the lower part of her body turn to one side, while the upper part of the partner's body remains turned to the front (performed at shoulder level)
- Tosses** – an airborne stunt where base(s) execute throwing motion to increase the height of the partner. Partner becomes free from the bases. Partner is free from performing surface when toss is initiated (e.g. basket toss or sponge toss) NOTE: Toss to hands or Toss to chairs is not included in this category)
- Transitional Stunt** – a partner moving from one stunt to another. The transition may involve changing of bases.
- Traveling Basket Toss** – a basket toss in which the flier is thrown from one set of throwers to another set of catchers.
- Tumbling** – any gymnastic or acrobatic skill executed on the performing surface.
- Twist** – release involving rotation around the body's vertical axis
- Two and a half Pyramid** – a combination of stunts in which the partner(s) of the pyramid is directly supported by another partner(s) who is not in direct contact with the cheering surface. The total height of the pyramid may be no higher than 2 ½ body lengths.
- Two High Pyramids** – a pyramid where all individuals who are not in contact with the cheering surface (partners) must be primarily supported by one or more individuals who are in direct weight-bearing contact with the performing surface (base).