

STUNTING

Cheer

FLOWCHART

Must master each level before moving onto the next.

Level 1 Allowed Variations

Knee Stand

Half/Prep level

Level 2

Thigh Stand

Level 4

Full

Extension

2 Bases on 1 knee at 90*, flyer stands on Bases knee. -OR- Single base with flyer standing on knee.

Level 3

Dismount - Step off

2 bases, flyer, back spot (front spot optional shin support) Only basic full extension allowed. Dismount - Basic straight cradle allowed

2 bases in a standing lunge position facing each other, Flyer stands in the leg pocket of both bases.

Dismount - Pop down

2 bases, flyer & back spot (front spot optional shin support) Allowed stunt options: Basic half, V-sit (Teddy), Liberty, Liberty Hitch, Arabesque, Heel stretch.

Dismount - Basic straight cradle allowed