

STUNT

2010 Handbook



What Is Stunt?

Stunt is an exciting and growing athletic sport derived from the athletic skills most often seen in cheerleading. A sport in its own right, Stunt has its own unique events, competition format and scoring system. Athletes can be recruited from a variety of sources including the more than one million traditional cheerleaders, non-school cheerleaders known as “all-star”, and athletes with a background in acrobatics or gymnastics. A team consists of 20 to 30 suited athletes that can have various body types and abilities, much like other sports.

In Stunt, teams participate in games made up of four quarters; 1) Partner Stunts, 2) Team Tumbling/Jumps, 3) Pyramids/Tosses, and 4) Team Performance. During each quarter, teams will perform skill sequences of varying levels to demonstrate their performance of difficulty, technical execution and synchronization. The first three quarters will consist of three heats, with the team in control of possession determining which skill level will be performed. The fourth quarter (Team Performance) will consist of one heat. During the first and third quarter, teams will perform the same selected level skill sequence for that heat at the same time on the performance floor. During the second and fourth quarters, teams will alternate their time on the floor.

Skill level routines are developed and published at the beginning of each year by the USA Cheer Stunt Competition Committee (referred to hereafter as the Stunt Competition Committee). The Stunt Competition Committee has the discretion to determine the type and number of skills to be performed as well as the number of athletes to be involved in each level sequence.

Tournaments involve multiple teams playing head-to-head in a single- or double-elimination bracket system. Using the Stunt format, two or three games can be played during a morning, afternoon or evening session with one performance floor. Using the Stunt format, a game between two teams will take approximately one hour and fifteen minutes.

Where there are linemen, receivers, running backs and quarterbacks, there are bases, tops, and backspots in Stunt. While Stunt does have a tumbling event, the competition format and level skill sequences allow for the flexibility recruit athletes who are all-around performers or who specialize in stunting or tumbling.

There is an existing infrastructure of competitive events ideal for Stunt competition. Many of the needed elements such as space, matting, bleachers, judges and ancillary staffing needs will already be met. In addition, competition at these venues provides a great opportunity for exposure for institutions as well as the sport itself. Head-to-head competition may be added before, during or after an existing event, or a tournament may be added to the beginning or end of an existing event.

General

I. Recommended Personnel

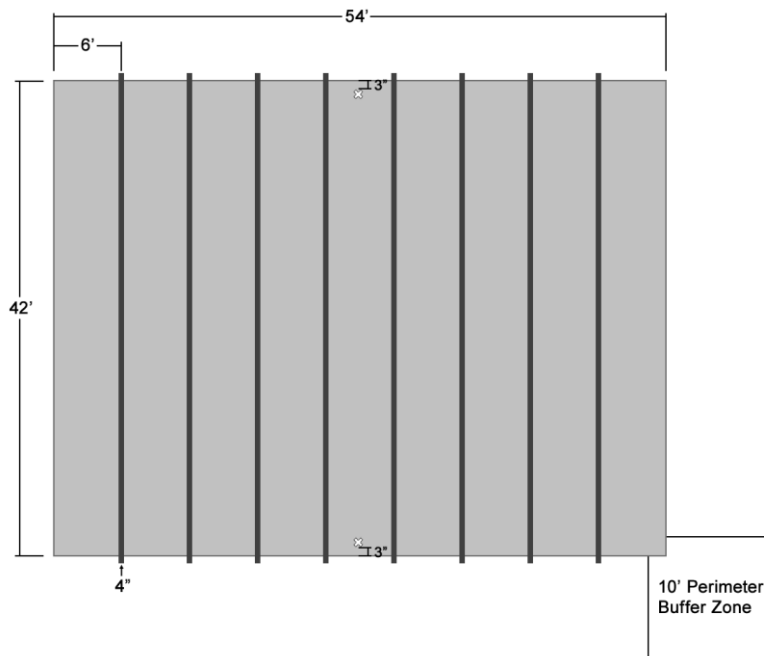
- One head coach, three assistants
- Minimum of 20 athletes for game play, maximum of 30 on game roster.

II. Season/Postseason

- Spring sport –season beginning in February
- Minimum eight regular season games during inaugural season; Minimum twelve regular season games once established as Emerging Sport.
- National ranking determined by win-loss record. Ties will be broken by total points.
- Postseason play: Top teams will be invited to the national championship tournament.

III. Performance Area

- 54'x42' area consisting of nine 6' x 42' non-spring carpet bonded foam strips with minimum 1-3/8" thickness. Mat strips will be connected along each seam with 4" wide Velcro strip. An "X" made from 2 - 3" white medical tape strips is to be placed three inches from the front and back center strip to aid in formation alignment.



IV. Equipment:

- Competition floor
- Scoreboard
- Video and monitors for judge's playback
- Audio system

V. Event staffing:

The hosting team or event producer will provide the following per competition floor:

- A minimum of three judges per competition segment (Judges may adjudicate more than one segment)
- Two boundary judges
- Play clock operator
- Two scorers
- Necessary tables and chairs for all staff

The hosting team or event producer will provide appropriate medical personnel (medical doctor and/or certified athletic trainer)

VI. Skill Rules:

USA Cheer Stunt rules will be adopted. The AACCA College Cheerleading Safety Rules will be adopted until such time as safety rules are released by the Stunt Competition Committee.

VII. Definitions

Athlete: A properly suited and eligible person representing a team.

Call Period: Designated 30-second period at the end of each heat of a quarter. The call period begins at the official's whistle to start a quarter or following scoring by the judges in each heat. Any scoring challenges must be made during this call period. Upon completion of this call period, the team with possession will call the skill level and/or starting team.

Completion of a Heat: Each heat is considered to be completed once the heat is scored and all possible scoring challenges have been exhausted.

Game: Head-to-head competition consisting of four quarters with a halftime in between the second and third quarters.

Halftime: Fifteen minute continuous break between the third and fourth quarters of a game. The clock will count down from 15:00 to 00:00. At the 4:00 mark, the official's whistle will mark the beginning of the three and one half minute warm-up period. The official's whistle at the one minute (01:00) mark will signal that there are 30 seconds remaining on the floor, at which time all athletes must be off of the floor. A whistle at the end of this three and a half minute time period will designate that the call period for the following heat has begun.

Heat: Each timed skill routine within a quarter. Each skill quarter will consist of three heats. The final quarter will consist of one heat.

If the team chooses to take possession in the last half, it will choose the level for the first and third heat of the third quarter as well as determine which team performs first in the fourth quarter.

If the team winning the coin toss chooses to take possession in the first half, then that team will choose the level for the first and third heat of each quarter in the first half. In addition, that team will determine which team performs first in the second quarter.

Level Call: The decision of the team with possession as to which level skill routine will be performed by both teams in each heat.

Play Clock: Used to determine how much time remains before play resumes.

Possession: The team with control of the Level Call has “possession.” This is determined by coin toss at the beginning of the game and alternates during the heat.

Quarter Break: Following the first and third quarters there will be a four minute quarter break. Teams may use their designated areas to warm up for the first three minutes and one half of this period. The official’s whistle at the three minute mark will signal that there are 30 seconds remaining on the floor, at which time all athletes must be off of the floor. A whistle at the end of this three and a half minute time period will designate that the call period for the following heat has begun.

Quarter: Each of the skill and routine periods in the game. The quarters will consist of the following skills: First Quarter – Partner Stunts, Second Quarter – Team Tumbling/Jumps, Third Quarter – Pyramids/Tosses, Fourth Quarter – Team Performance. The first and third quarters will be head-to-head performance on the floor at the same time. The second (Team Tumbling/Jumps) and fourth (Team Performance) quarters will alternate teams performing on the floor. The team with possession determines which team performs first.

Skill Sequences: Predetermined routines in each skill quarter based on four progressive levels. These routines will be developed and published by the Stunt Competition Committee annually. The type and number of skills as well as the number of athletes to be used in level will be determined by the Stunt Competition Committee.

Team Performance: The timed routine developed by the team to display all of the elements of Stunt. Skills will be taken from the Skill Levels and combined into a routine format. This is performed in the fourth quarter.

Team: The entire team of athletes representing an institution. Each institution must suit at least 20 athletes per game with a maximum of 30 athletes.

VIII. Timeouts

- Each team will have one 30-second timeout and one 60-second timeout per half. Timeouts do not carry over from one half to the next. Timeouts must be signaled by the coach or team member prior to the five-second mark on the play clock.
- 30-second timeouts are signaled with both hands touching the shoulders. 60-second timeouts are signaled by displaying the hands in a “T.”

- Inadvertent timeout signals for timeouts that have already been used will result in a one point deduction from the overall score.

IX. Scoring Challenges

- A red flag thrown onto the floor will signify a scoring challenge to contest the results of a heat. Each team will have one red flag per half. The flag does not carry over from one half to the next. A scoring challenge must be made during the call period before each heat and following the last heat of a quarter.
- A scoring challenge can be made following the result of a scoring challenge from the other team.
- Scoring challenges will result in the judges reviewing the heat by video.
- If the team initiating the scoring challenge loses the challenge, that team forfeits the shortest of its remaining timeouts. If the team has no timeouts remaining when the scoring challenge was initiated, the penalty for an inadvertent timeout call will be applied.

X. Timing following a game interruption

- Following a timeout or scoring challenge, the amount of time on the play clock will be set to fifteen seconds for teams to position their required athletes. At the zero mark the music will begin.

The Game Timeline

I. Pregame

- **Team Warm-up:** Prior to the game, the visiting team will have five minutes on the performance floor to warm up skills, followed by a one minute break to switch teams, then the home team will have five minutes to warm up skills.
- **Team Introductions:** The announcer will introduce the visiting team followed by the home team.
- **Coin Toss:** Each team's captains (limit four each) will take the floor with the game official for the coin toss, which will be called by the visiting team. The winner of the coin toss will chose whether to take first possession in the first half or second half.

II. First Quarter: Stunts

- The first quarter will consist of three heats. Teams will demonstrate their stunting ability based on the level called.
- Upon the official's whistle the first call period will begin. The team with possession will call the skill level (1 through 3) to be performed by both teams at the same time. Once a level has been called, that level is not an option for the remainder of the quarter.
- Once the skill level is called, the play clock begins a 30-second countdown. Both teams have 30 seconds for the required number of athletes to take the floor in their marked places. At the 0 mark, the routine music will begin and both teams will perform at the same time.
- The heat will be judged according to execution of skills. The winning team is awarded two points for the heat. The losing team is awarded no points for the heat. A tie will result in each team being awarded one point for the heat.
- Upon completion of the skill sequence, teams will have ten seconds to return to their designated area followed by the call period. At the end of the call period, possession alternates and the team with possession will call the next skill level and the next heat begins with the 30-second play clock.

III. Quarter Breaks

IV. Second Quarter: Jumps and Tumbling

- The second quarter will consist of three heats. Teams will demonstrate their jump and tumbling ability based on the level called.
- Upon the official's whistle the first call period will begin. The team with possession will call the skill level (1 through 3) to be performed by both teams at the same time. Once a level has been called, that level is not an option for the remainder of the quarter.
- Once the skill level is called, the play clock begins a 30 second countdown. Both teams have 30 seconds for the required number of athletes to take the floor in their marked places. At the 0 mark, the routine music will begin and both teams will perform at the same time.
- The heat will be judged according to execution of skills. The winning team is awarded two points for the heat. The losing team is awarded no points for the heat. A tie will result in each team being awarded one point for the heat.

- Upon completion of the skill sequence, teams will have ten seconds to return to their designated area followed by the call period. At the end of the call period, possession alternates and the team with possession will call the next skill level and the next heat begins with the 30-second play clock.

V. Halftime

VI. Third Quarter: Tosses & Pyramids

- The third quarter will consist of three heats. Teams will demonstrate their toss and pyramid ability based on the level called.
- The team with possession will call the skill level (1 through 3) to be performed by both teams at the same time. Once a level has been called, that level is not an option for the remainder of the quarter.
- Once the skill level is called the play clock begins a 30-second countdown. Teams have 30 seconds for the required number of athletes to take the floor in their marked places. At the 0 mark, the routine music will begin and both teams will perform at the same time.
- The heat will be judged according to execution of skills. The winning team is awarded two points for the heat. The losing team is awarded no points for the heat. A tie will result in each team being awarded one point for the heat.
- Upon completion of the skill sequence, teams will have ten seconds to return to their designated area followed by the call period. At the end of the call period, possession alternates and the team with possession will call the next skill level and the next heat begins with the 30 second play clock.

VII. Quarter Break

VIII. Fourth Quarter: Team Performance

- The fourth quarter will consist of one heat. Teams will demonstrate their ability to perform skills from the categories of Stunt performed during the first three quarters.
- The team with possession will determine which team will perform first.
- Once the starting team has been called the play clock begins a 30-second countdown. The starting team has 30 seconds for the required number of athletes to take the floor in their marked places. At the 0 mark, the routine music will begin.
- Upon completion of the routine the performing team will have ten seconds to return to their designated area followed by 30 seconds for the second team for the required number of athletes to take the floor in their marked places. At the 0 mark, the routine music will begin.
- Each routine will be approximately 90 seconds in length.
- The points will be awarded according to execution of skills.

IX. Final Score

- The winner will be determined by the team which has compiled the most total points for the game by adding the total points from each quarter.
- **Tie Breaker:** In the event of a tie, overtime will commence. The winner of a coin toss called by the home team will choose to perform either a Partner Stunt or Pyramid/Toss skill routine or defer

the skill selection to the opponent. The team that does not select the skill will select the level to be performed. If upon completion of the skill a tie remains, the teams will perform the skill not selected in the first heat of overtime. The team that selected the first heat skill to be performed will select the skill level for the second heat. This procedure will alternate until a winner is determined.