

SOWA SPORTS GUIDE:

# Competitive Cheerleading



# Offered divisions

- Introductory
- Level O
- Level 1
- Level 2



Powerpoint purpose:

- Teach appropriate skills for each division and clarify rules/guidelines
- Allow coaches to better identify their teams capabilities in relation to offered divisions

GOAL: Make SOWA cheer safer and more diverse in its training, development, and competition

# Important points

This power point will cover appropriate skills for each level as well as appropriate basing for stunts, clarify “cheer language”, and serve as “safe stunt training” for all active SOWA cheer coaches.

Please be mindful to utilize these “safe stunt” techniques in your upcoming season. These skills and techniques will be required for all competitions going forward. This PowerPoint replaces the need for video submissions prior to state games. If there are any questions following completion of the powerpoint, please reach out to your SRT!

# Common terminology

Base: the lowest part of a stunt. This is the athlete who supports a flyer

Flyer: the highest point in the stunt. This athlete is held by the base and has one or both feet off of the ground during the stunt

Tumble: any action where an athlete goes from standing, becomes inverted, and goes back to standing (ex: summersault, cartwheel)  
jumps  $\neq$  tumbling!

Backspot: the athlete who supports the flyer with hands while maintaining contact with the ground

Spotter: a safety measure for higher level stunts. This is an athlete that stands close to a stunt in order to provide help if the stunt fails. Otherwise, they have no physical contact while the stunt is being performed.



# Common “cheer arms”!

## Use these arm positions when building your formations



These are only a few! Feel free to look up more to make the routine more complex!



# Helpful Links!

So you've determined your teams division! What now?

These links may be helpful in getting your routine started!

Be sure to follow the SOWA specific guidelines for each division when making your routine! These are shown on the slides to follow!

<https://www.rockstaracademy.com/blog/mastering-cheer-motions-building-your-routine-from-a-to-z>

<https://activeforlife.com/intro-to-cheerleading/>

# Introductory Division

Non stunt and non tumble



## Allowed skills

- Jumps
- No tumbling of any kind
- No stunts of any kind

Examples of basic jumps:





# Level 0

Ground level stunts and non  
tumble



Stunts are allowed ONLY IF the flyer is not lifted above the bases waist. With ground level stunts, no back spots or spotters are required however, back spots may be utilized for athlete comfort if needed!

- The flyer may have one or both feet off of the ground. The stunt is labeled as ground level since the base does not “lift” to any level of extension.

NO tumbling is permitted in level 0!

# Examples of safe ground level stunting



Notice: when basing a leg, correct hold is shown here. The bases hands maintain contact at 2 points!



# Level 1

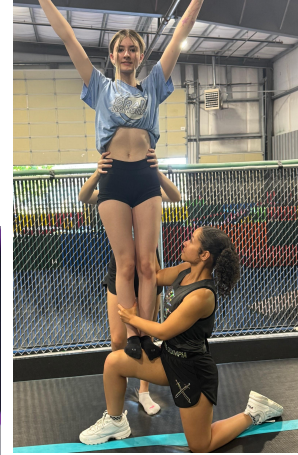
Beginner stunts and tumble





# The below stunts AND level 0 stunts are permitted in level 1!

Notice the backspots hands. They maintain 2 points of contact with the flyers hips at all times. The base is also keeping both hands on the stunt. At no point should a base or backspot hold with only one hand!



All pictured stunts are level 1 as the flyers feet do not extend past the waists of the bases!

# Level 1 tumbling!

Cartwheels,  
somersaults,  
handstands, and  
roundoffs (cartwheels  
where the athlete ends  
on both feet at the same  
time)



# Remember!

At no time is “partner” or assisted tumbling allowed!

At no time can an athlete tumble through a prop or while holding a prop (Poms, signs, megaphones, flags, etc)

# Level 2

Advanced stunt and tumble





# All level 0 + level 1 + extension stunting!

In level 2, stunts may extend past the bases waists!



# Level 1 tumbling + Walkovers!



Walkovers are tumbles where the athlete bends from standing, through their back, to standing again

