

RYFA CHEERLEADING RULES

General Safety Guidelines (All Divisions)

- Safety is always the top priority.
- All stunts and tumbling must be performed under direct coach supervision.
- Proper spotters are required when applicable.
- No cheerleader may perform skills beyond their demonstrated ability.
- Music, motions, and routines must be age appropriate.

Universal Tumbling Rule (ALL DIVISIONS)

- All tumbling must be age-appropriate, performed correctly, and safely.
- No tumbling will be taught at any level (Kindergarten through 6th grade).
- Tumbling may only be performed by athletes with prior knowledge and proper technique.
- Any tumbling deemed unsafe, incorrect, or inappropriate will not be allowed.

Kindergarten – 2nd Grade Division

- No lifting of flyers is permitted.
- All stunts must remain thigh-high or lower.
- Nothing above thigh-high is allowed.
- All bases must always be on one knee or in a lunge position, always.
- No prep level, elevators, extensions, release moves, or dismounts of any kind.

3rd – 4th Grade Division

- Elevators to chest level only are permitted.
- Two bases and one back spot are required.
- No stunts above chest level.
- No basket tosses

5th – 6th Grade Division

- Extended elevators are permitted.
- Cradle outs are allowed with trained bases and a back spot.
- Single-base extensions are not allowed.
- Handsprings and flips are allowed only with prior knowledge.