



COLLEGE  
**STUNT**  
ASSOCIATION



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# Coaches' Training

# Responsibility of an Coach

The integrity of the emerging sport of STUNT rests in the hands of you, officials and athletes.

This is not traditional cheerleading. It has the look of cheerleading and short term many involved will be from cheer, but this is an emerging female sport and must be looked at as a sport

You cannot socialize prior to right after a game with officials/refs

You should always address officials/refs as Mr. XX or Ms. XX, even if you know them personally

# Responsibility of an Coach

You must take officiating seriously and act professionally when coaching a STUNT game

When you go to other sport games (basketball, football, etc) be aware of how officials and coaches interact and keep this in mind for when you are coaching a STUNT game this spring.

This is like any other sport...you may not agree with all calls but you cannot carry yourself as some coaches/choreographers in the cheer world do at a traditional competition

# Overview of changes for 2016

- Number of stunt groups for each routine in quarter 1
  - In quarter 1 the following number of stunt groups will be required for each routine
    - Routine 1 will require 4 stunt groups
    - Routines 2 & 3 will require 3 stunt groups
    - Routines 4 & 5 will require 2 stunt groups
    - Routine 6 will require 1 stunt group
- 4<sup>th</sup> quarter structural differences
  - In 2016 there will be 3 rounds played in this quarter
  - In the regular season all level routines will be able to be called in the 4<sup>th</sup> quarter (last year just 1 – 4 in regular season for college)

# Overview of changes for 2016

- Scoring/structural Changes for 2016
  - In 4<sup>th</sup> quarter there will be one more round but each round will still be worth 3 points
  - During substitutions “dismounts” start on 3 and subs can come on the floor in 3 (was 5 in 2015)
  - 3 points will be awarded differently than in 2015
    - 1pt will be awarded to team with least amount of deductions **PER SECTION** of the team routine
    - There can be a tie within a section
    - This allows more strategy and gives both teams more of a chance to make a difference in the score
    - EX: Team A executes better in quarter 1 (PS) for 1pt, Team A and B tie in quarter 2 (Pyramids/Toss) and both receive 1pt and Team A executes better in quarter 3 (JT) for 1pt. Score for this round would be Team A 3pts and Team B 1pt.

# Overview of changes for 2016

- **Additional Changes for 2016**
  - **Time Outs**
    - Each team will have three (3) 60 second time outs per game
  - **Coaches Challenge (where applicable)**
    - Can only happen at venues where playback is available (iPad, video, etc)
    - Each team will have one challenge per game (does not carry over to overtime if not used)
    - Each team will have one challenge for overtime
    - Coach can request review of THE previous round's score
    - Challenge has to be made prior to the whistle blowing to begin play for next round
    - If result is overturned team would not lose a time out
    - If result is upheld team would lose a time out
    - Team must have a time out to be able to challenge a result

# Overview of changes for 2016

- **Additional Changes for 2016 continued**
  - **Forfeit**
    - Will still be officiated against a standard
    - No bonus point awarded
    - Standard is changed to the following
      - Quarters 1-3 will be 1pt for 0 or 1 major deduction. Opts for **more than 1** major deduction
      - Quarter 4 will be 0 or 1 major deduction PER SECTION will be 1pt per section. Opts for any SECTION with **more than 1** major deduction
  - **Mercy Rule is in play for 2016**
    - When score has become mathematically impossible for one team to overtake another team, Mercy Rule CAN be applied
    - Coach of team behind can concede the game
    - If both coaches want game to continue, then play can continue

# About Girls STUNT

Girls STUNT is a competitive team sport derived from the athletic skills of traditional cheerleading.

- ✓ Crowd leading is removed
- ✓ Focus is on technical and athletic components of cheerleading
- ✓ Teams compete head-to-head in 4-quarter game format
- ✓ Scoring system is objective and easy to follow



Cal Poly	COLLEGE STUNT ASSOCIATION	Sac State
2	1 <sup>st</sup> Quarter	2
3	2 <sup>nd</sup> Quarter	3
2	3 <sup>rd</sup> Quarter	4
6	4 <sup>th</sup> Quarter	6
13	Total	15

HOME	9:34	VISITOR
7	POSS PERIOD 4	10
BONUS		BONUS
FOULS	PLAYER FOULS	FOULS
0		0
WON	GAME	WON



# Objectives and Guiding Principles

**The goal of USA Cheer in developing STUNT is to create a new sport, derived from cheer, that will accomplish the following:**

- 1. Satisfy all Title IX gender equity requirements and qualify for sport status at the collegiate and high school level.**
- 2. Create new opportunities for female athletes at the collegiate and high school level. (At this time, there are no plans for coed versions of this sport.)**
- 3. To preserve traditional cheerleading as a vital and important part of a school's spirit program.**
- 4. Under USA Cheer to keep the connection with the athletic aspects of cheerleading.**
- 5. Cost-effective and easy for colleges and high schools to administer and host**

# Team Roster for STUNT



# Team Roster for STUNT

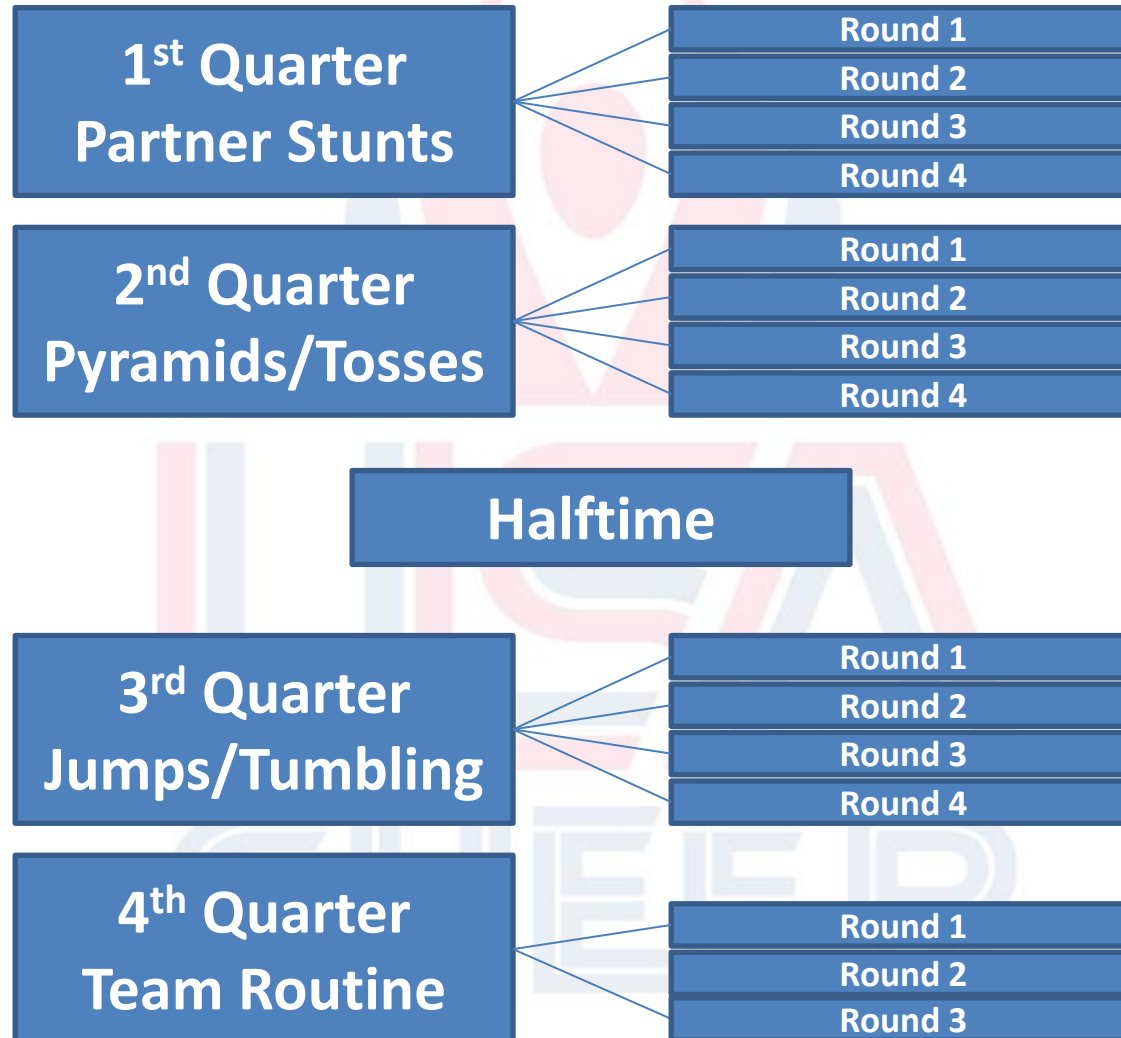
- College STUNT teams
  - Up to 36 athletes (minimum needed is 16 members)
  - Maximum of 16 members needed on the floor for any one round/quarter (pyramids/tosses).
- High School STUNT team sizes may vary based on the state or group. (8- and 16-member pyramid options)
  
- Team Make Up
  - Currently no specific tryout structure is required.
  - Athletes must be students at the school
  - Team can be traditional cheer team, separate STUNT team or a combination of female athletes from multiple cheer squads (club or official school squads)
  - Other athletes at the school who do not cheer.

- If you have a tryout or separate selection process for a STUNT Team:
  - This is all about skills.
  - Do not need interviews, cheerleading background or great motions
  - Athletes can be chosen because of skill-specific qualities
    - Non-tumbling top person or base.
    - Athlete who is primarily a tumbler with a gymnastics background.
    - Don't need "all around" athletes. Format allows for skill-specific members.

# Game Format



# Game Format

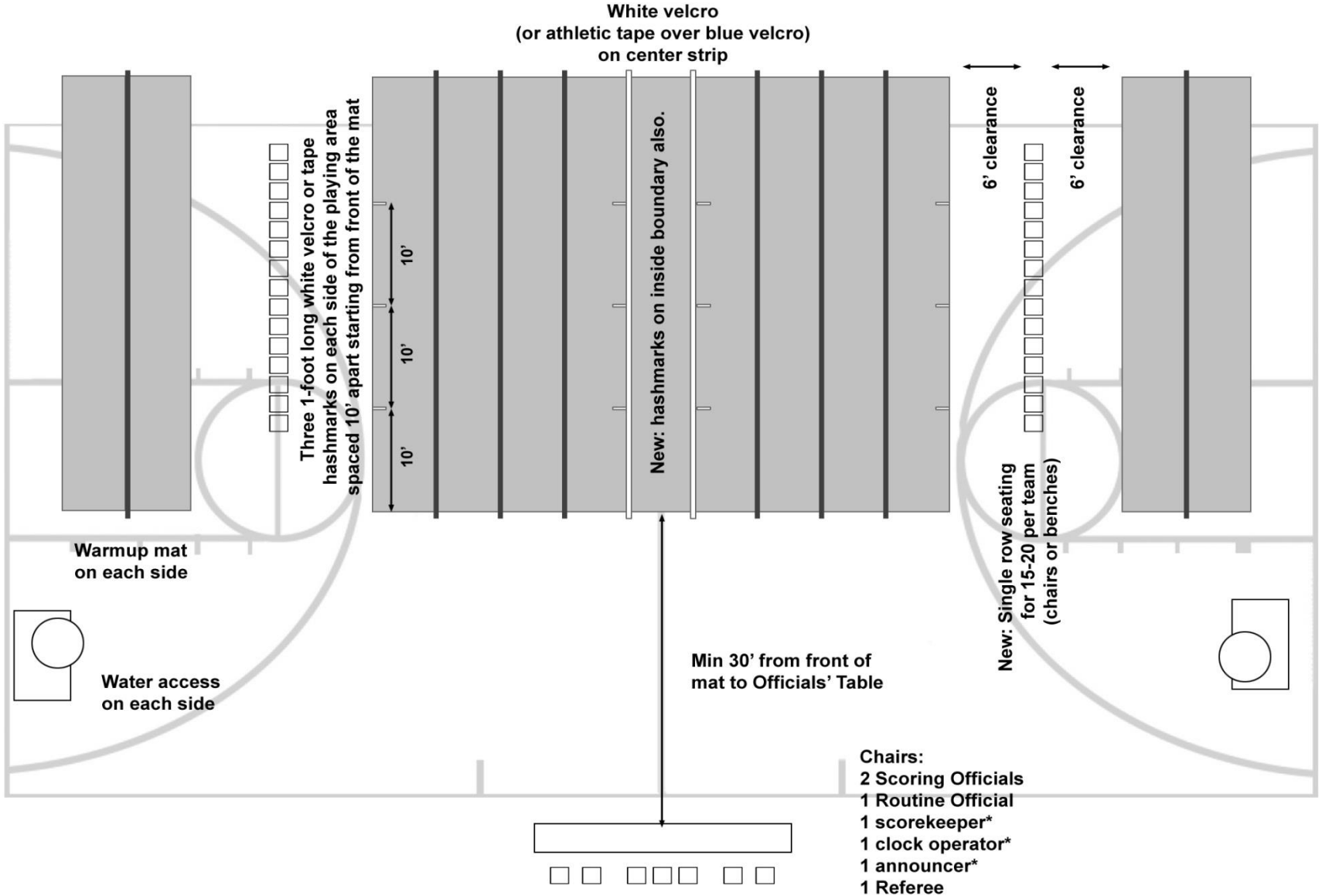


# Game Format

## **For each round within a quarter:**

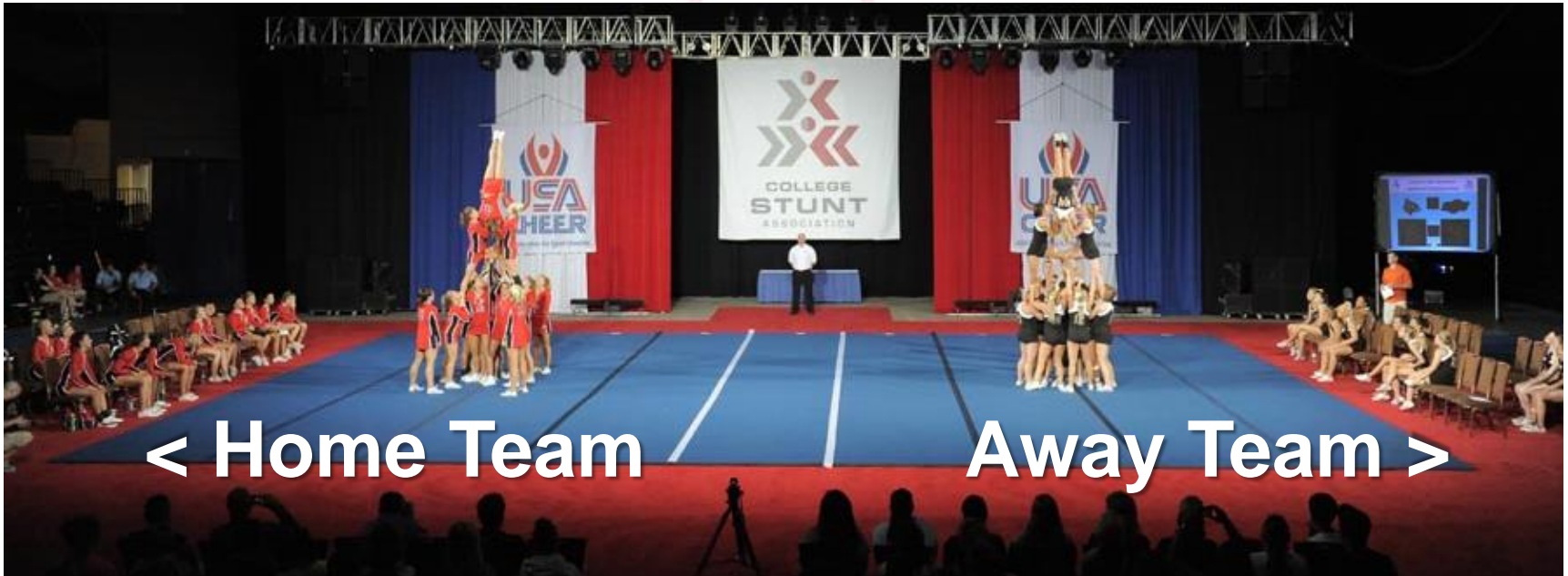
- **The team with possession selects the routine to be performed.**
- **Head-to-head format with both teams on the floor.**
- **Each team performs the selected routine on their 24' x 42' area of the mat at the same time.**
- **Teams return to their benches**
- **Team awarded points because of execution is announced**
- **The team that gets possession selects the next routine and this process repeats**

# Game Floor Layout





# Game Floor Layout



Looking at the mat from the Official's table, the Home team will always be on the left side of the mat and the Away team will always be on the right. This will help you to practice substitution patterns for the 4<sup>th</sup> quarter.

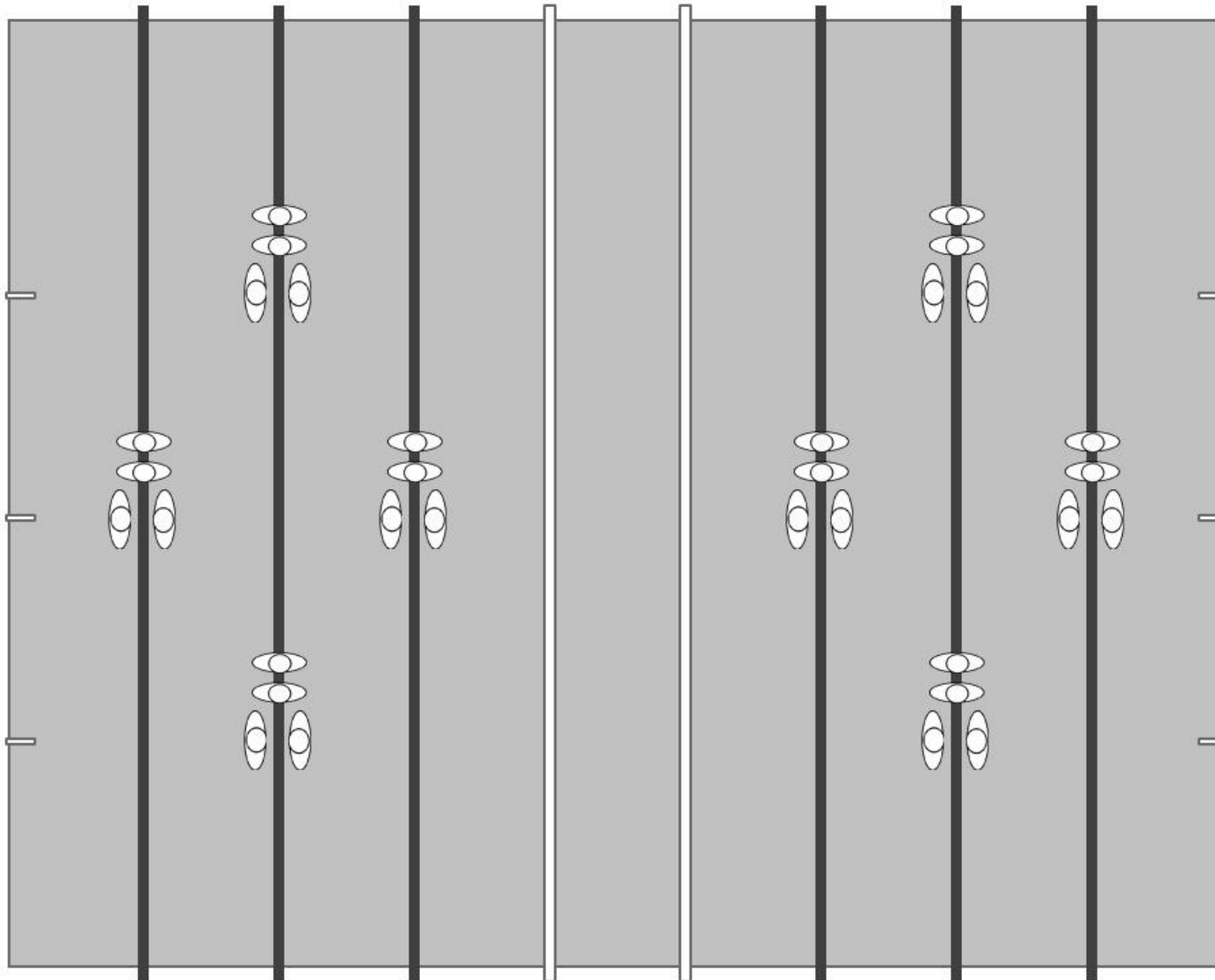
# Game Specifics

- ❑ Partner Stunt (quarter 1) outline
  - ❑ Routines 1 requires 4 stunt groups on the floor
  - ❑ Routines 2 & 3 require 3 stunt groups on the floor
  - ❑ Routines 4 & 5 require 2 stunt groups on the floor
  - ❑ Routine 6 requires 1 stunt group on the floor
- ❑ Pyramid/Toss and Tumbling/Jump routines
  - ❑ Pyramid/toss routines require 16
  - ❑ Tumbling/Jump Routines require 7
  - ❑ Starting position on the floor is determined by looking at the videos and using the hash marks (new this year)

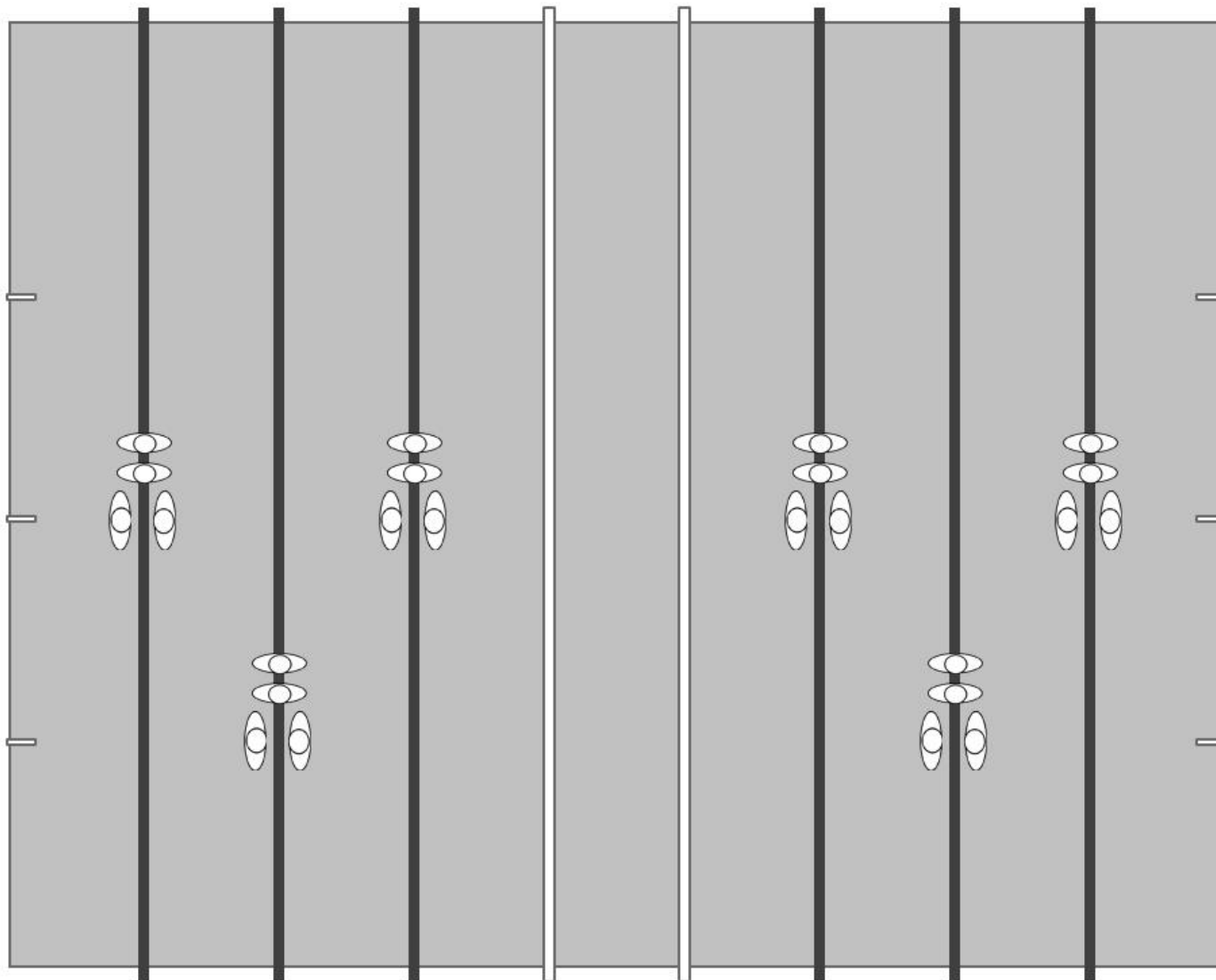
- When counting strips use outside strip as 1 on your side
- If using 4 stunt groups set up is the following
  - 1 at the point and 2 behind (triangle)
  - Point centered on strip between mat 2 & 3
  - Depth will be in line with 1<sup>st</sup> hash mark for the point and 2<sup>nd</sup> hash mark for the next two and 3<sup>rd</sup> hash for the back 4<sup>th</sup> group
- If using 3 stunt groups set up is the following
  - 1 at the point and 2 behind (triangle)
  - Point centered on strip between mat 2 & 3
  - Depth will be in line with 1<sup>st</sup> hash mark for the point and 2<sup>nd</sup> hash mark for the other two

- If using 2 stunt groups set up is the following
  - Stunt groups will be side by side
  - One will be on strip between mat 1 & 2 and the other on strip between 3 & 4
  - Depth on the 2<sup>nd</sup> hash mark
- If using 1 stunt group set up is the following
  - Line up on strip between mats 3 & 4
  - Depth on the 2<sup>nd</sup> hash mark

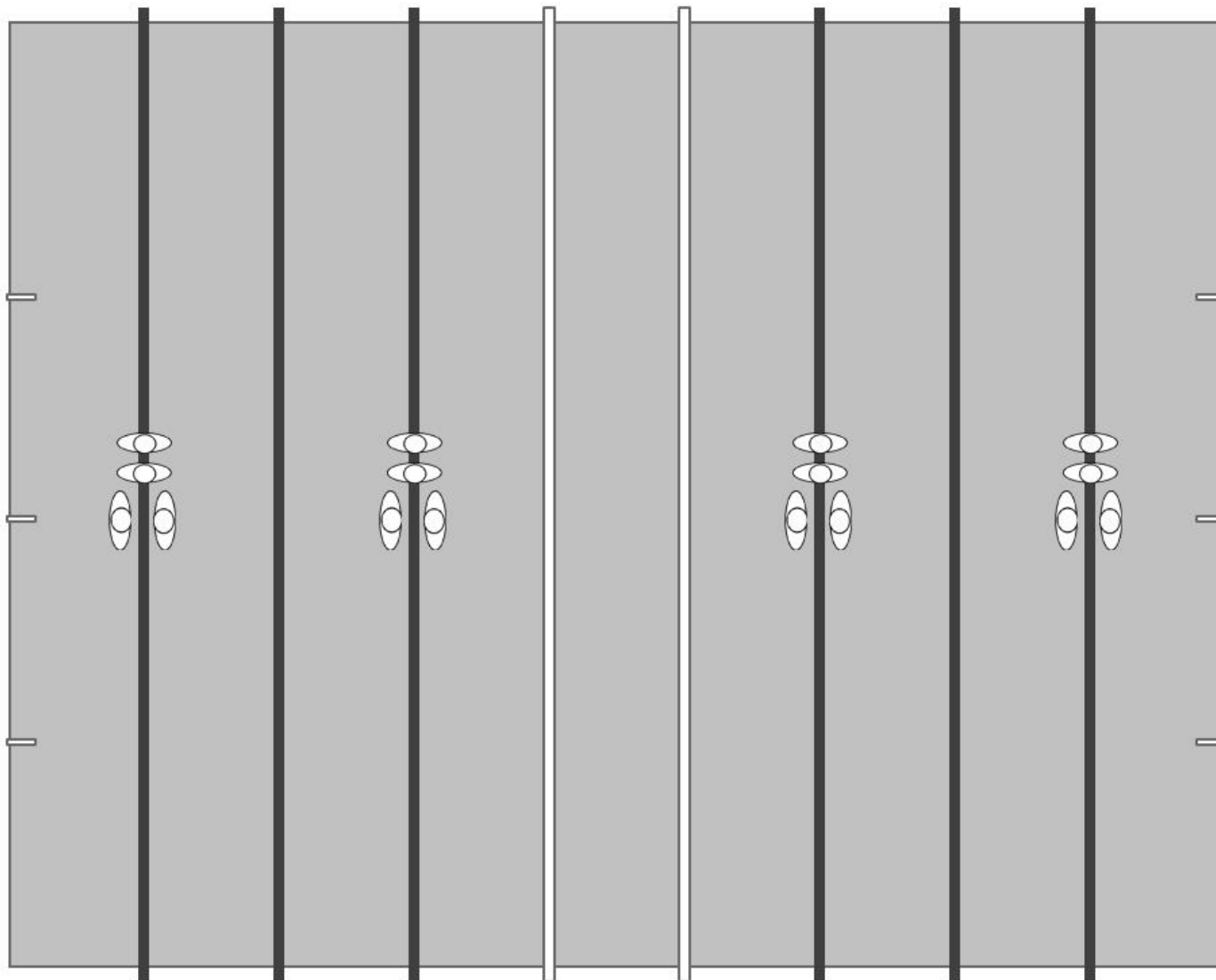
# Formation for 4 Partner Stunts



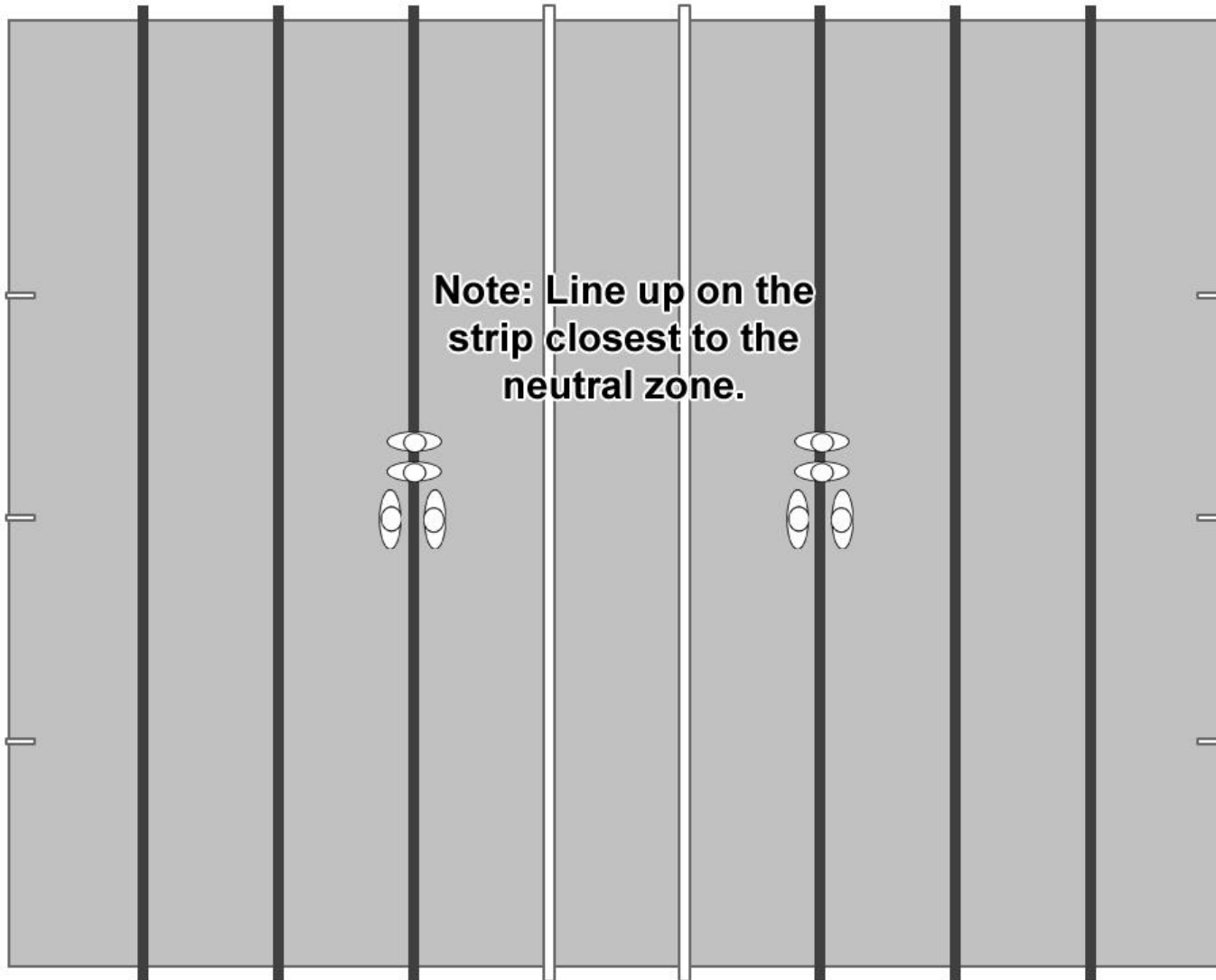
# Formation for 3 Partner Stunts



# Formation for 2 Partner Stunts



# Formation for 1 Partner Stunts





# STUNT Routine Layout

- There are 6 pre-set routines for each of the first 3 quarters, all choreographed by USA Cheer
- Routines are all recorded to 8 count music.
- If there is ever any confusion on the count....the 8 count sheet (written) is the correct version
- How to get the music is addressed later in the training session
- Music for the routines:
  - All number 1 routines will have the same music, 2 will have the same, etc.
  - 4<sup>th</sup> quarter music is 31 eight counts long allowing for all three sections of the routine and time in-between to substitute

# STUNT Routine Layout

- Routine Format:
  - 9 eight counts long
  - Approximately 35 seconds in length.
  - All will end on the 1 of the 10<sup>th</sup> eight count.
- Formations for routines:
  - Partner Stunts: covered earlier
  - Pyramid and Tumbling routines are spaced off the video and using the hash marks (hash mark on both sides of playing field this year)
- Routines are in progression of difficulty from 1 to 6. (Routine 2 will be more difficult than Routine 1, etc.)
- Music for all routine 1's is the same clip of music...same with all 2's, etc. 4<sup>th</sup> quarter clips are all different
- Once a routine is called in a quarter it cannot be called again

# STUNT Routine Layout



**4<sup>th</sup> Quarter**

# Team Routine - Quarter 4

For 2016 season the fourth quarter will change structure from how it has been. Here is the structure for the fourth quarter:

- Regular and post season all 6 routines are available to be called
- There will be three rounds done in the fourth quarter
- These routines combine the compulsory routines from three previous quarters
  - EX: Routine 2 would be the combination of routine number 2 from quarters 1-3. The order will be partner stunt (Q1), tumbling/jumps (Q3) and then pyramid/tosses (Q2). This is so the routine ends with all participants on the floor
  - Music clip for each of the four routines will have 8 counts built in to allow for substitutions
  - Both teams will be on the floor in a head to head structure
  - Teams will substitute depending on which part is coming up
  - The substitution part be judged this year.

Example: Routine 1 in the 4<sup>th</sup> quarter will consist of the following:

- (Routine 1 called)
- Start with 3 groups on the floor to perform the Partner Stunt Routine 1.
- End on “1” of 10<sup>th</sup> 8-count.
- Dismount pop-downs on “3” of the 10<sup>th</sup> eight count, move on the 5 of the 10<sup>th</sup> eight count. Use the remainder of the 10<sup>th</sup> and all of 11<sup>th</sup> 8-count to move the stunt groups off and move your 7 tumblers on.
- Set for Tumbling & Jumps Routine 1 and start on the 12<sup>th</sup> eight count. Hold the ending “1” and slap down on 3 and athletes move on the “5” of 21st 8-count.
- Again, use the remainder of that 8-count and all of the next to transition to the opening formation for Pyramids and Tosses Routine 1 which starts on the 23<sup>rd</sup> 8 count.
- Perform the Pyramids and Tosses Routine 1 and end on the last “1” of the routine music (32<sup>nd</sup> 8 count).

## Substitution Patterns for the 4<sup>th</sup> quarter Team Routine

- Substitutions will be judged this year in STUNT. Being set for the beginning of the next sequence WILL NOT be judged. Just the dismount and when the subs come on the field of play.
- Subs cannot move onto the field till the 3 of the eight count ending a specific sequence. EX: 3 of the 10<sup>th</sup> eight count is when subs can come on the field for the tumbling portion which will start on the 1 of the 12<sup>th</sup> eight count
- Substitutions only come from the back or your bench side of the field.
- Tops in partner stunts will dip for dismount (pop to the floor only) on the 3 of the 10<sup>th</sup> eight count. Tumblers will hold 1,2 and slap down 3 and move on 5 of the 21<sup>st</sup> eight count
- Dismounting or coming onto the field **early** will be considered a minor mistake for each occurrence seen by the officials.

# Scoring



# Scoring

## Quarters 1 – 3:

Winning Team: 1pt

Losing Team: 0pts

Tie: 1pt for each team

Forfeit:

Team that calls: 0 or 1pt

Team that forfeits: 0pts

## 4<sup>th</sup> quarter scoring:

Each team has opportunity for up to 3pt

Tie: There can be tie per section of Team routine.

Forfeit:

Team that calls: up to 3pts

Team that forfeits: 0pts

Outline of standard to receive points for forfeit will be covered later in the training





# How Officials score STUNT

- Scoring officials will score teams based on execution only (technique and synch)
  - Minor and major execution errors/deductions (will discuss specifics later in the training)
  - 2 minor deductions = 1 major deduction
  - There are double major execution errors and deal with safety of athletes (falls that put top in compromising position)
  - The team with the fewest deductions wins

CHEER



# How Officials score STUNT



Home Team	Deduction	Away Team	Deduction



## STUNT Quarter Scoresheet



Judge: 1 2 3      Quarter: 1 2 3 4      Judge Initial: JL

	Team: Central HS	Rank	Rank	Team: Valley HS
Round 1	Notes:			Notes:
Round 2	Notes:			Notes:



# How Officials score STUNT



Home Team	Deduction	Away Team	Deduction
1 small bobble	/ (1)	1 fall to the ground	X (2)



## STUNT Quarter Scoresheet



Judge: 1 2 3    Quarter: 1 2 3 4    Judge Initial: JL

	Team: Central HS	Rank	Rank	Team: Valley HS
Round 1	Notes: /			Notes: X
Round 2	Notes:			Notes:

# How Officials score STUNT

Home Team	Deduction	Away Team	Deduction
1 small bobble	/ (1)	1 fall to the ground	X (2)
1 small bobble	/ (1)	1 synch error	/ (1)



## STUNT Quarter Scoresheet



Judge: 1 2 3 Quarter: 1 2 3 4 Judge Initial: JL

	Team: Central HS	Rank	Rank	Team: Valley HS
Round 1	Notes: / / ↑			Notes: X / ↑
Round 2	Notes:			Notes:

# How Officials score STUNT

Home Team	Deduction	Away Team	Deduction
1 small bobble	/ (1)	1 fall to the ground	X (2)
1 small bobble	/ (1)	1 synch error	/ (1)
1 low cradle	/ (1)		
1 synch error	/ (1)		



## STUNT Quarter Scoresheet

Judge: 1 2 3 Quarter: 1 2 3 4 Judge Initial: JL



	Team: Central HS	Rank	Rank	Team: Valley HS
Round 1	Notes: / / / / ↑ ↑			Notes: X /
Round 2	Notes:			Notes:

# How Officials score STUNT


Home Team	Deduction	Away Team	Deduction
1 small bobble	/ (1)	1 fall to the ground	X (2)
1 small bobble	/ (1)	1 synch error	/ (1)
1 low cradle	/ (1)	1 missed pyramid	X (2)
1 synch error	/ (1)		



## STUNT Quarter Scoresheet



Judge: 1 2 3 Quarter: 1 2 3 4 Judge Initial: JL

	Team: Central HS	Rank	Rank	Team: Valley HS
Round 1	Notes: / / / /			Notes: X / X 
Round 2	Notes:			Notes:

# How Officials score STUNT



Home Team	Deduction	Away Team	Deduction
1 small bobble	/ (1)	1 fall to the ground	X (2)
1 small bobble	/ (1)	1 synch error	/ (1)
1 low cradle	/ (1)	1 missed pyramid	X (2)
1 synch error	/ (1)		



## STUNT Quarter Scoresheet



Judge: 1 2 3 Quarter: 1 2 3 4 Judge Initial: JL

	Team: Central HS	Rank	Rank	Team: Valley HS
Round 1	Notes: 	<b>W</b>		Notes: 
Round 2	Notes:			Notes:

## Minor Errors by Quarter

- **Partner Stunts**
  - **Arm motion off in a stunt or stunt bobbles a little bit (top wobbles or bases take a step)**
  - **Synch between stunt groups**
- **Pyramids/Tosses**
  - **Middle layers load at different times or hold the top in awkward/low position**
  - **Basket toss turning in the air as it goes up**
  - **Synch between basket toss groups**
- **Jumps/Tumbling**
  - **Poor technique**
    - **Crooked bhs, Low tuck, Hands down on tuck**
  - **Synch off in a group skill**



## Major Errors by Quarter

- **Partner Stunts**
  - **Big adjustments by a stunt group (officials will look for formation changes)**
  - **Fall to the floor under control**
- **Pyramids/Tosses**
  - **Toss to a 2.5 pyramid coming back down (never establish the pyramid) or a top falling off pyramid under control to the ground**
  - **Basket tosses bases move more than a step to catch the top**
  - **Incomplete basket skill (landing short on twist or flip)**
- **Jumps/Tumbling**
  - **Fall to the back/seat**
  - **Taking more than 2 steps to regain balance**

## “Double” Major Errors

Execution errors that result in putting an athlete in imminent risk of injury will result in a “Double” major error.

Examples include any skill (stunts, pyramids, tosses or tumbling) where the top person lands on the floor out of control in a compromised position on her head, neck, shoulders or back.

The severity of this type of infraction should make the coach consider altering a skill for 1 major deduction rather than risk a double major deduction.

# Scoring

- Additional Information on execution errors
  - Group sync issues are counted as one error.
  - Technique issues are counted individually.
  - Errors are cumulative. A crooked RO BHS tuck that lands tuck on the seat would be 1 minor (crooked) and 1 major (landing on the seat – fall) deduction.
- Routines performed EXACTLY as designed by USA CHEER
- Any modification (omitted skill or altered skill) from what is on the video is a major error. If there is a question as to a specific count, refer to the 8-count sheet.

# Scoring

- The only exceptions allowed are the following:
  - Specific grips for stunts
  - Loading off the ground for baskets/double base stunts. 1-foot and 2-feet starting positions are allowed.
  - Goofy foot stunting
    - Stunting on opposite foot from video
    - Only allowed if all stunt groups do same foot
- Getting to formation changes in routines doesn't have to be the same. All the athletes do not have to move as they move on the video. Skills and formation have to be in the same place as video.

# Scoring for Altered Skills

An “Altered Skill” is a skill that is scripted in a routine and not attempted or has been altered from the script. Examples:

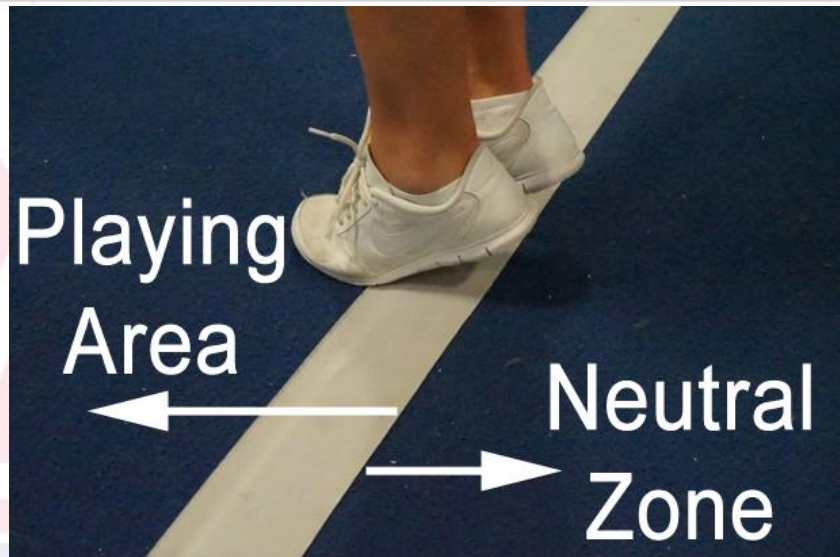
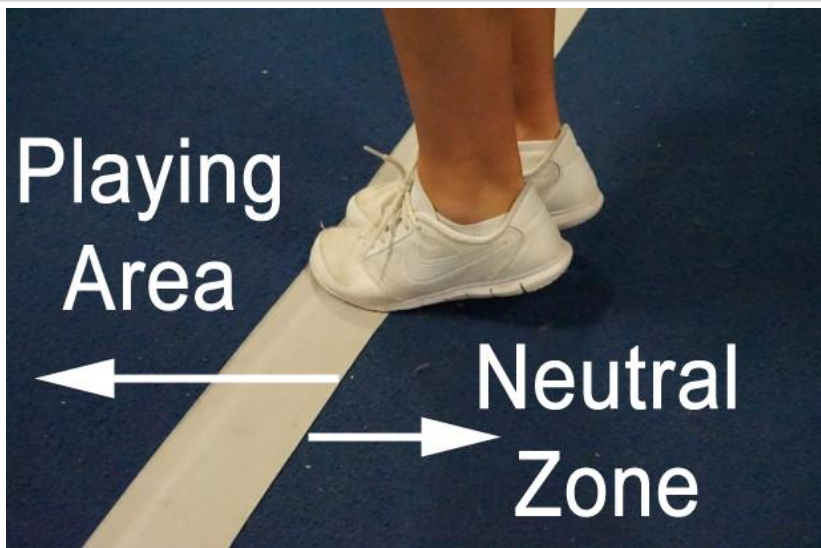
- Back handspring instead of tuck
- Layout in place of a full
- Pop off 2-2-1 to elevator instead of toe pitch position
- Basket toss tuck instead of X-out
- Straight cradle dismount instead of full
- Altered skills receive a major deduction.
- This will be for each occurrence. Example:
  - Routine calls for 5 bhs and only 3 are done...2 major mistakes are marked
- Altered skills may be a better option than a forfeit or risk of injury or double major penalty. This is a coach’s decision on what is going to put the team in the best position to perform well and have a chance to win the round.



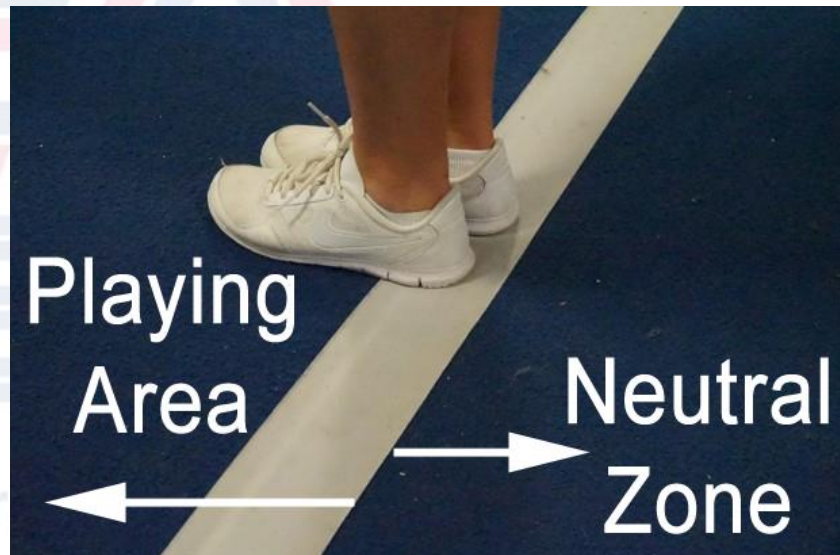
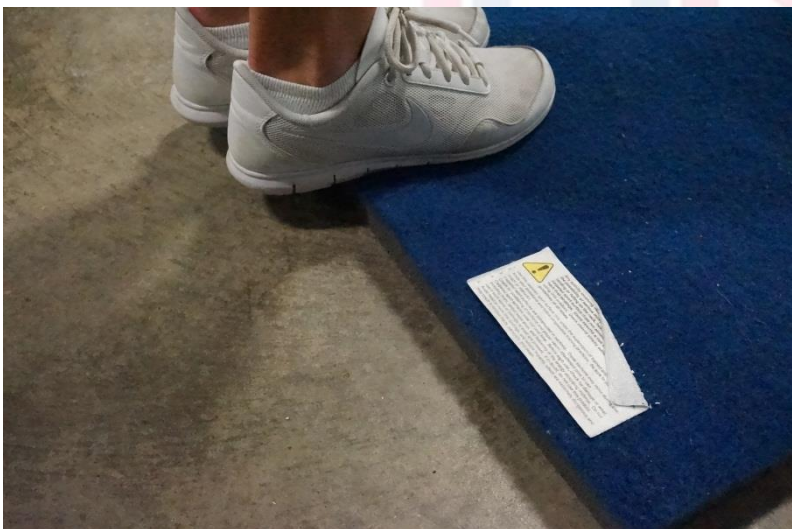
# Scoring for “Out of Bounds”

- A boundary violation is defined as an athlete touching any portion of the area outside of the designated performance area.
- Touching the white lines bordering the “neutral” area does NOT constitute a boundary violation. The playing field includes the white boundary line
- Boundary violations are only charged if detected by the Scoring or Routine Officials. Referees may not call boundary violations.
- Each boundary violation will result in a minor penalty.

# Scoring for “Out of Bounds”



**Not touching surface: Not Out of Bounds**



# Scoring for “Out of Bounds”



**Touching surface: Out of Bounds**

Playing  
Area



Neutral  
Zone





# Possession: Control of the Game

- Team with possession determines the routine to be performed.
- The coach with possession shows routine number to the opposing team, ref and official's table
- Pre-game coin toss called by the home team determines initial possession
- Winning team of a round gains possession. In a tie, possession will alternate.
- Within a quarter, a team that forfeits gets possession of the next round.
- To start the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> quarters, the team with lowest total score at that point of the game has possession. If there is a tie in the score, possession will alternate.
- Responsibility for which team has possession rests with the referee.



# Forfeiting a Round

- Teams may forfeit any round during a quarter.
- This option discourages attempting skills beyond ability level.
- A forfeit can be used as a coaching strategy as well
- The forfeiting team receives 0 points for the round.
- If there is a double forfeit possession alternates



# Forfeiting a Round

- The team that called the routine still must perform in order to receive points
- Points awarded are decided by officials against the following standard
  - For Quarters 1 – 3
    - 0 or 1 major execution errors would get the team 1pt
    - 2 or more major execution errors & get team 0pts
  - For the 4<sup>th</sup> quarter
    - Team will be compared against a standard per SECTION of the team routine
    - For each section 0 or 1 major mistake gets the team 1pt
    - More than 1 major mistake per section gets the team 0pts.
- There is no bonus scoring for forfeit situations in 2016
- Minor execution errors **ARE NOT USED** in determining if a team gets the point or not

# Game Timeline



# Game Timeline

- Arrival – 30 minutes prior to game
  - Host team have floor and benches ready 1 hour prior to start of 1<sup>st</sup> game
- Team can warm up on their sideline at any time
- Official team warm up on main floor will begin 20 minutes prior to start of game
  - Warm up time is 15 minutes
  - No music can be played by teams
  - Team can warm up whatever skills/routines they would like
- Following official warm up there will be 5 minute break
  - Coin toss during this time
  - Coach and captains to the center of the floor
  - Home team calls heads/tails in the air and coin hits the floor
- After coin toss teams go to bench for National Anthem
- Following National Anthem game will be set to start
- Remember if you won the toss, have your 1<sup>st</sup> routine ready to signal to the referee to start the game.

# Game Timeline: 1<sup>st</sup> – 3<sup>rd</sup> Quarters

1. Coach with possession signals 1<sup>st</sup> routine by showing number to referee and opposing coach
2. The referee visually confirms the number called.
3. If you choose to forfeit the round, inform the referee at this time by making an “X” with your arms.
4. If there is no forfeit, the referee will signal both teams to take the floor
5. Teams have 20 seconds to take the floor. If team doesn't take floor within allotted time, they are assessed a time out.
6. If the team has no remaining timeouts in this half, they will receive a 1-point deduction, assessed at the end of this round
7. If 10 more seconds elapse without taking the floor, a forfeit is called and team cannot compete that round (but will have possession).

# Game Timeline

6. Once the teams take the floor and are in a ready position, the referee will signal the beginning of the routine by blowing his/her whistle.
7. The music will start and both teams will perform.
8. At the end of the routine, both teams should go to their benches to await the score.
9. The head official will signal the score, directing to one side or the other for a winning team, or to both sides at the same time for a tie. The referee will mirror this signal.
10. The referee will signal which team has possession and signal to that coach to select and display the next round's routine level. While awaiting the score, each coach should be determining which routine they will call in the event that they gain possession of the next round.
11. Repeat until the end of the quarter.

# Game Timeline: Overtime

If the game ends in a tie, there will be a “sudden death” overtime. A coin toss, called by the visiting team, will determine possession for the 1<sup>st</sup> overtime.

1<sup>st</sup> overtime will be Routine 1.

The quarter will be selected by the team with possession. New this year is that the 4<sup>th</sup> quarter is an option for the quarter called to be played

For example, a team with strong tumbling may want to select Quarter 3. Routine 1 from Quarter 3 will be performed by both teams.



# Game Timeline: Overtime

The team that wins the overtime round wins the game (sudden death).

If the teams tie, possession will alternate and a second overtime will commence, using Routine 2 from the quarter chosen by the team with possession.

This would continue through round 6 (or determined by the state for high school) until a team wins outright. If necessary, at the end of 6 overtimes, teams would start over with Routine 1.

# Other Elements of the Game



- **Spotters**
- **Stats**
- **Timeouts**
- **Injuries**
- **Coaching area**
- **Technical Foul**
- **Coaches Challenge**
- **Hosting a game**
- **Uniforms**
- **Routine Music**

## Spotters

- USA Cheer does not provide spotters.
- Teams may provide spotters during any round. Spotters are there only to protect an athlete.
- The presence of spotters will not be considered in determining the score.
- If a spotter becomes involved in a skill, it will be considered a major deduction.
- Other team members acting as spotters must wear a team jacket or other covering over their uniform.
- Non-team spotters must wear professional apparel (team warm-up, khakis and team polo, etc.) and appropriate footwear.

## **Stats** (optional for HS depending on state)

Each team will keep statistics on its athletes including which athletes perform in each round, the routine number performed and the round score.

The form will be provided to you. Please assign an athlete, assistant or specific stats person to complete the stats form during the event.

This sheet is designed for ease of use and can be filled out in advance of a game. It will track rounds played and points scored by each individual on your team

## How to use the Stat Sheet:

1. Enter the name of the athletes on team
2. Mark X under each routine they are involved in
3. As the game is played you will mark an X for the routines called and the points your team was awarded for that routine.
4. Spread sheet will automatically calculate the following
  1. Number of rounds played by and athlete
  2. Ranks the athletes on your team in order of overall statistics

# Other Elements of the Game

Here is what the stat sheet looks like

## STUNT GAME STATS

School Name: Central HS vs. East HS Date: 3/17/2015



		1st Quarter- Partner Stunts						2nd Quarter - Pyr & T						3rd Quarter - J & Tumbling						4th Quarter						Overtime					
Routine (not round!)		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	Game Score		
"x" if called		x		x	x	x			x	x		x	x		x	x	x	x		x		x					x		12		
Round Score (0, 1, etc.) >		1		1	0	0		1	1			0	0	1	0	1	2			3		0				1			Personal		
#	Athlete Name																									Score	Rank	Avg			
1	Shauna Smith	x							x						x	x	x				x						x		18	4	3.0
3	Becky Renfeild		x							x						x					x	x							0	28	dnp
2	Shonda Williams	x	x													x	x										x		5	20	1.7
4	Rennae Jenkins			x						x													x						3	23	3.0

## 1<sup>st</sup> part of the stat sheet

	<u>Routine (not round!)</u>	1	2	3	4	5	6
	"x" if called						
	Round Score (0, 1, etc.) >						
#	<u>Athlete Name</u>						
1	Shauna Smith	x	x				
3	Becky Renfeild		x				

# Other Elements of the Game

## 2<sup>nd</sup> part of the stat sheet

Overtime					
1	2	3			
x			Game Score		
1				12	
			Personal Score	Rank	Avg
x			18	4	3.0
			0	28	dnp



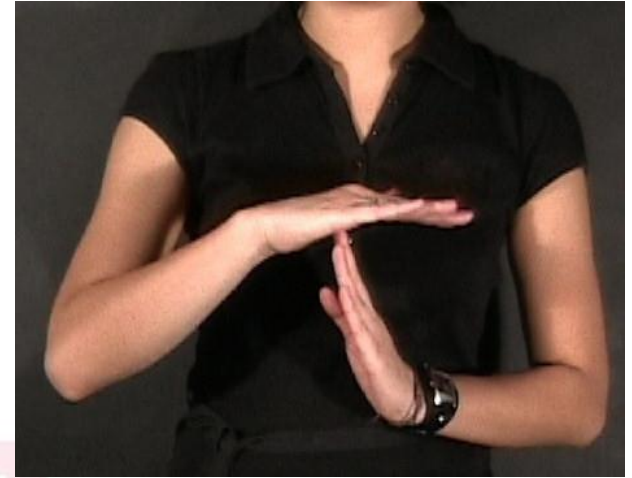
## Timeouts

Each team has three 60-second timeouts per game. Unused timeouts do not carry over to overtime.

During a timeout, both teams may use their warm-up area. No team may warm up skills on the main floor during the time out.

The referee will blow the whistle with 10 seconds remaining in the timeout as a warning, and again at the end of the timeout to signal teams to immediately take the floor.

In overtime a team gets 1 time out per 6 rounds and there is no carryover of unused timeouts from regulation



## Injury

Home teams should provide an athletic trainer on site and away team(s) can bring their own as well..

The game referee, athletic trainer or head coach has the right to stop a performance due to an obvious injury. The primary concern for stopping a routine is the safety of the athlete. If the injury appears to be minor and safety is not compromised, the routine may be completed. Coaches must signal to the referee to stop the routine, whereby the referee will blow the whistle, stopping the routine music.

### Resuming Play:

Following an injury, the team without the injury will immediately perform the routine again from the beginning. The scoring will continue from the point where the routine was stopped. The team with the injury will be judged based on what was performed with automatic deductions for what was not performed after the injury. 4<sup>th</sup> quarter team with injury can have up to 5 minutes to prepare to go again.

## Coaching area

New this year the coaches will have a designated area that they have to stay in while the rounds are being played.

The coaches can be anywhere along the sideline

- In front of the bench
- Behind the bench near warm up mat(s)
- Back corner of their set of mats

Coach(es) cannot be in front of the mat while a routine is going. They also cannot be on the mat during the routines (unless in a spotting capacity).

Coach will receive one warning from the ref on the floor and any offense after that is a minor execution error for the routine it happens during.



## Technical Fouls

A technical foul may be assessed for conduct not representative of USA Cheer and STUNT.

1<sup>st</sup> occurrence is a verbal warning

Continuous or a 2<sup>nd</sup> occurrence can result in a technical foul

A technical foul will award one point to the opposing team.

A lengthy continuation or a 3<sup>rd</sup> incident will result in a technical foul assessed and the ejection of the person in question

## Coaches Challenge Process

- I. Challenge only available where replay ability is available
- II. Team has **one** challenge per game
- III. Challenge must be called before whistle blows for the next round
- IV. Team must have a time out available to challenge a result
- V. If result is overturned team will not lose a timeout
- VI. If result is upheld....team loses a timeout.



## Hosting a STUNT game

### I. Facility

- I. Similar location to where school hosts basketball or volleyball games
- II. Need to have access to be able to play music loud (so it can be heard)
- III. Need to have score board and seating for the general public
- IV. Need to be able to set up table(s) and chair(s)
  - I. Match dimension listed on slide 10 as closely as possible
- V. Need to set up water if at all possible
- VI. Dressing rooms are not required to be available

### II. Mats

- I. Optimum would be 11 to 13 strips
  - I. 4 for each playing area and one neutral mat in the center
  - II. 1 or 2 strips behind each bench for warm up during the game
- II. Adjustments can be made to the number needed on a case by case basis
- III. Hash marks

# Other Elements of the Game

## Hosting a set of games

### I. Personnel

- I. 1 announcer and 1 score board operator
- II. 1 person to run sound
- III. Some can do “double duty” if needed

### II. Officials

- I. Need 2 scoring officials
- II. 1 Routine Official
- III. 1 Referee
- IV. Payment for officials is the responsibility of the host school
  - I. Would pay similar to a volleyball referee
  - II. Always school’s responsibility unless specific arrangements made with USA Cheer in advance

### III. Tickets/Concessions

- I. Host school decides door charge (if any) & all money goes to host school
- II. Same with concessions
- III. This money can be used to offset the cost of the officials and all remaining money goes to the school

# Other Elements of the Game

## Hosting a set of games

- I. Paper supplies – all available to download from [highschoolstunt.org](http://highschoolstunt.org)
  - I. Score Ranking Sheets for officials
  - II. Stat Sheets for each team (if they are being used)
  - III. Announcer script (if needed)
  - IV. Routine Call Book
- V. Music for the routines
  - I. When released we will let you know how to download this music
  - II. Do not forget you need to have a version of the national anthem
- VI. Video equipment (if you would like to video or live stream, etc)
  - I. If you are interested in videoing the games
  - II. Live streaming (if you live stream please notify [jimlord@aacca.org](mailto:jimlord@aacca.org))



## Uniform Requirements

- Currently you do not have to wear an official STUNT uniform
- You can wear the following:
  - Matching work out gear (can have logo or not)
  - Must be school issued
  - Lacrosse or volleyball uniforms
- USA Cheer asks that you DO NOT wear the following:
  - Traditional cheerleading uniform
  - Jewelry of any kind
  - Overdone makeup/glitter or hair bows (can use a ribbons to tie hair back)

## Uniform Specs

### JERSEY

1. Jersey may be either sleeveless, short sleeve, or long sleeve.
2. Side inserts may be contrasting school colors.

### SCHOOL IDENTIFICATION

1. All jerseys shall have an identifying name, abbreviation, official school logo, or mascot.
2. School identification must be visible.

### NUMBERS

1. Numbers shall be placed on the front and the back of the jersey.
2. Numbers on the front of the jersey shall be a minimum of 4 inches in height and visible.
3. Numbers on the back of the jersey shall be a minimum of 6 inches in height, and visible.
4. Numbers shall be a color that contrasts with the jersey color, and may be bordered by no more than  $\frac{1}{2}$  inch border of any color(s).

## Uniform Specs

### D. SHORTS/SKIRT

1. All players on a team shall wear shorts/skirt of the same color and design.

### E. MANUFACTURER'S LOGO INFORMATION

A visible manufacturer's logo/trademark may not exceed 1 square inch and 1 inch in any direction on either the shirt and/or the shorts/skirt.

**NOTE:** American flag and either a commemorative or a memorial patch, may be worn on the jersey provided neither the flag, nor the patch, interferes with the visibility of the number or the school identification. The American flag may not exceed 2 by 3 inches, and the commemorative or memorial patch may not exceed a 4 inch square.

# Other Elements of the Game

Front



Back



## Performance Music for 2016 season

This season the music will be delivered to teams differently

When you are ready contact Bill Ahern at [billahern@usacheer.net](mailto:billahern@usacheer.net). Give your name, school name and state. You will receive an email with link and directions on downloading music

The code will allow TWO attempts to download and then will not work

## Maximize your time throughout the year

- Most teams currently participating are some combination of a school's traditional cheer team(s)
- Use the Fall to begin preparing for the Spring STUNT season
- Begin to identify specific athletes you will need for the team
  - You can pick specialists because of roster size and number on the floor at any one time
  - If you have multiple teams, combine the best athletes from both
  - Use athletes on campus that don't cheer

## Time Management at Practice

- You don't have to have all routines perfected. Stay within your ability level and perfect those routines first so you can still compete in games
- Utilize all your roster
  - Don't use just the best stunt group or tumblers for all routines
  - Let athletes with lower ability levels perform lower level routines
  - This will allow your team to practice more routines at the same time

## Use STUNT routines to help fulfill traditional cheer team responsibilities

- Routines from the first three quarters are a good length for timeout routines. 4<sup>th</sup> quarter routines would work as half time entertainment.
- Can work on the routines as well as prepare for games
- Teach entire squad STUNT routines to use during the season you are cheering, gives you more versatility for STUNT season
- Teach easier versions of the harder routines if you have groups that do not have all the skills yet so that you can use the whole squad at traditional cheerleading functions.



## Skills throughout the year

- Working the STUNT routines will allow you to build and perfect basics which leads to stronger, more advanced skills
- Even if not working on an entire routine, you can work combinations of skills to be preparing for STUNT
- Identify the “specialists” throughout the Fall to fill out the roster and make each quarter strong as possible
- Physical skills for traditional cheerleading and STUNT are the same technique, so preparing for one discipline prepares your team for both

# Game Strategy

## Preparing for a game/tournament

- Know your team's strengths/weakness in comparison to other team(s)
- Think about where you will need to have your better groups/routines ready to perform. Which quarters are your strongest?
- Be aware of what quarters you may have a forfeit in mind and how you can use that to your advantage to gain control of the game

# Game Strategy

## Preparing for a game/tournament

- Identify routines where altering a skill (and getting the deduction) may be better than having to forfeit or have a fall that risks injury to an athlete.
- Be prepared on what quarters you think your opponent will have the advantage. Watch warm ups!
- Keep track of how you do compared to the other team from a quarter standpoint. Know which quarters you may be better in. This will be important if you go to overtime where you get to call the quarter (the routine number is set in order)
- Hold your own team scrimmage

# Thank You

If you have any questions about anything you have seen on this presentation or questions that may not have been addressed you can email Bill Ahern at *billahern@usacheer.net*

We will compile an F.A.Q. from them (without submitter's name) and post them to the college and high school STUNT websites – [collegestunt.org](http://collegestunt.org) and [highschoolstunt.org](http://highschoolstunt.org)

If this is your 1<sup>st</sup> year participating in STUNT, view the STUNT national championship tournament at [collegestunt.org](http://collegestunt.org).

This is a college game and skills will be different than what is used/allowed for high school games, but the structure of the game is the same.