

Interscholastic Activities—NCA Safety Guidelines

Pyramids

1. No one may stand on anyone who does not have at least one foot on the ground. No standing pyramids over two people high.
2. No sitting, kneeling or lifting over three people high, or any combination of the three positions.

Flips

1. No free-falling flips or flip dismounts to the floor or from an elevated base, i.e., a prop, a standing, sitting or kneeling person.
2. No toe pitches.
3. Leg pitches are permitted.
4. Suspended front or back roll-offs are permitted.
5. No back-tension drops.

Basket Tosses

1. No basket toss jump dismounts directly to the floor.
2. No basket toss front or back flips allowed, even caught in fireman's catch.
3. All basket toss sits or jumps must be caught by two-or-more-person fireman's catch...four or more persons for dives.
4. All basket tossers must have both feet on the ground.
5. No mini-tramps or springboards allowed.

Home Practice Sessions

All practice sessions should include front and back spotters. Suitable mats or a grassy area should be used when all stunts are being learned. Step-by-step procedures should be used to master all stunts, and learning sessions should be supervised by a qualified coach, advisor or teacher.

The National Cheerleaders Association feels that if these simple guidelines are followed, there will be ample opportunity for creativity, and safety standards will be reinforced.

Policy History:

Adopted on: 091905

Reviewed on: 062016

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