



STUNT

College STUNT

This training is designed to cover information specific to College STUNT. This training will cover the specifics of how the game is played and different game elements that are at the college level.

Team Information - Division Details



SCHOOL-BASED VARSITY TEAM

- An official school team operating within the athletic department of a 4-year institution.
 - Varsity teams must follow the rules for practice, recruiting, competition, compliance, etc. as outlined by their institution's athletic requirements. Varsity STUNT teams are subject to the guidelines set by their governing institution and division.

SCHOOL-BASED CLUB TEAM

- A team not operated within the athletic department of a 4-year institution, but rather as a school-affiliated club or student activity.
 - Club teams should follow the guidelines for this type of program within their institution.

Team Information



ROSTER VERIFICATION INFORMATION

- To be eligible for participation in the season and championships, STUNT teams must be made up of student-athletes fulfilling the following requirements:
 - **Must be enrolled and attending as a full-time student each term at the institution, and enrolled in a minimum of nine (9) units each term;**
 - A student-athlete is exempt from the above requirement provided the student athlete is enrolled in their final term **with a minimum of six (6) units** and is enrolled in the courses necessary to complete the degree.
 - Must maintain a 2.0 cumulative GPA.
- To be eligible for participation in the season and championships, each program will submit a STUNT Roster Verification Form signed by their Athletic Director or Program Supervisor confirming requirements are met by each athlete on the roster. This will be submitted to USA Cheer prior to participation in the season. The form can be found at www.stuntthesport.org/resources.

Team Information



ROSTER VERIFICATION INFORMATION CONT'D

- In addition to STUNT eligibility requirements, Varsity STUNT programs are subject to the eligibility requirements set by their governing institution. For details, please see your institution's compliance officer(s).
 - Varsity STUNT programs are additionally subject to the regulations set by their governing institutions and divisions (i.e. NCAA I, NCAA II, NCAA III, NAIA, NJCAA). For more details, please refer to your division guidelines and publications for your governing institution.
 - NCAA publications are available at www.ncaapublications.com.

Team Information



SEASON INFORMATION

- The season of play for STUNT is the spring season.
- A member institution is subject to the playing season and non-playing season guidelines defined by the bylaws of their governing institution.
- A member institution shall include a **minimum of six (6) and maximum of fourteen (14)** athletic DATES of competition in its total playing schedule during the STUNT season.
 - If the minimum dates of competition is not met, the institution will not be eligible for post season play or season awards.
 - A countable date of competition for a member institution is a single date on which the institution's team engages in competition against an outside team, unless a specific exemption for a particular date of competition is set forth by rule.

Team Information



SEASON INFORMATION CONT'D

- A competition is any game, match or exhibition with another institution's varsity or club team, regardless of its formality, in which competition occurs between an intercollegiate team representing an institution and any other team not representing the same intercollegiate program.
- A member institution shall conclude all practices and competition (games and scrimmages) in STUNT by the conclusion of the STUNT National Championship.
- To ensure the well-being of student athletes, please refer to your institutional guidelines and regulations for practice hours per week (or per day), as well as guidelines for training during vacation periods (i.e. summer, winter break, finals week, etc.).

Team Information



SEASON INFORMATION CONT'D

- If a team forfeits a game after the schedule publication date, they will receive a loss on their record and the opposing team will receive a win on their record. This will be indicated by a score of 1-0.

IMPORTANT DATES

Program membership available	June 1
Skill Grids released	August 3
Schedule submission begins	September 1
Routines released	September 15
Schedule publication	January 12
STUNT National Championship(s)	*April 8-May 8

*Indicates the range for the National Championship(s).

Team Information



TEAM MAKEUP

- There can be no more than four (4) coaches on a team's sideline.
- Refer to your institution guidelines on number of athletes allowed to be on the sideline and travel team.
- There is no minimum requirement, but sixteen (16) is the recommended minimum number of athletes.
- There is no restriction on the athletic training staff.



Game Specifics



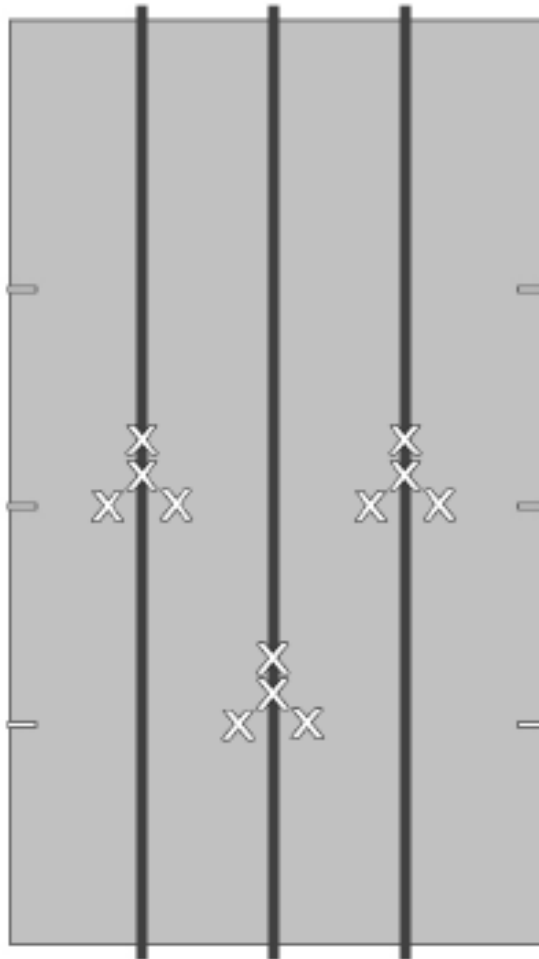
ROUTINE INFORMATION

- College specific routines will be used to play.
- There are eight (8) routines in each quarter.
 - Quarters 1-3: Four (4) routines will be played.
 - Quarter 4: Three (3) routines will be played
- Partner Stunt Routines
 - Routines 1-3 require (3) stunt groups.
 - Routines 4-6 require (2) stunt groups.
 - Routines 7-8 require (1) stunt group.
- Pyramid and Toss Routines
 - Routines 1-2 require twelve (12) athletes.
 - Routines 3-8 require sixteen (16) athletes.
- Jumps and Tumbling Routines
 - All Jumps and Tumbling Routines require seven (7) athletes.

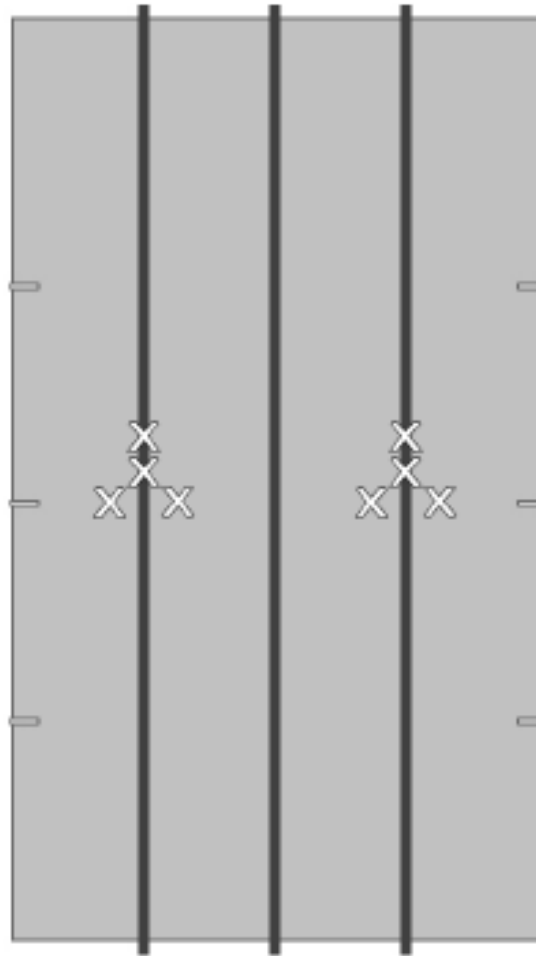
Game Specifics



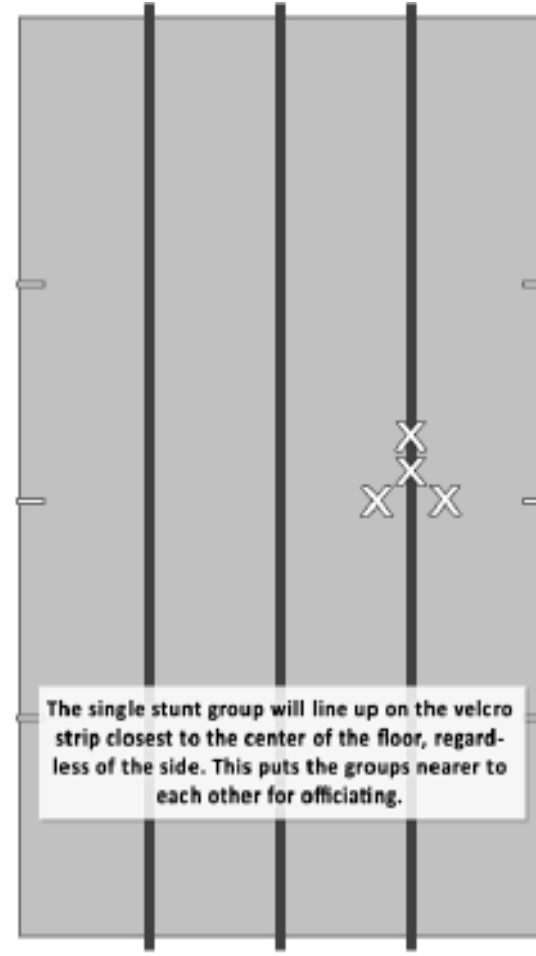
Formation for three (3)
Partner Stunt Groups



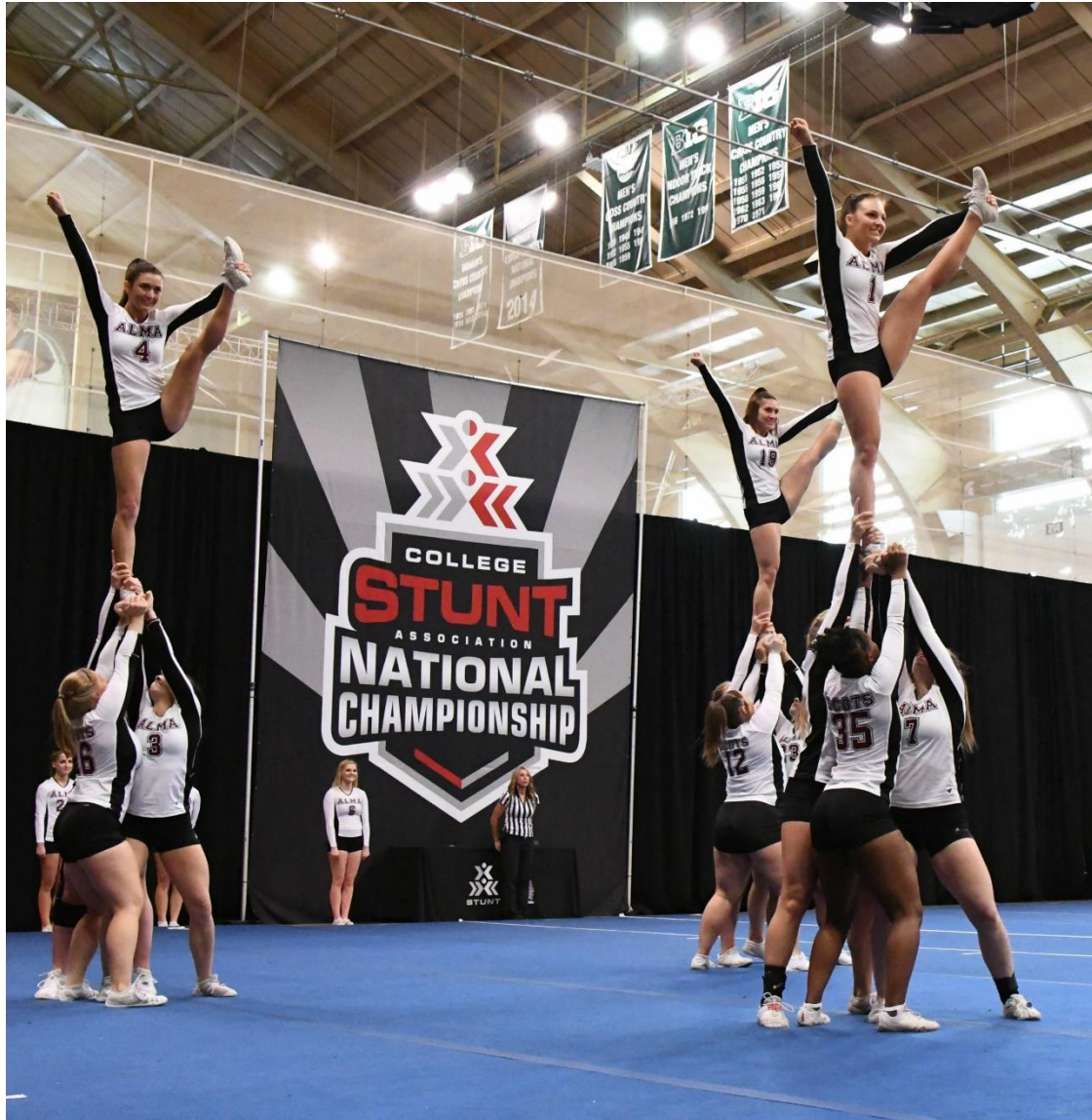
Formation for one (2)
Partner Stunt Groups



Formation for one (1)
Partner Stunt Group

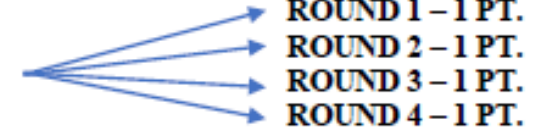


Game Specifics



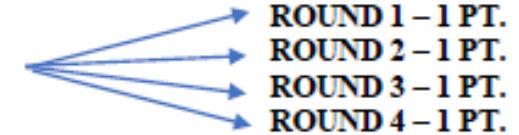
GAME TIME

**QUARTER 1
PARTNER STUNTS**



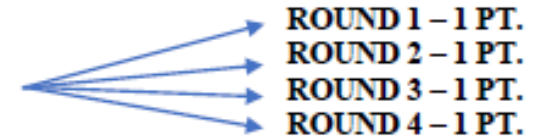
QUARTER BREAK – 2 MINUTES

**QUARTER 2
PYRAMIDS AND TOSSES**



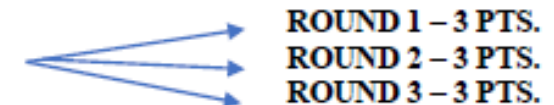
HALFTIME – 10 MINUTES*

**QUARTER 3
JUMPS AND TUMBLING**



QUARTER BREAK – 2 MINUTES

**QUARTER 4
TEAM ROUTINE**



Game Specifics



ROUTINE INFORMATION CONT.

- Beginning in the 2022 season, college STUNT routines will be carried over in the following format:
 - On odd **season** years, all odd numbered routines will carryover.
 - On even **season** years, all even numbered routines will carryover.



Competition Site Information



MEDIA

- Team recording devices may be set up anywhere EXCEPT the following locations:
 - Team Zone;
 - Restricted Zones;
 - Within close enough proximity to the officials table that privacy of the officials' conversations regarding game play decisions is compromised;
 - Anywhere that obstructs the view of the officials or the ability of the auxiliary staff to conduct their responsibilities in a timely manner.
- The Officials have the authority to clear any area needed in order to properly view and officiate the playing area.

Competition Site Information



MEDIA CONT'D

- Team personnel, including players, are prohibited from using any device capable of transmitting information while on the playing field and in the team zone (i.e. cell phone, smart watch, iPad, computer, etc.) All electronic devices are prohibited from the start of the official warm-up through the entirety of the game. The only allowable time to access these devices is during halftime and must be located outside of the playing field and team zone (i.e. locker room, team room, etc.)
 - When brought to the attention of the Referee, the Referee shall warn the violator(s) and the head coach. If the violator(s) does not immediately comply, the head coach shall be ejected (if within the facility). If the head coach is not within the facility, the violator(s) shall be ejected.

Game Elements - Coaches Challenge

COACHES CHALLENGE

- Each team will have one (1) challenge per half.
 - An unused challenge in the first half does NOT carry over to the second half.
 - There will be zero (0) challenges in overtime.
- The signal for a Coaches Challenge is arm over arm rotating in a circling motion.
- A challenge may only be called by a coach if video review for Scoring Officials is provided.
- A team must have a timeout available to challenge a result.



Game Elements - Coaches Challenge

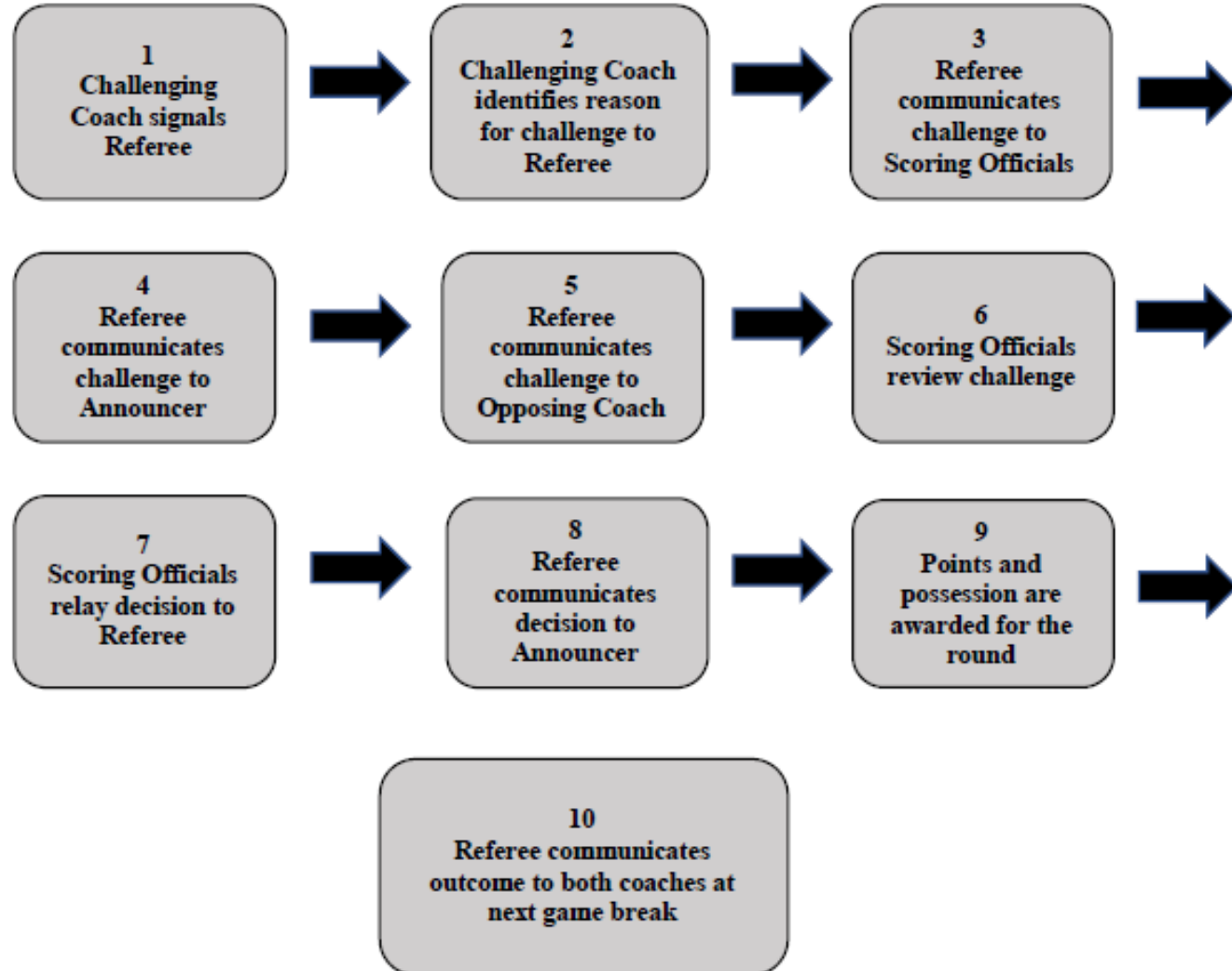


COACHES CHALLENGE CONT.

- The following is a list of allowable challenges:
 - Modifications
 - Omissions
 - Incorrect Counts
 - Fall (or drop a full level)
 - Out of Bounds
- Steps and Technique cannot be rescored on video review.
 - *Exception:* Steps into standing tumbling, which would result in a modification, may be considered on video review and in a challenge situation.
- **Only the allowable challenge will be considered during review and must be within one (1) 8-count block.** If the challenge is 'correct', the deduction will be added to the total score for the round. If that is enough to change the outcome of the round, the challenging team wins the challenge.

Game Elements - Challenge Procedure

- A challenge review operates under the fundamental assumption that the original routine score is correct. Scoring Officials will watch the video review of the specific challenge.
- See additional information in the Rulebook.



Game Elements - Coaches Challenge



POTENTIAL OUTCOMES OF A CHALLENGE



- A non-allowable challenge will result in the challenging team losing their challenge and losing one (1) timeout.
- A successful challenge will result in the challenging team keeping their timeout.
- An unsuccessful challenge will result in the challenging team losing one (1) timeout.
- Regardless of whether the challenge is successful or unsuccessful, the challenging team will have used one of their challenges (i.e. a successful challenge does not mean the team gets their challenge back).

Game Summary



GAME SUMMARY SHEET

- It is the coach’s responsibility to review personal film from the game to assess each of the errors.
- There will be NO further discussion about the Game Summary Sheet with the Officials.
 - The intention of the Game Summary is to provide coaches with a general assessment and should be combined with personal film to determine specific errors during the game.


STUNT Game Summary Sheet


Team: _____
 Opponent: _____

Q1	RT #	8 or more	Open. Form.	1	2	3	4	5	6	7	8	9
Rnd 1 PS												
Rnd 2 PS												
Rnd 3 PS												
Rnd 4 PS												

Q2	RT #	8 or more	Open. Form.	1	2	3	4	5	6	7	8	9
Rnd 1 PT												
Rnd 2 PT												
Rnd 3 PT												
Rnd 4 PT												

Q3	RT #	12 or more	Open. Form.	1	2	3	4	5	6	7	8	9
Rnd 1 JT												
Rnd 2 JT												
Rnd 3 JT												
Rnd 4 JT												

Q4	RT #	8 or more	12 or more	Open. Form.	1	2	3	4	5	6	7	8	9
Rnd 1 PS													
Rnd 1 JT													
Rnd 1 PT													
Rnd 2 PS													
Rnd 2 JT													
Rnd 2 PT													
Rnd 3 PS													
Rnd 3 JT													
Rnd 3 PT													

M – Modified Skill
 O – Omitted Skill
 Open. Form. – Incorrect Opening Formation

Game Summary



READING THE GAME SUMMARY

- RT # – will list the routine number that was called for that round.
- 8 or more – there will be an ‘x’ in this box if you completed that round with eight (8) or more TOTAL deduction points for the Partner Stunts or Pyramids & Tosses sections.
- 12 or more – there will be an ‘x’ in this box if you completed that round with twelve (12) or more TOTAL deduction points for the Jumps & Tumbling section.
- Open Form. – there will be an ‘x’ in this box if you began the routine in the incorrect opening formation.
- Boxes 1-9
 - M/O – there will be a ‘M’ or ‘O’ in the box that indicates which 8-count the Modified or Omitted skill was seen by the Officials.

Basic Costs



MEMBERSHIPS

- Team Membership \$149
- Coach Membership (optional) \$30
- Athlete Memberships (optional) \$20
 - Athletes can associate themselves with your team.

OFFICIALS

- \$50 per Official per game
 - Rates set by the College STUNT Officials Association
- Required: Four (4) Officials per game
 - Two (2) Scoring Officials, One (1) Routine Official and one (1) Referee
- Must be USA Cheer certified and members of the College STUNT Officials Association.

Scoring - General Overview



- Scoring Officials will determine the total number and degree of errors made by each team. The team with the fewest deductions is declared the winner of the round.
 - If each team has the same number of deductions, the round ends in a tie.

Minor 1 = 1 deduction point
Minor 2 = 2 deduction points
Major 1 = 4 deduction points
Major 2 = 6 deduction points

- In Quarters 1-3, points are awarded as follows:

Winner of the round receives **one (1) point**.
Loser of the round receives **zero (0) points**.
A tie round results in each team receiving **one (1) point**.

Scoring - General Overview



- In Quarter 4, points are awarded as follows
 - Each section of the routine (Partner Stunts, Jumps & Tumbling, Pyramids & Tosses) is scored individually using the same scoring system as the first three (3) quarters.
 - A team may score anywhere from zero (0) to three (3) points.

Example:

Team A wins Partner Stunts → (1-0)

Teams A and B tie Jumps and Tumbling → (1-1)

Team B wins Pyramids and Tosses → (0 -1)

The individual section scores are added together to end with a score of (2-2) for that round.

- Overtime rounds are scored exactly as in Quarter 4 regulation.
- Visit the Overview of STUNT Training and the Rulebook for further information.

Using the Routine Materials

- Routine materials include the routine videos, 8-count sheets, and glossary (written and/or video).



2019 STUNT ROUTINES

College		Partner Stunts						Routine 3	
	Skill	1	2	3	4	5	6	7	8
1	Switch Up					Set		Dip	
2			Liberty	High V		Dip		Platform	
3	360 to Prone	Load				Dip			
4		Catch in Prone w/ Arms in T Motion				Turn			
5	FR Transition	Hands Down for FR				Stand & Move			
6		Set		Dip for Invert at Shoulders				Invert at Shoulders	
7	Invert to Prep	Dip		Drive Up		Prep			
8	Power Press Liberty	Dip		Liberty & High V				Dip to J-Toss Position	
9	J-Toss to Platform					Dip			
End		Platform & High V							

Skills specific to Stunts, Pyramids, and Tosses:

¼ Flip to Prone - A backward hip-over-head rotation in which the top girl completes a ¼ rotation and finishes in a prone position.

¼ Flip to Cradle - A forward hip-over-head rotation in which the top girl completes a ¼ rotation and finishes in a cradle position.

1-¼ Flip to Cradle - A backward hip-over-head rotation in which the top girl completes a 1-¼ rotation and finishes in a cradle position.

1-¼ Flip to Prone - A forward hip-over-head rotation in which the top girl completes a 1-¼ rotation and finishes in a prone position.

360 - The movement in which the top girl makes a full rotation around the hip axis, spinning over the right shoulder. This may start and end at the same level OR end at a higher level than started.

Baja - A stunt element in which the top girl performs a forward hip-over-head rotation with support from one base.

Ball Up - An action that takes place by the top girl between the initiation of the stunt and the completion or catch of the stunt. The top girl pulls her knees up to her chest in a tuck/ball position and then changes body position to complete the skill.

Ball X - An action that takes place by the top girl when transitioning from a tucked position to a straddle (X) position with the arms and legs.

Base - An athlete who is in direct weight-bearing contact with the playing surface and provides primary support for another athlete.

Using the Routine Materials

- Tumbling routine filming was changed prior to the 2020 season.
 - In general, no skills are shown on the video clips. Only the formations, blocking of the skills, and movement around the floor as the routine happens will be shown.
 - Use the combination of the 8-count sheet, glossary, and video clips to add in the actual skills being asked of the teams for each routine.
- USA Cheer is developing a video glossary of the skills used in routines to show the number of counts a specific skill should take, as well as what the skill should look like.
- Pyramid and Tosses filming was changed during the 2020 season, for college routines only.
 - Some pyramid and Toss routines are filmed in two (2) pieces (Clips A and B).
- Be aware that some small count changes may have been added to carryover routines to help clean up and issues that may have come up in previous years.



Resources Available

- The [STUNT: Overview of STUNT 2021-22](#) course includes a general overview about the sport of STUNT including structure of the game, routine structure and the scoring system. This course is complementary with a [USA Cheer STUNT Coach Membership](#).
- Check out www.stunthesport.org for tons of great resources including a step-by-step process to starting a STUNT program, STUNT Administrators Guide, New Coach Guidebook, Hosting Packet, and tons more!



