



(Revised 12/4/07 & 12/18/07 – Changes in BLUE)

NLCC Cheer Glossary



Aerial Flip: Aerial (free from contact) hip-over-head rotation.

Airborne/Aerial: To be free of contact with a person or the performance surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a uses his/her body and the performance surface to propel himself/herself away from the performance surface.

Assisted Flipping Mount: An entrance skill into a stunt in which a flyer performs a hip-over-head rotation while in direct physical contact with a base or flyer when passing through the inverted position.

Assisted Tumbling: Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented “stunts” permitted at each level.

Awesome: An extended stunt where a flyer has both feet together in the hand(s) of the base(s). Also referred to as a “Cupie.”

Back Spot: Person in the back of a stunt and is mainly responsible for protecting the head and the shoulder of a flyer during a controlled dismount or fall. (Also known as a “third base.”)

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.

Barrel Roll: See “Log Roll.”

Base: A person who is in direct weight bearing contact with the performance surface* who provides primary support for another person. The person(s) that holds, lifts, or tosses a flyer into a stunt. ***Exception: All Star Level 6:** A second level base in a 2 ½ high pyramid.

1. **Main Base:** When using 2 or 3 bases, the main base has the most control over the flyer, and in some stunts, is directly under the flyer.
2. **Secondary Base:** When using multiple bases, the Secondary Base is the base across from the main base and will usually be on the foot (single leg stunt) or have both of the feet (two-leg stunts).

Basket Toss: A toss initiated by 2-4 people, 2 of which have their hands interlocked to wrists.

Block: A gymnastic term referring to the increase in height created by using one’s hand(s) and upper body power to push off the performance surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performance surface during the execution of the skill.

Brace(d)/Bracer: Touching, connecting or supporting some weight of another person.

Braced Flip: A transitional stunt/pyramid involving hip-over-head rotation in which a flyer is in direct contact with at least one member (when ability level rules apply) at shoulder level or below. Primary weight may not be borne at the second level.

Cartwheel: A non-aerial acrobatic skill involving hip-over-head rotation in which a person rotates sideways in a straddle position with support from one or both hands.

Catcher: Person responsible for the safe landing of a flyer during a stunt entry, transition, and/or dismount.

Connected Tumbling: Physical contact between two or more individuals performing tumbling skills simultaneously.

Cradle: Catcher(s), with palms up, catches a flyer by placing one arm under the back and the other under the thighs of a flyer. The flyer must land face up in a pike position.

Cupie: See “Awesome.”

Dirty Bird: Toss to a laid out X-position to the back of the base, through the base’s legs and typically transitioning to a scooper.

Dismount: The movement from a stunt or pyramid to a cradle or the performance surface. The movement from a cradle to the performance surface is not considered to be a dismount.

Dive Roll: An aerial forward roll where the hands and feet are off of the performance surface simultaneously.

Downward Inversion: A stunt or pyramid in which an inverted flyer’s center of gravity is moving toward the performance surface.

Downward Motion: The movement of one’s center of gravity towards the performance surface.

Drops: Dropping to the knees, seat, thigh or split position onto the performance surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the fall.

Entrance Skill: The beginning or mounting phase of a tumbling skill or stunt.

Extended Arm Level: The distance from the performance surface to the highest point of a base’s arm(s) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an “extended stunt.” See “Extended Stunt” for further clarification.

Extended Position: A flyer supported by a base(s) with fully extended arms. Extended arms do not necessarily define an “extended stunt.” See “Extended Stunt” for further clarification.

Extended Single-Leg Stunt: An extended stunt where the flyer has primary weight on one leg.

Extended Stunt: When the entire body of the flyer is extended in an upright position over the base(s). (Chairs, torches, flatbacks, and straddle lifts are examples of stunts where the bases arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the flyer is similar to a shoulder/prep level stunt.)

Extension Prep, Prep or Half: When the flyer is being held at shoulder level by the base(s).



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Flatback: A stunt in which the flyer is lying horizontal face up and is usually supported by two or more bases and one continuous back spotter.

Flip: An aerial skill involving hip-over-head rotation.

Flipping Toss: A toss where the flyer rotates through an inverted position.

Flyer: A person who receives primary support from another person anytime during a stunt. Also referred to as the top person or partner.

Forward Roll: A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.

Free Falling Flip: An aerial flip where the person flipping is not in constant contact with a base(s).

Free-Flipping Mount: Immediately prior to the stunt, the entry into a stunt where the flyer passes through an inverted position without physical contact with a base, brace, or the performance surface.

Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performance surface landing on both feet/legs at the same time.

Front Spot: Person who is in position to add additional strength to keep a stunt up or to add additional height to a toss. (Also known as a “fourth base.”)

Front Tuck: A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also known as “punch front.”)

Full: 360-degree twisting rotation.

Ground Level: To be at the height of or supported by the performance surface.

Gymnastic Stunt: A flyer performing a gymnastic skill while supported above the performance surface, by one or more persons. ~~This does not apply to assisted or connected tumbling.~~

Half: See “Extension Prep.”

Hand/Foot/Arm Connection: The physical contact between two or more individuals using the hand(s), foot/feet, arm(s).

Handspring: Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performance surface by one or more flyers.

Helicopter Toss: A flyer in a horizontal position is tossed then rotates around a vertical axis (like helicopter blades) before being caught by original bases.

Inverted: When the flyer’s shoulders are below his/her waist and at least one foot is above her/his head. Arch-back dismounts to a cradle are not considered to be inverted.

Jump: A non-flipping maneuver in which a person becomes airborne by pushing off the performance surface with his/her own power through his/her legs and feet.

Kick Arch: Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

Kick Double Full: Skill, typically in a toss, that involves a kick and a 720-degree twisting rotation.

Kick Full: Skill, typically in a toss, that involves a kick and a 360-degree twisting rotation.

Knee (Body) Drop: Dropping to the knees, seat, thigh or split position from an airborne position without first bearing the majority of the weight on the hands or feet.

Layout: A stretched body position, straight, hollow, or slightly arched.

Layout Step Out: Similar to Layout skill. However, the tumbler “scissors” his/her legs and lands with one foot before the other.

Leap Frog: A stunt where the flyer (while connected to a base) is transitioned from one set of bases to another or back to the original bases by going through the arms of a base. The flyer remains upright and stays in continuous contact with the base while transitioning. **Prep Level Leap Frog:** Same as above but performed at any level above ground level.

Log Roll: A flyer, in a horizontal position is tossed, and then rotates parallel to the performance surface (twists) before being caught by the original bases. (Also known as a “barrel roll.”)

Mount: See “Stunt.”

Multi-based Stunt: A stunt having 2 or more bases, not including the back spot.

New Base: Base(s) previously not in direct contact with the flyer of a stunt(s).

Non-Inverted Position: The body is upright. The flyer’s shoulders are at or above the waist.

One-Arm Stunt: Any extended single-based stunt in which one arm of the base has primary support of the flyer.

Onodi: A gymnastic skill starting from a back handspring position. After pushing off, the tumbler performs a ½ twist to the hands, ending the skill as a front handspring step out.

Original Base(s): A base which is in contact with the flyer during the initiation of a stunt.

Paper Dolls: Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Partner: See “Flyer.”

Pike: Body bent forward at the hips while the legs are kept straight.



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Pendulum: A pendulum is a stunt in which the flyer falls forward/backward to at least a 4-person catch while maintaining constant hand-to-foot contact with the base. Pendulums must be performed from shoulder stand level or lower. For a half pendulum, the flyer is then pushed back up to a vertical position. A full pendulum involves the flyer then falling to at least a 4-person catch on the other side (front or back) of the base.

Pitch: A throwing motion by a base to increase the height of a person with the person becoming free of contact with the base(s).

Pooper Scooper: A stunt transition in which a person (usually a flyer) passes between the legs of another person (usually a base).

Pop: A controlled pushing upward motion by a base to increase the height of the flyer or to release the flyer to a cradle position (an assisted prep).

Prep: See "Extension Prep."

Prep-Level: The height of the bases hands and at least one foot of the flyer are at shoulder-level (also known as shoulder-height).

Primary Support: Supporting a majority of the weight of the flyer.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated.

Punch: See "Rebound."

Pyramid: A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.

Rebound: A gymnastic term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill.

Release Move: When the base(s) and flyer become free of contact with each other and the flyer comes back to the original set of bases. A single based toss to a stunt from the ground is neither considered a release move nor a toss. This interpretation only applies to "stunts." It does not apply to "pyramids."

Reload: Returning to the loading position with both feet of the flyer in the hands of the bases.

Retake: A one-foot reload.

Rewind: A free-flipping release move used as an entry into a stunt.

Round-Off: A basic tumbling skill that starts in a lunge, reaches to the performance surface, kicks legs over the head and finishes with the feet together to generate power. A correct round-off would snap feet together at the top of the skill.

Running Tumbling: Tumbling that is performed with a running start and/or involves a punch, hurdle, round-off, round-off handspring, front handspring, etc. used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scooper: An entrance/transition skill into a stunt in which a person (usually a flyer) passes between the legs and under the torso of another person (usually a base).

Second Level: Any person being supported away from the performance surface by one or more bases.

Series Front and/or Back Handsprings: Multiple front and/or back handsprings performed consecutively by an individual.

Show-n-Go: A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.

Shoulder Stand Level: The height of the base's hands and at least one foot of the flyer are at shoulder-level. (Also known as prep level.)

Shushunova: A straddle jump (toe touch) landing in a prone support (push up) position.

Single-Based Double Awesome/Cupie: A single base supporting 2 flyers that have both feet in each hand of the base. See definition of "Awesome."

Single-Based Split Catch: A single base extending a flyer (who is in an upright position having knees forward) by holding both inner thighs as the flyer typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt."

Sponge/Scrunch Toss: A toss initiated by 2-4 people, 2 of which have both hands grabbing under each of the flyer's feet.

Spotted Tumbling: See "Assisted Tumbling."

Spotter: Person whose primary responsibility is the protection of another during the performance of a skill.

1. Must be in direct contact with the performance surface.
2. Must be attentive to the skill being spotted.
3. **Back** Spotter is required for each extended stunt.
4. Must be in proper position to prevent injuries and does not have to be in direct contact with the stunt.
5. Cannot stand so that his/her torso is under the stunt.
6. Cannot have both hands directly supporting under the sole of the flyer's foot/feet. A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the flyer's legs (ankles) or does not have to touch the stunt at all. **EXCEPTION: May have one hand under the foot of the flyer with the other hand supporting the back side of a base's wrist or the back side of the flyer's ankle.**
7. **For single based stunts at prep level or above, a spotter must assist the cradle using at least one hand/arm to support the head and shoulder area of the flyer during the cradle. Multi-based stunts at prep level or above must have at least two catchers and a separate spotter assisting with the cradle. The spotter must be positioned at the head and shoulder area of the flyer.**
8. All spotters must be your own team's members and be trained in proper spotting techniques.
9. Spotters may also be considered bases in transitional stunts.

Squishy (Toss): See "Sponge Toss."



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Standing Tuck: A free flying flip from ground level that is executed from anything other than a round-off/cartwheel.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as “standing tumbling.”

Straight Ride/Cradle: The body position of a flyer in a toss/dismount that does not involve any trick in the air. (This does not include arm motions: i.e. blowing a kiss.)

Stunt: Any skill in which a flyer is supported above the performance surface by one or more persons. Also referred to as a “mount.” A stunt is determined to be “Single” or “Double” leg by the number of legs that the flyer has being primarily supported by a base(s).

Suspended Flip/Roll: A stunt involving hip-over-head rotation in which a flyer is in direct contact with one* (*when level rules permit) or more bases who are in direct weight bearing contact with the performance surface. Bases grab any area, under the flyer’s arms, hands or shoulders, and hold to continuously support the flyer during a front/back flip dismount/transition.

Sweep: A controlled forward motion by a base(s) to release a flyer(s) to a cradle catch.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and flyer(s) lean in formation until the top person(s) leave the base(s) without assistance.

Three (3/4) Quarter Front Flip: A forward hip-over-head rotation from an upright position to a cradle position.

Tick-Tock: A stunt that is held in a static position on one leg, base(s) take a downward dip and release flyer in an upward fashion, as the flyer switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before released.

Toe/Leg Pitch: A single or multi-based toss in which the base(s) pushes upward on a single foot or leg of a flyer to increase the flyer’s height (often resulting in a hip over head rotation/flip).

Toss: An airborne-stunt where base(s) executes a throwing motion to increase height of flyer. Flyer becomes free from all bases. Flyer is free from performance surface when toss is initiated. (Example: basket toss or sponge toss.) **NOTE:** Toss to Hands and Toss Chair are not included in this category.

Transitional Pyramid: A flyer moving from on stunt to another. The transition may involve changing bases; however, at least one person at prep level or below must maintain constant contact with the flyer.

Transitional Stunts: Stunts involving a flyer moving from one stunt to another. The transition may involve changing bases, where level rules permit.

Traveling Toss: A toss which intentionally requires the bases or catchers to move in a certain direction to catch the flyer. (This does not include a quarter turn by the bases in tosses such as a kick full.)

Tuck Position: A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

Tumbling: Any gymnastics or acrobatic skill executed on the performance surface.

Twist: Rotation around the body’s vertical axis.

Twisting Mount: Mounts that begin with a twist motion of the flyer within the vertical axis (can be as few as ¼ twist up to 2 twisting rotations) that end up either a) in a prep level stunt, b) in a loading position prior to the execution of a stunt, or c) in a fully extended stunt.

Twisting Toss: Any type of toss that involves the flyer rotating at least ¼ rotations around the vertical axis of the body.

Two-Leg Extended Stunt: Extended stunts that are above prep level in which the flyer is bearing weight on both feet and both feet are in the hands of the base(s).

Two Persons High: Flyer is primarily supported by a base(s) who is in direct weight-bearing contact with the performance surface.

Two ½ Persons High: A stunt/pyramid in which the flyer(s) is directly supported by another flyer(s) who is not in direct contact with the cheering surface. The total height of the pyramid may be no higher than 2 ½ body lengths. An extended stunt on top of a thigh stand is allowed in Level 6.

Vertical Axis of the Stunt Group: The up and down direction of a flyer with a stationary stunt group during stunts and pyramids.

Vault: A vault is a stunt in which the hands of the flyer are used to push off to clear the base.

Walkover: A non-aerial acrobatic skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched (not tucked and not in layout) position. A whip has the look of a back handspring without the hands in contact with the ground.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an “X” fashion during the rotation of the flip.