

Stunting Supervision
KNOW THE RULES
By Sandi Hoffman

At least once each week I receive an email with questions regarding the certification requirements that went into effect this fall and who must be certified. For clarification to meet the certification, anyone who are directly supervising cheerleaders that stunt need to attend both AACCA and stunt progression classes. The NFHS rules book defines a partner stunt as: “Any skill in which one or more persons support one or more persons.”(1-1-2). In other words, although a cheer team never does stunts higher than shoulder level, the coach or person supervising them must be certified. Or even if the cheerleaders only stunt once or twice a year, the coach or person supervising them must be certified. Keep in mind that these rules apply for all practices, games, performances and competitions. I also received a question asking that if the coach resigned, could the certification be transferred to the new coach. The answer is a definite no! Each person must personally attend the classes to meet the requirements.

Other topic that has generated many questions is mascots. Mascots can add a wonderful dimension of entertainment and crowd involvement to sideline cheerleading. However, there are certain rules that must be followed. I have been asked: “Can mascots stunt and tumble?” The answer depends on what the mascot is wearing. Rule 2-2-6 states: “A participant in full head and/or body costume must not spot or stunt except for a forward roll or cartwheel.” The rationale is that a student who has limited vision and mobility should not be involved in stunting. The question was raised whether the mascot can stunt if the head is not covered but instead is wearing face paint. In this situation, you as the coach should must look at the costume and determine if the individual can move