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This guide should serve as an introduction to cheerleading training and skill techniques and should be used as a reference only. This guide should never be used to replace the instruction and supervision of a trained professional.

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The cheerleader's guide to group stunts & dismounts
When cheerleading first began, the main goal was all about building team spirit. When stunting was incorporated into sideline chants and cheers as a new way to entertain the fans, it also allowed cheerleaders to show a new level of talent and be recognized in a different and innovative way.
Lawrence Herkimer is one of the important figures that can be credited with making stunting in cheer popular. The clinics he held in the 1940s, now called cheerleading camps, served as a place for new stunts to be developed and taught, and these stunts eventually spread throughout teams all over the US.

During the 1970s, cheerleading stunts really took off and began progressing from thigh stands to fulls. Pyramids debuted, which involved a large part of the team and demanded strength and synchronization. As basket tosses and pyramids started appearing as standard cheer routine stunts, it was clear that the skill level and athleticism expected from sideline and competition cheerleaders was changing.

By the 1980s competitive teams, now known as All Star teams, were created in the United States. These teams focused on competitions exclusively, and combined gymnastics, stunting and dancing. When ESPN began broadcasting cheerleading competitions nationally, it was these All Star teams that helped usher cheerleading and its stunting element into mainstream America. As the popularity of cheerleading spread, All Star teams created more cutting-edge stunts; the skill level these teams reached was phenomenal.

In the 1990s, other areas of cheerleading were being manipulated. Spring floors were introduced, and the competition mat size increased which made room for bigger and better stunts. Basket tosses now involved twists and flips. The simple liberty had transformed and now a flyer showed off her flexibility by performing scales, bow-and-arrows and scorpions.

Since cheerleading was still growing, and was not a sanctioned sport, there were no regulated rules and guidelines that restricted the development of new stunts. Each cheerleading team had the freedom to branch out and use any moves they wanted to create new stunts. While this allowed cheerleading to progress with innovation, it also put the athletes in danger.
As stunting became part of the competitive aspect of cheerleading, so did the pressure to reach a certain level of creativity and difficulty. Although these advancements made stunting that much more entertaining and breathtaking, they also became more dangerous. Injuries were becoming more likely with stunting and cheerleading was labeled as one of the most hazardous activities for young athletes.

Since cheerleading is not a sanctioned sport yet, individual governing organizations are responsible for creating and annually revising rules and regulations. While there is a general acceptance of the rulings from these organizations, it isn’t uncommon for competitions to have their own set of stunting regulations – banning some stunts and limiting others so that tossing, twisting and flipping can only be done in a certain way and at a certain height.

One thing is for sure; cheerleading would not be what it is today without the inclusion of stunting. New stunt trends and techniques debut annually, along with new regulations, which keeps the platform of cheerleader on a constantly changing path.

hot topic

a big debate in the cheer world is whether or not cheerleading is safe, or if it is worth the risk to the athlete
stunting safety:

Having the correct cheerleading apparel is an important part of stunting practice and camp workouts. Always work out with the proper cheerleading apparel to allow for proper range of motion and ventilation. Never wear loose or baggy clothing.
Before any group attempts a stunt or dismount, they should discuss and decide on a standard count series. Each and every stunt and dismount a group performs should be done on counts.
Cheerleaders used an 8-count system as a way for them to mark time during a stunt. The count series ensures that a stunt group performs in unity, and keeps multiple stunt groups synchronized.

The count series is exactly how it sounds – it is a continuous and repeating counting from the number 1 to the number 8.

Many stunts begin with a two beat, “Ready, OK” count, where all positions bring their arms up and clap once on beat. This gets everyone’s attention, lets them know to focus and assures that everyone is ready.

Timing is critical in stunting and dismounting, and new teams need to practice their timing as much as they practice their actual stunts.

The tasks for each position will be different during an 8-count series. Here is an example of what bases would be doing, versus what a flyer would be doing for a simple stunt:

**bases**
- 1 step into formation
- 2 place hands for flyer support
- 3 dip flyer down
- 4 rise
- 5 lift half way
- 6 finish lift
- 7 hold
- 8 pop flyer up
- 1 catch flyer

**flyer**
- 1 place hands on bases’ shoulders
- 2 place foot on bases hands
- 3 dip down
- 4 rise
- 5 push off bases
- 6 tighten and steady in the air
- 7 hit stunt
- 8 dismount
- 1 land
safe season:
The only way to perfect a stunt is to spend time practicing it. Before launching into the full stunt, bases should work on their timing and flyers should work on their motions.
There are 3 main positions in a stunting group: flyers, bases and spotters. Each have their own responsibilities within the group.

As cheerleading spread from its beginnings at colleges and became a world wide phenomena, the standard skill level continued to be raised. As that happened, the risk of cheerleading injuries also increased. Today, cheerleading is one of the top 3 sports associated with concussions with high school aged girls. As stunts and tumbling intensified and injuries increased, it was clear that precautions needed to be taken. This is why it is so important for each member of a stunt group to understand their role.
A cheerleading flyer is the gravity-defying individual you see being thrown into the air or contorting their bodies into ridiculous shapes such as a bow and arrow and scorpion, while balancing on a bunch of hands. Flyers must trust their teammates to toss and catch them, and need to perfect their flexibility and balance.

The flyer’s main duty is to get the crowd pumped up. Using their skills and stunts, and facial expressions, the flyer can use their own energy to inspire the crowd to stand up, clap and shout.

tips

- During stunts, keep your hips and thighs stable and never jolt your legs to maintain your weight and control your movements.
- During each stunt, stand up as fast as possible, stay tight, and keep those legs straight and knees locked! Stay stiff and trust that your bases will keep you from wiggling.
- Don’t try to balance yourself. You may overcorrect and cause injury to you and your team. The bases will balance you and you’ll need to trust them.
- Keep your feet as flat as possible and provide your bases with a platform that’s easy to work with.
- If you roll your ankles when in the air, you need to spend extra time strengthening them. As you work on strengthening your ankles, you can curl your toes under while in the air. Also, your back spotters should have a firm grip on your ankles.
- If you collapse at the top of your stunt, it might be because you are not locking your legs soon enough. Work on locking your legs after push off and make sure your butt isn’t below your knees during loading into the stunt.
- Do not look down. Always look out into the audience or off in the horizon. Looking down may cause you to lose your balance.

center stage

The center flyer position is one of the most sought-after spots on a cheer team.
The position of a base on a cheerleading squad is exactly what it sounds like: they are literally the foundation for the stunt group. Cheerleading bases stay on the ground, but they are responsible for setting the flyer up for a stunt, holding her up during her stunt and catching her when she dismounts.

Bases not only need to know proper stunting techniques, but they also need to condition appropriately to be able to handle the physical strain of lifting another person. Bases need a full body fitness plan that builds muscle and stamina to be successful and make it through routines with lifts.

Tips

- Never lift with your back. Always lift with your legs, and shift the weight into your shoulders as the lift progresses. A good way to ensure that you do not injury your back is to keep it straight.

- Keep eye contact with your base partner during the set-up, but once the flyer is in the air never take your eyes off of her. You need to be hyper aware of all of her movements so that you can react quickly if anything goes wrong.

- Bases have to be in control of their own balance before they can take on the flyer’s weight. Work on perfecting your stance and foot placement with your partner before you work with a flyer. Find a stance that is most comfortable for you, but try to keep your feet about shoulder-width apart.

- Bases should stand as close together as they can without disturbing the flyers space.

- The only person that should talk during a stunt is the person calling out the count series.

Bases

There are usually two bases in a stunt group – a left base and a right base.
Spotters count out the stunt, offer support for the bases and prevent flyers from severe injuries. Without back spotters, all of the death-defying stunts like basket tosses, full extensions and fancy cradles, would be considered dangerous and illegal! The main requirements for a successful back spotter is someone who is physically strong, can react calmly and quickly if the flyer loses her balance, and who has experience with team stunting.

A spotter should have advanced emergency training and should be familiar with any weak spots in the group. They should also know the ins and outs of every stunt that they spot. They need to know what each position should be doing. It’s good for a spotter to spend some time acting as a base and a flyer, even if it is just for training.

- Learn how to be close enough to help, but not so close that you are in the way.
- Keep your eyes open and your ears attentive at all times. Your eyes must never leave the flyer.
- When loading a flyer into her stunt, make sure you have a firm grip on her waist and lift her up. DO NOT push her forward or off to the side as this will completely throw off the flyer’s balance.
- When you count out the stunt, make sure you yell it loudly and clearly so your entire stunt group, including the flyer, can hear it.
- Listen for cues from the spotters and the flyer, as they will say “down” if they are uncomfortable or feel weakness in a stunt.
- One of the weakest areas of stunting for flyers are their ankles. When your flyer is already in her stunt, firmly grip and pull up on her ankles to help stabilize any weak points.

Tips

Back spotters are most common and help flyers load into stunts while front spotters are generally used training and beginners.
stunting safety:
It is important to wear the proper cheerleading shoes and attire, for support and to reduce injury. When looking for shoes for cheerleading, it’s important to have finger grips, heel grooves, smoother traction on the bottom and flexible support.
Stunting for cheerleading can be both an exhilarating and terrifying experience. Executed properly, a stunt draws gasps of amazement and awe from a crowd.

Attitude can be everything when it comes to stunting for cheerleading. You need to be confident and trust yourself and your teammates completely.
Stand facing each other and bend your inside leg, lunging toward each other. Your outside legs should remain straight. Your inside feet should overlap when you are in the lunge position, with one base’s foot in front of the other base’s foot. Be sure to keep your backs straight throughout this stunt.

On the right count, the flyer will begin to lift up onto your thighs, bringing up one leg at a time.

As the flyer’s leg lands on your thigh, wrap your inside arm around the back of the flyer’s leg (just below the knee), and wrap your outside hand around the front of the flyer’s ankle for support and balance. Hold this position through the rest of the move.

Face forward, in between and slightly behind the bases, with your arms against your sides. After the bases are in position, place one hand on each of the bases’ shoulders. Position one hand on each of the base’s shoulders, keeping your arms bent and your elbows up. Transfer your weight from your legs to your arms.

Simultaneously, lift one leg to about a 90-degree angle, placing that foot onto one of the base’s thighs. Once that base has the proper grip on your leg, use your arms to push off the ground and place your other foot on the other base’s thigh.

Once both feet are in position on the bases’ thighs, extend to a standing position and bring your arms into a high “V”.

Throughout the stunt, call out the count series clearly and loudly.

Position yourself directly behind the flyer, facing forward. Place your hands on the flyer’s waist and follow the movement of the flyer throughout the entire stunt.

Your grip should be firm, but loose enough so that it is not restricting. During the lift, help the flyer onto the base’s thighs.
Start off by standing straight and facing forward. Bend your inside leg, lunging sideways. Your outside leg should remain straight.

After the flyer places their foot on your leg, place your same arm so that it is wrapped around the flyer’s leg just above the knee and hold the flyer’s foot with your other hand.

On the right count, the flyer will lift up onto your thigh. Once the flyer is in a steady standing position and begins to lift their loose leg to the side, release the flyer’s foot and bring that arm to the side to hold the flyer’s leg.

Position your hand on the flyer’s mid calf, and help push the leg into the L position.

Face forward, slightly behind the base, with your arms against your sides. After the base is in position, place one hand on each of the base’s shoulders, and rest one foot on the base’s thigh.

Once the base has the proper grip on the flyer’s foot and leg, use your arms to push off the ground and go into a standing position. Your loose leg will hang behind the base. Once in a standing position, extend your loose leg out to the side. Once your leg is in its final position, hit an L position with your arms – matching the direction of your legs.

Positioned yourself directly behind the flyer, facing forward.

Position your hands on the flyer’s waist and follow the movement of the flyer throughout the entire stunt. Your grip should be firm, but loose enough so that it is not restricting. During the lift, help the flyer onto the base’s thighs.

Simultaneously, you will be calling out the count series clearly and loudly.
Get into a deep lunge position. While your main body will only angle slightly to the side, the toes of your bent leg should turn completely sideways. Your bent leg will act as a platform for the flyer’s foot.

As the flyer rests their foot on your leg, wrap your inside arm around the flyer’s leg at the knee, and secure the flyer’s foot with your outside hand.

Hold this position as the flyer pops up and begins to swing their other leg onto your shoulder. As the flyer’s leg is settling on your shoulder, release the flyer’s other foot and bring your now free arm behind and around the flyer’s leg, at about the knee area. Pull down firmly to give the flyer extra stability.

Once the flyer is secure, shift your body to face forward. If the stunt group is still new, keep your hands on the flyer’s thighs, but if the stunt group is a little advanced place your hands on the flyer’s hips.

Start this stunt by standing behind the base and place your hands on the base’s shoulders. Bring your inside leg (the one that matches the base’s lunged leg) up and around the base’s waist, and rest it on the base’s thigh.

Once the base has a firm grip on your leg, dip down then pop up, shifting your weight from your legs to your arms. During this move, keep your core tight and lock the leg that is resting on the base’s thigh.

When the lift has reached a point where your arms are almost straight, begin to swing your free leg up and around the base’s shoulder.

Once you are in a seated position on the base’s shoulders and the base’s arms are wrapped around your legs, wrap your feet around the base’s lower back, so that the top of your feet will be against the base’s back. This will give you additional stability.

Once you are secure, hit a high V or T arm motion.

Your main responsibility is to support and guide the flyer, and of course keep her from hitting the floor if anything goes wrong.

Stand directly behind the flyer with your hands on her hips. Your should be firm, but not restricting.

Follow the movements of the flyer as she dips and pops up, and help lift her onto the base’s shoulders. Once the flyer is secure, shift your body to face forward with the base. If the stunt group is still new, keep your hands on the flyer’s hips, but if the stunt group is a little advanced you can let go of the flyer. Letting go doesn’t mean the spotter’s job is over. You still need to stay directly behind the base and keep alert. You also need to count out the series for the dismount.

spotter: at least 1 back
bases: 1
flyer: 1
level: basic

set up

the cheerleader’s guide to group stunts & dismounts

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Get into a deep squat position with your arms in a T position. While your main body will face forward, the toes of your bent legs should turn slightly sideways. One of your bent legs will act as a platform for the flyer’s foot.

Once in position, bend and begin to raise your arms toward a High V position, and grab the flyer’s hands.

As the flyer rests their foot on your leg, hold your position while the flyer pops up and begins to pull their other foot up onto your shoulder.

As the flyer’s foot is settling on your shoulder, release the flyer’s hand and bring that now free hand down around the flyer’s ankle. Pull down firmly to root the flyer and give them extra stability.

As the flyer is bringing their other foot up, release their hand (the spotter will offer the flyer help) and bring it down to grip the flyer’s ankle when it settles.

Simultaneously, start to straighten their legs so you end in the standing position.

Start this stunt by standing behind the base. As the base lifts their arms up, start to lift your arms also, coming into a High V position and gripping the base’s hands.

Once the base has a firm grip on your hands, raise one leg and bring it up to rest on the base’s thigh.

Once your foot is in position, dip down then pop up, shifting your weight from your legs to your arms. During this move, keep your core tight and use the leg that is resting on the base’s thigh to gain air.

The spotter will help lift you, and when the lift has reached a point where your arms are almost straight, she should begin to swing your leg up to rest your foot on the base’s shoulder.

Your other leg will be pulling up also and once it is secure, it should come up to rest on the base’s other shoulder.

Once you are secure, release the base’s hands and stand up straight, hitting a High V motion with your arms.

Your main responsibility is to support and guide the flyer, and of course keep her from hitting the floor if anything goes wrong.

Stand directly behind the flyer with your hands on the flyer’s hips. Your grip should be firm, but not restricting.

Follow the movements of the flyer as she dips and pops up, and help lift her onto the base’s shoulders.

If the stunt group is still new, release the flyer’s hips once she is in position, but grip her calves or thighs for extra support. If the stunt group is a little advanced, let go of the flyer. Letting go doesn’t mean your job is over, you still need to stay directly behind the base and keep alert.

You will also need to count out the series for the dismount.

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**set up**

**spotter:** at least 1 back

**bases:** 1

**flyer:** 1

**level:** intermediate
bases
Stand in a shoulder to hip width stance, facing each other so that you can make eye contact. Your arms should be against your sides.

On the right count, go into a half squat, keeping your backs straight and your heads apart. Each base should cup their hands, palms up, in anticipation of receiving the flyer's foot.

Hold your supporting position while the flyer gains momentum for the lift.

As the flyer brings their foot back down on count, dip down. After the flyer loads their free foot into one base's palms, begin to straighten your legs and extend your arms upwards to lift the flyer.

The lift is not a jumping motion. Lift from your legs, using the power of coming out of your squat to help propel the flyer upwards, and supporting the flyer on their palms.

Stop lifting at shoulder or chin level, and hold the flyer at that height.

flyer
Face forward, in between and slightly behind the bases. Your arms should be against your sides.

Position one hand on each of the base’s shoulders, keeping your arms bent and your elbows up. Simultaneously, lift one leg to about a 90 degree angle, loading that foot inside one of the base's cupped hands.

Straighten your arms to lift your free foot slightly off the ground. Then, bend your arms again and bring your foot back down. This should not be a bouncing motion; it should be a controlled move that will give the lift more power.

As you land your free foot, repeat the push off but this time load your free foot into the free hands of the waiting base. The bases will begin to rise and lift you.

While the bases are rising, begin to move into a standing position by pushing off the base’s shoulders and straightening your legs. Lock your legs and tighten your core once you are in the air and your legs are straight. Once in position, extend your arms into a “T” or “V” position.

back spotter
Stand directly behind the flyer, facing forward with your arms by your sides.

Position your hands on the flyer’s waist. Your grip should be firm, but loose enough so that it is not restricting. You are responsible for counting out the moves for synchronized timing.

Hold your supporting position while the flyer gains momentum for the lift, and continue the count series.

As the flyer brings their foot back down, keep your hands on the flyer’s waist and dip with the stunt group. Help the flyer rise and keep stability during the lift. Once the flyer begins to stand, release the flyer’s waist and firmly position your hands either at the tops of the flyer’s ankles or low on the flyer’s calves and help the bases lift the flyer.

set up

spotter: at least 1 back
bases: 2
flyer: 1
level: advanced

the cheerleader’s guide to group stunts & dismounts

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Stand facing each other in a shoulder to hip width stance, with your backs straight and your arms against your sides.

On the right count, go into a half squat, keeping your heads apart. Each base should cup their hands, palms up, in anticipation of receiving the flyer’s foot. The main base will receive the flyer’s foot first, in a standard step-up. The assisting base will receive the flyer’s other foot from the lift off, so needs to be ready for a more intense impact.

Hold your supporting position while the flyer gains momentum for the lift. The flyer and spotter will sink down during this series of counts, but the bases should hold steady.

Immediately following the dip, begin to straighten your legs and extend your arms upwards to lift the flyer. The lift is not a jumping motion. Lift from your legs, using the power of coming out of your squat to help propel the flyer upwards.

Lift the flyer all the way up, so that your arms are straight above you. Once you pass the elevator position, shift your forward hand to cover the front/ toe area of the flyer’s foot to give them more support and stability.

Face forward, in between and slightly behind the bases. Your arms should be against your sides.

Position one hand on each of the base’s shoulders, keeping your arms bent and your elbows up.

Transfer your weight from your legs to your arms. Simultaneously, lift one leg to about a 90-degree angle, placing that foot inside of the main base’s cupped hands.

Straighten your arms to lift your free foot slightly off the ground or up onto the ball of your foot. Then, bend your arms again, bring your foot back down and sink down. This should not be a bouncing motion; it should be a controlled move that will give the lift more power.

As you land your free foot, repeat the push off, but this time load your free foot into the hands of the assisting base. As you are loading your foot, you should also begin to dip with the bases.

While the bases are rising, begin to move into a standing position by pushing off the base’s shoulders and straightening your legs. Lock your legs and tighten your core once you are in the air and your legs are straight. Once in position, hit a motion, such as a T or High V.

Stand directly behind the flyer, facing forward, with your arms should be by your sides.

Position your hands on the flyer’s waist and follow the movement of the flyer throughout the stunt. Your grip should be firm, but loose enough so that it is not restricting. Simultaneously, call out the count series clearly and loudly.

Hold your supporting position while the flyer gains momentum for the lift. As always, be sure to follow the flyer’s movements, squatting and sinking with them.

As the flyer brings their foot back down, keep your hands on the flyer’s waist and dip with the stunt group. Help the flyer rise and keep stability during the lift.

Once the flyer begins to stand, release the flyer’s waist and firmly position your hands either at the tops of the flyer’s ankles or low on the flyer’s calves and help the bases lift the flyer to the full extension. When releasing the flyer’s waist, be careful to pull your arms back and to the side so you don’t interfere with the flyer’s ascension.
stunting safety:

Remove all jewelry before practicing or performing stunts. Jewelry can scratch your team members, or even get ripped out (ouch!) during stunting.
Coordinating the count series, timing and motions of a cheerleading stunt is only the beginning of mastering a move. Once the flyer is in position for the stunt, what next? Well, she needs to be able to come back down to the ground safely, and the dismount should be performed as cleanly as the stunt itself.
Remain in the lunge position until the flyer has dismounted. Keep your eyes up, on the flyer, at all times.

Remove your outside hands from the flyer’s feet and reach up with your palms up to receive the flyer’s hands.

Once the main hand grips are secure, the entire stunt group will dip slightly. As the group rises up from the dip, the left base should release the flyer’s thigh and raise her arm to place her hand (thumb out) at about the flyer’s elbow.

Simultaneously, the bases will release the flyer by popping her up slightly. As the flyer is being released, the right base will release the flyer’s thigh and bring her arm up to catch the flyer’s bicep as she is landing to help stabilize her.

Once the flyer has landed and is stable, release her arms.

Lean forward slightly from your waist, without bending your knees, and bring your arms down to the “T” position, where the bases will lock hands with you.

Once those main hand grips are secure, the bases and spotter will dip you slightly, then release you by popping you up. During the release, you will get additional support and stabilization from the bases as they release your thighs and grip your biceps.

As you are being released, you should push your ankles together so that you’ll land with your feet together. Bend your knees when you land to absorb the shock of the landing.

Once you are stable, the bases and spotter will release you.

As an alternate way to perform a dismount from this stunt, you can step down with one foot first, and then the other. The dismount would become a walk down and your feet would meet and come together on the ground.

Help guide the flyer down. Once the main hand grips between the bases and the flyer are secure, follow the movements of the bases as they dip the flyer slightly, and prepare to take on more weight when the flyer is released.

As the flyer is coming down, help stabilize her and absorb some of the impact of the landing by bending your knees.

Once the flyer has landed and is stable, release her waist.

Quick Tip
bases and spotters must make sure the flyer never hits the ground – even if it means diving under her.
Pull one hand under the flyer’s thigh and bring it in front of the flyer’s leg. Once in that position, signal the flyer to bring one arm down by tapping her leg.

Once you have the flyer’s hand securely gripped, repeat those steps with your other arm. As you secure your grip on the flyer’s hands, prepare to take on the flyer’s weight. This weight should be held in your shoulders.

After you have securely gripped both of the flyer’s hands, dip slightly. As you rise from the dip, give the flyer a powerful pop off of your shoulders. Concentrate on pushing the flyer upwards, not backwards.

Keep your arms tight and strong and lead the flyer down to the ground. Keep a firm grip on the flyer’s hands.

As the flyer reaches the ground, bend your knees slightly to help absorb some of the impact.

Once the flyer has landed and is stable, release her hands.

Once the base taps your thigh, release your feet from behind the base’s back and extend them forward.

After gripping both of the base’s hands, shift your body weight to the base’s hands.

Once those main hand grips are secure, the base and spotter will dip slightly, then release you by popping you up and off the base’s shoulders. Keep your elbows locked during the pop up.

As you are being released, swing your legs behind your torso. Swinging your legs back will allow you to push slightly away from the base, so that you can give yourself enough room to land behind your base.

Bring your feet together so that you land with both feet at the same time, and bend your knees to absorb the shock of the landing.

Once you are stable, the base and spotter will release you.

Help guide the flyer down by keeping your hands on the flyer’s waist throughout the dismount.

Once the main hand grips between the bases and the flyer are secure, follow the movements of the base as she dips, and prepare to take on more weight when she is released.

As the flyer is coming down, help stabilize her and absorb some of the impact of the landing by bending your knees.

Once the flyer has landed and is stable, you can release her waist.

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quick tip  ●●●

all positions in a stunt group should keep their hands in fists during a dismount to prevent scratching or poking
Release your hold on the flyer’s thighs and bring your hands out and to the side of the flyer’s legs. Once in that position, signal the flyer to bring her arms down by tapping her legs.

After you have securely gripped both of the flyer’s hands, lunge forward, then dip. Hold the lunge position until the end of the dismount. As you rise from the dip, give the flyer a powerful pop off of your shoulders and concentrate on pushing the flyer upwards.

Your arms will be bent during the dip, and pushing your arms up at the height of the pop is crucial to helping the flyer gain enough height to complete the dismount.

As you rise from the dip, give the flyer a powerful pop off of your shoulders and concentrate on pushing the flyer upwards.

Once the flyer is in the air, lead her down to the ground by keeping a firm grip on her hands and pulling your arms up and forward as the flyer goes over your head. You may dip slightly and/or bend your head if needed so that the flyer has enough room to clear your head.

As the flyer reaches the ground, bend your knees to help absorb some of the impact. Once the flyer has landed and is stable, release her hands.

Once the base taps your thigh, release your feet from behind the base’s back and extend them forward, while bringing your arms down.

After gripping both of the base’s hands, shift your body weight to the base’s hands.

Once those main hand grips are secure, the base and spotter will dip slightly, then release you by popping you up and off the base’s shoulders. Keep your elbows locked during the pop up.

In addition to the pop off, you will need to let the base push you up with her arms to get enough height to clear her head.

At the height of the pop, you should swing your legs in front of your torso and over the base’s head. Swinging your legs forward will allow you to push slightly away from and in front of the base, so that you can give yourself enough room to land in front of the base.

Bring your feet together so that you land with both feet at the same time, and bend your knees to absorb the shock of the landing.

Once you have landed and are stable, the base and spotter will release you.

You do not need to touch the flyer in this stunt. Stand in a position that will allow you to quickly step in if needed, and help call out the stunt.

For more advanced stunt groups, the base can alternately place their hands on the flyer’s hips and guide them down that way. In that move, the flyer’s hands should go on their hips during the dismount.

Stay focused and listen for dismount cues from the spotter and flyer, in case they feel uncomfortable or weak during a stunt.
From the elevator position, dip and pop. Your toes are likely to almost leave the ground, though the pop should not be jumping motion.

Simultaneously to the dip and pop, extend your arms straight upward in a locked position to propel the flyer into the air. As your arms go up, they should naturally go into a criss-cross pattern with each other, which creates the ‘bridge’ that the flyer will land in.

As the flyer descends, catch her at the highest point possible to decelerate her and absorb the motion and power of the landing. Your back arms will catch the flyer on her upper to middle back, while your front arms will catch her just below and above her knees. Your knees should bend with the catch.

After the catch and a brief pause, gently pop the flyer back into a standing position so that she lands in front of you. Once the flyer has landed and is stable, release your grip on the flyer’s waist.

On the pop, pull yourself upwards as you are being released from the bases’ arms. Your body should lean backwards, never forwards, with your back arched and belly facing the ceiling. Arm positioning is up to you but must always remain tight and locked. Never pike during the dismount.

At the top of the toss, as soon as you begin to descend, shift into a V position, bending at the hips with your legs straight out and toes pointed. Always keep your abdominals engaged to support her back.

Trust your bases, and never look down during the cradle. Land in the arm ‘bridge’ of the bases, then allow them to pop you off into a sharp, finished position. Once you are stable, the bases and spotter will release you.

Your main responsibility during the cradle dismount is to support the flyer’s head and neck, and of course be there to keep her from hitting the floor if anything goes wrong.

Perform the dip and pop with the bases, using your leg muscles (not your arms or back). As the group is returning to the standing position from the dip, help the bases propel the flyer into the air by pushing her ankles up.

Your arms will go straight up and prepare to catch the flyer on the highest point of her descent. Your arms will go underneath and push through the flyer’s arms, so it is important to keep your hands in fists so they don’t scratch the flyer. Your knees should bend with the catch.

After the catch and a brief pause, gently pop the flyer back into a standing position so that she lands in front of you. Once the flyer has landed and is stable, the flyer and the entire group faces forward with the feet together and their arms at their side.

quick tip

this dismount can be done with a stunt that is in the elevator or extension position - if starting from the extension, just lower the flyer into an elevator before beginning.
From the elevator position, shift the flyer’s weight to your back hands and reach your front hands up, palms up, to receive the flyer’s hands. This should be done by one base at a time, to maximize the flyer’s stability.

Once those main hand grips are secure, dip the flyer slightly, then release her letting go of her feet. During the release, step out slightly with your outside foot, to position yourself in the best way to support the flyer.

Raise your now free inside arm up and grip the flyer’s bicep as she is coming down.

Once the flyer has landed and is stable, release her arms.

Lean forward from the waist, without bending your legs and keeping your head straight, and begin to bring your arms down.

Grasp the bases’ hands, one at a time, as they reach up. Keep your head up and continue to look outward.

Once those main hand grips are secure, the bases and spotter will dip you slightly, then release you letting go of your feet. During the release, bring your arms out into a “T” position and push your ankles together.

Land with your feet together and bend your knees when you land to absorb the shock of the landing. Use the support from the bases and spotter to help reduce some of the weight of the landing.

Once you have landed and are stable, the bases and spotter will release you.

Once the main hand grips between the bases and the flyer are secure, follow the movements of the bases as they dip the flyer slightly, and prepare to take on more weight when the flyer is released.

As the bases release the flyer’s feet, reach up and grip the flyer’s waist. As the flyer is landing, help stabilize her and absorb some of the impact of the landing by bending your knees.

You may choose to keep your hands on the flyer’s ankles until the flyer is released. If so, it is important to remember to pull your arms up and out when you release the flyer’s ankles so that you don’t hit the flyer. Help the flyer get her feet together by pushing her ankles together.

Once the flyer has landed and is stable, release her waist.

Quick Tip

This dismount can be done with a stunt that is in the elevator or extension position - if starting from the extension, just lower the flyer into an elevator before beginning.
stunting safety:
Proper emergency planning can help a squad pull together and reduce panic in the first, critical, moments of an emergency. An emergency plan should be documented and a training session should be held when the season starts.

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