



**INDIVIDUAL ATHLETE DEDUCTIONS**

**Athlete Fall (AF)** - 0.5 Drops to the performance surface during tumbling and/or jump skills.

Includes:	Does Not Include:
<ul style="list-style-type: none"> <li>• Landing on head, shoulders, backside, or other compromising positions during tumbling and/or jumps.</li> <li>• Drops from airborne tumbling or jump skills to knees.</li> <li>• Tumbling/Inversion transitions in and/or out of a building skill.</li> </ul>	<ul style="list-style-type: none"> <li>• Hand/hands down during tumbling or jump skill.</li> <li>• An athlete that trips while walking during a transition.</li> <li>• An athlete that trips/falls following a controlled completion of a tumbling or jump skill.</li> </ul>

**BUILDING DEDUCTIONS**

**Building Fall (BF1)** – 1.0 Stunt/Pyramid skills that safely lower, fall, or drop.

Includes:	Does Not Include:
<ul style="list-style-type: none"> <li>• Lowering/dropping from prep, extended or level in between to a load in, cradle, prone or flat back position.</li> <li>• Lowering/dropping of stunts, including single based/coed style skills, in a controlled manner to the performance surface with assistance from the base and/or spotter.</li> <li>• Top person incorrectly becomes weight bearing on a spotter.</li> <li>• Base or spot landing on the performance surface anytime during a stunt, transition, or dismount.</li> <li>• Incomplete twisting that lands in a prone (on stomach) position during a dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Top remains standing and at least one foot remains at prep level.</li> <li>• Lowering of an extended stunt to prep level.</li> <li>• Excessive movement of the bases.</li> <li>• Dropping of a body position by the top person.</li> <li>• Omitted skills.</li> <li>• Single based/coed style skill that never results in contact beyond a toss/load grip (omitted skill).</li> </ul>

## **BUILDING DEDUCTIONS – cont.**

**Major Building Fall (BF2) – 2.0** Drops to the performance surface from a stunt, pyramid, or toss by the top person, a base, or spotter, or more than 1 base and/or spotter. Uncontrolled lowering or drops to a compromising position not listed under building fall.

Includes:	Does Not Include:
<ul style="list-style-type: none"><li>• Falling top person to the performance surface in an uncontrolled manner.</li><li>• Dropping to a load in, cradle, prone/flatback position in a compromising position the top’s head going toward the performance surface.</li><li>• Multiple bases/spotters landing on the performance surface.</li><li>• Top person lands on a base or spotter who drops to the performance surface.</li><li>• Dismounts that land in upright (feet down) or inverted (head down) position.</li><li>• Tosses that land in prone (on stomach), upright (feet down) or inverted (head down) position.</li><li>• Skills in which the event spotter is the primary catcher/saves an athlete while falling.</li></ul>	<ul style="list-style-type: none"><li>• Top person comes in contact with the performance surface during a transition.</li><li>• Top person landing on the performance surface as the result of a skill that safely lowers, falls, or drops.</li></ul>

### **Pyramid Fall (PF) – 3.0**

Building Falls will be used until a single pyramid has received 3.0 or more in deductions. Once the pyramid has received 3.0 or more points in deductions, the Pyramid Fall deduction will be used. When multiple pyramids are built at the same time, each pyramid will be treated separately. If additional deductions are a result of the initial fall/falls, only 1 Pyramid Fall will be issued for that pyramid. Once a pyramid is rebuilt and shows stability, additional deductions can be given.

## **GENERAL DEDUCTIONS**

### **Out of Bounds – 0.5**

- Two hands, two feet, or any part of the seat/torso completely outside of the performance surface
- **Out of bounds decisions are final.**

### **Unsportsmanlike Behavior – 1.0**

- When a coach is in a discussion with an official, other coaches, athletes, or parents/spectators, they must maintain professional conduct. Increased behavior could result in removal or disqualification.

### **Time Limits – .25/.5/1.0/2.0**

- Timing will begin with the first movement, voice or note of the music, whichever comes first. If a routine has multiple time limits, each section could receive a deduction.
- 4 – 5 Seconds over – 1.0; 6 seconds or more – 2.0 deduction.
- Game Day timing will not include the team spiring, rallying, jumping, kicking, tumbling or single-based lifts prior to the start of the routine. Game Day Routine timing will end with the last synchronized voice or note of music. This would include call backs after the music has ended.
- Teams have 30 seconds from the team’s introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.
- **Timing deductions are final.**

## **GENERAL DEDUCTIONS – cont.**

### **Game Day Format Violation – 1.0**

- Skills that do not meet the additional skill restrictions for a Game Day Performance (See Rules and Regulations for skill restrictions). Additional Format Violations will include:
  - Exceeding 3 consecutive 8-counts of incorporation during the fight song
  - Building Skills that are stationary prior to the end of the 3rd 8-count may remain stationary until the end of the routine. Dismounts following the completion of the routine will not be included for timing purposes.
  - Stunting outside the allotted restrictions

## **NFHS PENALTIES**

### **General Safety Violation – 1.0**

- When skills are performed illegally, usually due to performer error, however the skill itself is legal. Examples include, but are not limited to:
  - Braced flip where one of the bracers happens to fall during the flip.
  - Incorrect spotter grips on single base style stunts or college pyramids

### **Specific Safety Violation – 3.0**

- When a skill is not performed in a legal manner. Examples include, but are not limited to:
  - Braced flipping pyramid with only 7 people or a bracer in a shoulder sit.
  - Release transitions landing inverted.
  - Missing a Required Spotter – does not include incorrect spotter grip.