



## **FLYER REQUIREMENTS**

**The purpose of this document is to manage expectations and to educate our athletes and families on how flyers will be evaluated at Divine Athletics Cheer.**

**Divine will be evaluating flyers and looking for the following requirements...**

- **Flyers must have the listed body positions on BOTH legs.**
  - **Heel Stretch**
  - **Front Stretch**
  - **Arabesque**
  - **Scale**
- **The following body positions are recommended but not required.**
  - **Paperclip**
  - **Bow & Arrow**
  - **Scorpion**
  - **Needle**
- **All body positions must be perfected and performed with correct technique.**
- **Body positions with incorrect technique or that cannot be held or controlled, will not receive credit during evaluations.**
- **Only skills performed on the day and time of evaluations will receive credit.**
- **Flyers have performance, body control and strength responsibilities in addition to flexibility.**

**Flyers are decided based off of TEAM NEEDS, not individual athlete expectations or desires.**

**Previous team/season placements do not guarantee an athlete to fly, or not fly.**

**EVERY SEASON IS A CLEAN SLATE.**

**Please keep in mind that flying is NOT a decision that is based solely on these required items. Every team's needs are different and certain teams need more or less flyers than others. Athletes are chosen for teams based off of age, tumbling, jumps, overall stunting and cleanliness FIRST, and then flying positions are decided based off of team needs.**

**ATHLETES WHO ARE VERSATILE AND WILLING TO DO ANYTHING A TEAM NEEDS ARE THE MOST VALUABLE!**

**Flying skills will continue to be evaluated through the summer months and could affect final team placements. Athletes can be moved up AND/OR down if skills are gained or lost.**



# FLYER REQUIREMENTS

The attached pictures are examples of what correct body positions should look like. When performing body positions, all body parts (arms, legs, feet, head) should match these images.

All flyers should be able to execute body positions on BOTH legs.

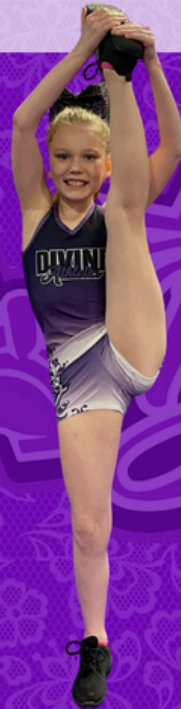
BODY POSITION EXAMPLES:

HEEL STRETCH



BODY POSITION EXAMPLES:

FRONT STRETCH



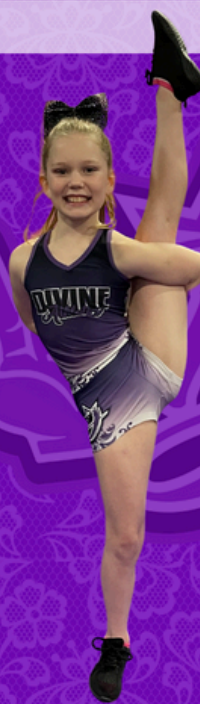
BODY POSITION EXAMPLES:

BOW & ARROW



BODY POSITION EXAMPLES:

PAPERCLIP





# FLYER REQUIREMENTS

The attached pictures are examples of what correct body positions should look like. When performing body positions, all body parts (arms, legs, feet, head) should match these images. All flyers should be able to execute body positions on BOTH legs.

BODY POSITION EXAMPLES:

ARABESQUE



BODY POSITION EXAMPLES:

SCALE



BODY POSITION EXAMPLES:

SCORPION



BODY POSITION EXAMPLES:

NEEDLE



# STUNTING REQUIREMENTS

The purpose of this document is to manage expectations and to educate our athletes and families on how stunting positions will be evaluated at Divine Athletics Cheer

## LEVEL 1

In order to hit the score sheet, teams must be performing **ADVANCED** and **ELITE** Level Appropriate skills. Listed below are a few skills athletes will need to be able to execute at level 1.

LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Switch up to lib</li><li>• Tic Toc below prep level (lib to lib)</li><li>• 1/4 twisting transition to below prep</li><li>• Straddle sit</li><li>• Below prep level 1 leg stunt</li><li>• Prep level 1 leg stunt with bracer</li><li>• Cradle</li></ul>
ADVANCED LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Switch up to below prep level BODY POSITION</li><li>• Tic Toc to below prep level (Lib to BODY POSITION)</li><li>• Tic Toc at prep level with bracer (Lib to BODY POSITION)</li><li>• Below prep level transition to prep level BODY POSITION with bracer</li></ul>
ELITE LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Tic Toc at prep level with bracer (BODY POSITION to BODY POSITION)</li><li>• Tic Tok below prep level (BODY POSITION to BODY POSITION)</li><li>• Release from ground to prep level BODY POSITION with bracer</li><li>• 1/4 twisting tic toc at prep level with bracer BODY POSITION to BODY POSITION</li></ul>

**As shown in this chart, a lot of what makes a skill go from LEVEL APPROPRIATE to ADVANCED LEVEL APPROPRIATE or ELITE, is the addition of a BODY POSITION.**

**In order to hit the score sheet, Divine flyers MUST HAVE proper body positions!**

**Flyers must also have strength, body control, cleanliness, performance skills, coachability and a positive attitude.**

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## LEVEL 2

In order to hit the score sheet, teams must be performing **ADVANCED** and **ELITE** Level Appropriate skills. Listed below are a few skills athletes will need to be able to execute at level 2.

LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Inversion from ground level to below prep level</li><li>• Tic Toc at prep level (LIB to LIB)</li><li>• 1/2 twisting transition to below prep level</li><li>• 1/4 twisting transition to prep level 1 leg</li><li>• Prep level 1 leg</li><li>• Extension</li></ul>
ADVANCED LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Tic Toc at prep level (LIB to BODY POSITION)</li><li>• Switch up to prep level LIB</li><li>• 1/2 twisting transition at prep level to prep level BODY POSITION</li><li>• 1/2 twisting tic toc</li></ul>
ELITE LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Inversion from ground level to prep level BODY POSITION</li><li>• Tic Toc at prep level (BODY POSITION to BODY POSITION)</li><li>• Switch up to prep level BODY POSITION</li><li>• 1/2 twisting transition to prep level BODY POSITION</li><li>• 1/2 twisting tic toc at prep level to BODY POSITION</li></ul>
BASKET TOSSES
<ul style="list-style-type: none"><li>• Straight ride</li></ul>

As shown in this chart, a lot of what makes a skill go from **LEVEL APPROPRIATE** to **ADVANCED LEVEL APPROPRIATE** or **ELITE**, is the addition of a **BODY POSITION**. In order to hit the score sheet, Divine flyers **MUST HAVE** proper body positions!

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## LEVEL 3

In order to hit the score sheet, teams must be performing **ADVANCED** and **ELITE** Level Appropriate skills. Listed below are a few skills athletes will need to be able to execute at level 3.

### LEVEL APPROPRIATE SKILLS

- Inverted below prep level
- Inverted at prep level
- Tic toc below prep level to prep level (LIB to LIB)
- Full twisting transition to prep level LIB
- Extended LIB

### ADVANCED LEVEL APPROPRIATE SKILLS

- Inversion from ground level to extended 1 leg stunt (LIB)
- Switch up to prep level LIB
- Tic toc from prep level LIB to extended BODY POSITION
- 1/2 twisting transition to extended LIB
- Full twisting transition at prep level (LIB to LIB)

### ELITE LEVEL APPROPRIATE SKILLS

- Inversion from ground level to extended BODY POSITION
- Switch up to prep level BODY POSITION
- 1/2 twisting transition to extended BODY POSITION
- Full twisting transition at prep level (BODY POSITION to BODY POSITION)

### BASKET TOSSES

- Full Twist

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## LEVEL 4

In order to hit the score sheet, teams must be performing **ADVANCED** and **ELITE** Level Appropriate skills. Listed below are a few skills athletes will need to be able to execute at level 4.

LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Downward inversion from prep level</li><li>• Tic toc LIB to LIB (High to Low)</li><li>• Release to extension</li><li>• 1 1/2 twisting transition to prep level</li><li>• Full twisting release to prep level or below</li></ul>
ADVANCED LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Extended inverted stunt</li><li>• Release from waist or prep level to extended LIB</li><li>• 1 1/2 twisting transition to/at prep level LIB</li><li>• Full twisting release from waist level to prep level LIB</li><li>• Full down from extended 1 leg stunt</li></ul>
ELITE LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Release from waist or prep level to extended BODY POSITION</li><li>• Tic toc extended BODY POSITION to prep level BODY POSITION</li><li>• 1 1/2 twisting transition to/at prep level BODY POSITION</li></ul>
BASKET TOSSES
Ball Full - Pike Full - Kick Full - Toe Touch Full - Double Full

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## LEVEL 5

In order to hit the score sheet, teams must be performing **ADVANCED** and **ELITE** Level Appropriate skills. Listed below are a few skills athletes will need to be able to execute at level 5.

LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Downward inversion from extended stunt</li><li>• Tic toc LIB to LIB (High to high)</li><li>• Tic toc LIB to LIB (Low to High)</li><li>• 1/2 twisting release from ground level (switch up) to extended LIB</li><li>• Double down from prep level 1 leg stunt</li></ul>
ADVANCED LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Double twisting transition to/at prep level stunt</li><li>• 1/4-3/4 twisting tic toc to extended LIB</li><li>• Full twisting release from ground level (switch up) to extended LIB</li><li>• Double down from extended LIB</li></ul>
ELITE LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Tic toc BODY POSITION to BODY POSITION (high to high)</li><li>• Full twisting transition to extended BODY POSITION</li><li>• 1/4-3/4 twisting tic toc to extended BODY POSITION</li><li>• Full twisting release from ground level (switch up) to extended BODY POSITION</li><li>• Double down from extended BODY POSITION</li></ul>
BASKET TOSSES
Hitch Kick Full - Switch Kick Full - Kick Kick Full

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## LEVEL 6

In order to hit the score sheet, teams must be performing **ADVANCED** and **ELITE** Level Appropriate skills. Listed below are a few skills athletes will need to be able to execute at level 6.

LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Downward inversion from extended stunt</li><li>• Tic toc LIB to LIB (High to high)</li><li>• Tic toc LIB to LIB (Low to High)</li><li>• Full twisting transition to extended BODY POSITION</li><li>• Double twisting transition to extension</li></ul>
ADVANCED LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Rewind to prep</li><li>• Tic toc LIB to BODY POSITION (High to high)</li><li>• Full twisting release from ground level (switch up) to extended LIB</li><li>• Double down from extended BODY POSITION</li></ul>
ELITE LEVEL APPROPRIATE SKILLS
<ul style="list-style-type: none"><li>• Rewind to extended stunt</li><li>• Tic Toc BODY POSITION to BODY POSITION (High to high)</li><li>• 1 1/2 twisting transition to extended BODY POSITION</li><li>• Double twisting transition to extended BODY POSITION</li><li>• Kick double twisting dismount</li></ul>
BASKET TOSSES
Ball Double Full - Kick Double Full - Hitch Kick Double Full

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