

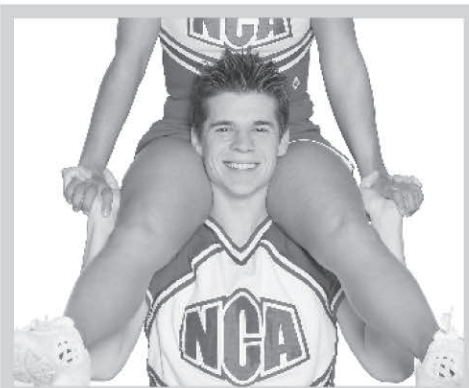


STUNT TECHNIQUE - GRIPS



THIGH STAND

Base's inside arm wraps above the top person's knee in a fist. Base's outside hand holds under the ball of the foot.



HANDSHAKE

Top person and base interlock hands as if they were shaking hands.



EXTENSION PREP

Bases grab the heel and the ball of the foot of the top person and holds at chest level, palms close together.



FOUR FINGERS FORWARD

Base supports under the arm of the top person with one hand, keeping fingers forward. Other hand is in a handshake position.



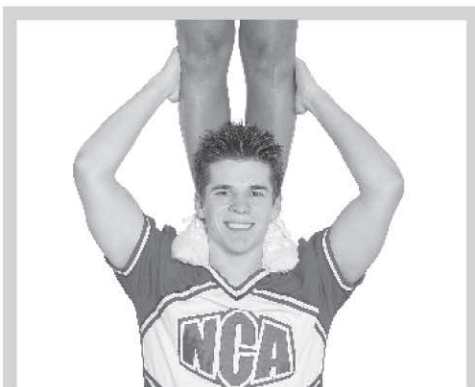
WALK IN

Top person's right foot rests in the base's right hand with index finger behind heel for extra grip. The base's left hand rests underneath the right hand for extra support and lift.



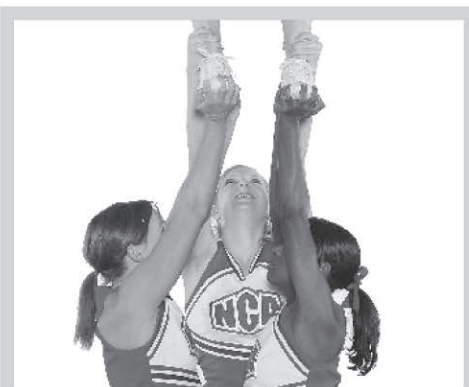
BASKET TOSS GRIP

Two bases each grabbing their own left wrist and the other's right wrist. This grip should be held below the waist level and should be relaxed so that it creates a trampoline or slingshot effect.



SHOULDER STAND

Base grabs around the top person's calves just below the knee, pulling down while keeping the elbows forward.



EXTENSION

Bases grab the heel and the ball of the foot of the top person, while the back spotter grabs the ankles of the top person or wrist of the base.



CRADLE

Bases wrap their arms around the top person's lower back and legs. Top person wraps her arms around the bases' shoulders.





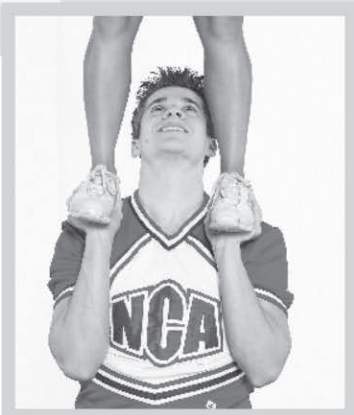
06 SUMMER SPIRIT BOOK

STUNT TECHNIQUE - BUILDING



CHAIR

Base places right hand in the center of the top person's seat with arm locked. The left hand grabs the top person's left ankle and pushes upward for support.



HANDS

Top person stands in base's hands. Base grabs the heel and middle of the top person's feet and holds position at shoulder level.



GROUND UP LIBERTY

Bases start in double lunge. Main base grabs the heel and toe. Secondary base grabs the bottom of the foot with the back hand and wraps the front hand around the top of the shoe with the thumb in the palm of the hand underneath. The back base grabs the top person's ankle and places the other hand under the seat to assist the stunt as it goes up. Top person should push off of the base's shoulders before standing up.



LIBERTY

One hand supporting the toe and one hand supporting the heel with a thumb on each side of the foot.



AWESOME

Top person stands in base's hand with feet tightly together. Base provides a solid platform for top person by grabbing the heel and middle of foot, allowing the fingers to grab the sides and back of the feet.

Progression of a Basket Toss



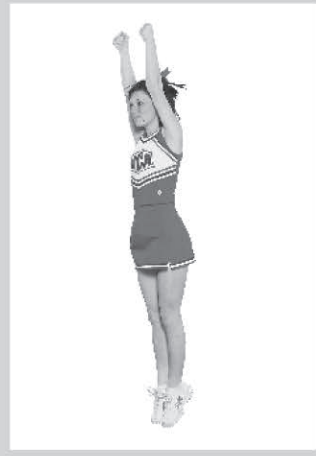
STEP #1

Top person places one foot into the basket grip with only the ball of the foot touching the hands. Front spotter grabs under the hands of the bases and back base has a hand around the ankle of the top person.



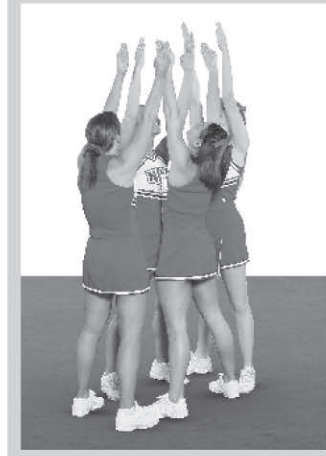
STEP #2

Top person places the other foot into the basket keeping all of their weight on the bases shoulders. For correct top person body positions, the heels, hip, and shoulders are in line. Top person should not bend the arms. Back spotter can grab either around both ankles or under the bases hands to help control the toss.



STEP #3

Top person stands straight up with the arms in a touchdown position, slightly in front of their ears and toes pointed straight down. The bases leave their arms up and catch the top person at the highest point possible to help absorb the cradle.



STEP #4

Top person catches the bases shoulders to help absorb the cradle while holding their legs up level with the eyes. Bases catch first with the arms and then absorb with the legs to finish the cradle.





STUNT TECHNIQUE - BASKETS



Straight Toss



Toe Touch



Tuck



Bottle Rocket



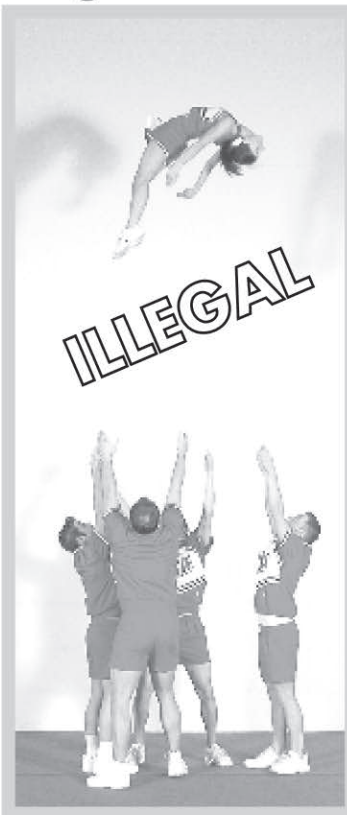
Pretty Girl



Legal Arch



Illegal Arch



PLEASE NOTE:

The Guidelines for High School, Junior High, Youth, and All-Star Teams vary and rules that may apply to some divisions may not apply to others. Please consult the most current NCA National Safety and Competition Guidelines for specific rule clarification on the website at www.nationalspirit.com.

In order for the arch basket to be legal for High School and Junior High squads, the head of the top person must not drop below the waist.

New rule by the National Federation of High School states that teams can not do basket tosses or any other similar multi-base tosses, unless on appropriate mats, grass or other soft-yielding surfaces.

