

# Flag Cheerleading Terms

**Aerial:** Used to describe a cartwheel without hands touching the ground or floor. Sometimes refers to a walkover or roundoff without hands.

**Awesome:** Similar to an elevator except the bases bring their hands to the middle and the climber's feet are positioned very close together. This is also known as a Cupie.

**Banana:** When you arch your back and reach upwards. You usually only do a banana when you are doing a combination jump.

**Base:** The person/persons who remain in contact with the floor lifting the flyer into a stunt. Person/persons on the bottom of a stunt or pyramid.

**Briefs:** Matching undies that are part of your Cheerleading uniform, worn under your skirt. Sometimes called bloomers, spankies, tights, or lolipops.

**Buckets:** When you hold your arms straight out in front of you, with your fists facing down as if you were holding the handle of a bucket in each hand.

**Candle Sticks:** A cheer motion where you extend your arms out in front of you with your fists facing each other as if you were holding a lit candle in each hand.

**Chant:** A short cheer, with simple arm movements. A short repeated yell. Usually done on the sidelines.

**Cheer:** A longer yell, that involves motions, pom poms, stunts, jumps, or tumbling.

**Coach:** A person that instructs or teaches a performer, player, or team.

**Competitions:** An event where squads come to test their skills against others and compete for 1st, 2nd or 3rd place finishes.

**Cradle Catch:** An end movement where a base catches a flyer/flier after tossing her in the air. The base holds the flyer/flier under her thighs and around her back.

**Cupie:** One base holds up a flyer/flier with one hand. The bases arm is fully extended and both of the flyer's feet are in the base's one hand. Also known as a kewpie or awesome.

**Deadman:** When the flyer falls backward or forwards out of a stunt. 3 or 4 people catch the flyer and could possibly push the flyer back up to the bases hands.

**Dismount:** A way to return the flyer to the floor after a stunt. Returning to the floor position after a routine or mount.

**Double Hook:** A jump where one leg is bent in front of you and the other leg is bent behind you, your arms are in a high V. Also known as a Pretzel, Abstract, or Table Top.

**Elevator:** Two bases each hold a different foot of one flyer. The feet are both held at shoulder level.

**Execution:** To perform a stunt or routine; The way in which a stunt or routine is performed. The form, style, and technique of a stunt or routine make up its execution.

**Extension:** One of the basic stunts. Two bases each hold one of the flyer's feet at their chest level and a spotter stands in back. From this position, you can move into a full extension. The full extension is where the bases' arms are straight, holding the flyer above their heads.

**Facials:** Expressions, like winks, big smiles, occasional sticking out your tongue, and bobbing your head up and down, that convey enthusiasm and get the crowd and judges excited.

**Flyer:** The person who is elevated into the air by the bases; the person that is on top of a pyramid/stunt.

**Full Extension:** Two bases each hold one of the flyer's feet at their chest level and a spotter stands in back. From this position, the bases move into a full extension by raising the flyer with their arms up straight and holding the flyer above their heads. There are double based extensions and single based.

**Handstand:** Springing from your feet to your hands to your feet again. Used alone or in conjunction with other skills. There are forward and backward handsprings