

Cheerleading

RULES & REGULATIONS 2016



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2016 JPRD Cheerleading Rule Book



These are the official rules and regulations for the 2016 Cheerleading season adopted by the Jefferson Parish Department of Parks and Recreation (JPRD), 6921 Saints Drive, Metairie, LA 70003 and 7437 Lapalco Boulevard, Marrero, LA 70072. The authorized Cheerleading program conducted at our playgrounds will comply with these rules and regulations. They are intended to enhance a competitive balance between playgrounds, minimize risks to participants, and promote enjoyable participation and sportsmanship. Any activities, to include practice, clinics, and bowls, conducted outside the scope of these rules and regulations will not be considered as part of the authorized JPRD sports program that entitles participants, coaches, and sponsors to certain rights and privileges.

JPRD has adopted the rules of various sports coordinating bodies to govern rules not covered by JPRD. The JPRD rules and regulations will supersede these rules when applicable.

The Center Supervisor is the nearest JPRD official and certainly the most informed on matters dealing with the playground athletic leagues. We strongly suggest that parents, coaches, and participants contact their playground Center Supervisor in attaining help. Naturally, the administrative staff at our Parks and Recreation Headquarters stands ready to help if needed, however, the first step is your Center Supervisor.

2016 Rules Committee

Brad Roth, Eastbank Administrator

Seth Simpson, Eastbank Athletic Area Coordinator

Tiffany Curtis, Eastbank Special Program Supr.

Bobby Ledoux, Eastbank Special Program Supr.

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Dates To Remember

- August 1..... Last date Cheerleading registration may start
- August 8..... Practice may begin for game cheering and Spirit Bowl
- September 15 Waiver deadline
- September 15 No playground clinics may be held after this date without the approval of the Area Coordinator of Athletics
- September 15 Playground rosters and coaches' agreements due at Main Office
- TBA..... All Star rosters due to Area Coordinator of Athletics
- October 14..... East Bank Spirit Bowl at Pontiff Playground
- October 30..... West Bank Spirit Bowl

New Rules for 2016

None

Proposed Rules for 2017

None

Mandatory Participant Insurance Program

All participants in Jefferson Parish Department of Parks and Recreation programs *must* pay for participant insurance. Coaches are eligible for the same plan and may *voluntarily* pay to enroll.

The Participant Insurance Program consists of the following:

HEALTH INSURANCE: Maximum \$15,000 coverage for all injuries arising out of participation by registrants in the activity sponsored and directly supervised by the Jefferson Parish Department of Parks and Recreation. This plan acts as a secondary insurance, which pays deductibles, as well as any remaining covered expenses, after the primary has exhausted its benefits. If, however, there is no primary insurance, it will pay the same as a primary.

LIABILITY INSURANCE: Offers \$1,000,000 coverage protecting the enrolled individuals, coaches and team for claims arising out of bodily injury and property damage, and litigation costs to defend such claims. There is a \$500 deductible per claim.

[It is strongly recommended that all coaches enroll in the above insurance plan. Coverage (for coaches) for the above plan is from April 1, 2016 through April 1, 2017.

Coverage includes suits arising out of:

- Injury/death of participants
- Incidental medical malpractice
- Non-owned auto coverage (association liability only)
- Host liquor liability (non-profit)
- Ownership use or maintenance of fields
- Consumption use of food and drink
- Libel, defamation, false arrest, wrongful eviction or invasion of privacy
- Injury/death of adult volunteers
- All activities necessary or incidental to conduct of practices and games
- Liability assumed for work done by independent contractors
- Spectator injury
- Cost of investigation and defense of claims, even if groundless
- Property damage liability

Section

3

Emergencies

- 3:01 In case of injury, coaches shall be prepared to seek immediate medical attention. The location of the telephone shall be known in advance. This is particularly important to know at both their playground, and if practicing off playground premises.
- 3:02 Reserved
- 3:03 All injuries, regardless of severity and site of injury, must be reported to the playground Center Supervisor. This information must be accurate and reported in a timely manner.
- 3:04 Coaches must have phone numbers of participants available in order to contact parents in emergency situations. Copies of the registration form are provided at the start of the season for this purpose. Registration forms have home phone numbers as well as an alternate emergency number. Parents must be immediately advised of all injuries.
- 3:05 Each JPRD playground has first aid supplies located in a designated area. Coaches must know where these supplies are located at their playground.

Section

4

Safety

- 4:01 JPRD employees and volunteer coaches are to be aware and monitor situations, during practice and games, when there is an injury that results in blood being present. They must be cognizant that anytime there is blood and body fluids present that it be treated with respect, regarding its ability to transmit infectious disease. Under circumstances in which differentiation between body fluid types is difficult or impossible, all body fluids are considered potentially infectious.

Before competing/performing, all participants must cover wounds on their body. Practice or competitive play must be stopped and any injured player must be immediately attended to.

In the event of injury or sickness involving blood or bodily fluids, the following procedures must be followed:

- ◆ If at all possible, injured person shall render first aid to himself and cover his own wound.
- ◆ When rendering first aid, protective gloves must be worn, when it is anticipated blood or bodily fluid is involved. Clean gloves must be worn for each individual treated. Do not wear the same gloves for multiple injured parties.
- ◆ An individual, who has treated an injury where blood is present, or has cleaned a potentially contaminated surface, should wash their hands with soap and hot water, whether or not protective gloves have been worn.

- 4:02 Good hygiene shall be practiced. Towels, uniforms, cups and water bottles will not be shared

4:03 **FIRST AID:**

4:03:01 Each playground is equipped with a first-aid cabinet located in the Assistant Supervisor's office.

4:03:02 BRUISES – Raising the injured part and/or applying ice helps reduce the swelling and helps control the pain, however, be sure there is a thin layer of material between the ice and the skin.

4:03:03 FRACTURES:

- ◆ Symptoms may include swelling and redness or bruising; contorted limbs; abnormal lumps, ridges or hollows; numbness or tingling. Participant may hear a snap or pop when injured or feel bone grating.
- ◆ Life threatening fractures generally involve breaks in large bones (thigh, etc.), or those which sever an artery or affect breathing.
- ◆ Make the participant comfortable – placing a rolled towel or pillow under the injury to support it may help.
- ◆ Apply ice to reduce swelling.
- ◆ Immobilize the injured part -
For a bone - be sure to include the joints above and below the fractures.
For a joint – be sure to include the bones above and below the injured joint
Apply ice and raise injured part.
- ◆ Keep participant from getting chilled or overheated
- ◆ Get medical attention

4:04 All cheerleading coaches must accompany the squad to all games and must be stationed nearby.

4:05 Girls must be instructed to be conscious of the game (going on) and be ready to move away from situations where ball carriers or tackles go out of bounds.

4:06 Girls should never be sitting when the football is in their general area.

Eligibility

The competitive balance and integrity of our program are maintained by strict adherence to the following eligibility criteria. Coaches and supervisory personnel must make every effort to assure that participants and their parents are aware and are in compliance with these criteria. Failure to do so may result in innocent teammates being exposed to forfeiture.

5:01 RESIDENCY:

- 5:01:01 All participants must reside in Jefferson Parish or boundaries deemed legal by JPRD.
- 5:01:02 Participants legal residence must be recorded on the official JPRD registration form and the valid JPRD I.D. card.
- 5:01:03 Some playground districts share geographical areas and in accordance with this, the initial or original selection by the participant of a playground for participation in the youth athletic programs will become their designated or proper playground.
- 5:01:04 **WAIVERS** - Participants are allowed to participate outside of their playground district or change participation eligibility at playgrounds within a neutral zone with an approved JPRD Waiver Form. A participant who moves to another district during regular season will be allowed to finish the season, to include playoffs, at his/her original playground.

5:02 DUAL PARTICIPATION:

- 5:02:01 In order to increase participation, dual participation in the intramural programs is permissible.
 - ◆ Players who dual participate in the same sport will only be required to pay one (1) insurance fee per person.
 - ◆ For safety reasons, a participant can only move up one (1) age group. This may be done with the permission of the parent. Participant cannot be forced to cheer in an older group.

[Example: 9-10 participants could move up and cheer in the 11-12 program but not in the 13-14 program; 7-8 participants could move up and play in the 9-10 program but not in the 11-12 program.]

NOTE: The later age participant is the only one eligible to move up.
 - ◆ Participant will be required to participate in All-Stars in their correct age group provided their playground has an All-Star team in that age group. However, if the playground does not have an All-Star team in his/her correct age group, then the participant will be allowed to play All-Stars in the older age group.
 - 5:02:02 There will be no dual participation in the All-Star program.
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5:03 **ENFORCEMENT OF ABOVE ELIGIBILITY RULES FOR RESIDENCY:**

- 5:03:01 Verified violators, identified by means of protest as outlined in these regulations, or any other means of identification, will result in immediate expulsion from the Cheerleading program.
- 5:03:02 Additionally, violators are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.
- 5:03:03 Any challenges of the eligibility credentials of a participant will be fully investigated by JPRD prior to assessment of penalties. Participants will be required to produce certified affidavits with backup documentation to support their eligibility status.

5:04 **AGE PARTICIPATION**

- 5:04:01 Participants must play in their correct age classification as specified within these rules and regulations.
- 5:04:02 The age determining date for the JPRD Cheerleading Program is August 1, 2016.
- 5:04:03 Participants correct age and birth date must be recorded on the JPRD registration form and the valid JPRD I.D. card

5:05 **ENFORCEMENT OF ELIGIBILITY RULES FOR AGE PARTICIPATION**

- 5:05:01 Verified violators of the age classification requirements of JPRD tournaments and/or inter-playground leagues identified by protest or other means, will result in immediate expulsion from the cheerleading program.
- 5:05:02 Violators of the age classification requirement are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.

5:06 **REGISTRATION FORM and INSURANCE FEE** - It is mandatory that all participants, upon registering, submit an official signed registration form and pay the insurance fee.

- 5:06:01 Participants cannot choose the class in which they will play.
- 5:06:02 It is the responsibility of the Supervisor to see that these procedures regarding registration are followed.
- 5:06:03 No player is to participate in practice and/or games until the registration form and insurance fee has been received by the Center Supervisor. The Center Supervisor must submit these forms and fees to the respective Main Office, prior to the deadline established for rosters.

5:07 **I.D. CARDS** - All players competing in Parish championship play and inter-playground leagues must have a valid JPRD I.D. card (purple or blue) will be the acceptable I.D. color for the 2016 season.)

Responsibility of Coach

- 6:01 Coaches must agree to allow the Parks and Recreation Department to conduct a background check. This check may include sex offender registries maintained by the Louisiana State Police and child abuse and criminal history records. The appointment of a volunteer is conditional upon receiving no inappropriate information on the background check.
- 6:02 Supervisors and coaches are responsible for knowing all the rules in these regulations and abiding by them where they apply.
- 6:03 All coaches are expected to set an example, especially in their behavior and sportsmanship, to their team. NO PROFANITY will be used at any time.
- 6:04 Ridicule or “razz” by coaches or members of his team about officials, the opposing team, or otherwise, will not be tolerated.
- 6:07 Any player or coach ejected from an intramural or inter-playground league will have to sit out the team’s next played game.
- 6:07:01 Any coach ejected from a game/event must leave the premises before play can be resumed and that coach is not allowed on the premises for the remainder of that calendar date. That coach will also not be allowed anywhere on the premises while his/her team is playing its next **played** game. Any player ejected from a game must sit out the remainder of that game and cannot participate in his/her team’s next **played** game.
- 6:07:02 This rule will be in effect for non-franchised tournament play as well as JPRD franchised tournaments that involve only JPRD teams, Eastbank or Westbank.
- 6:07:03 Any coach ejected in his/her last played game of the season can be subjected to disciplinary action by the Area Coordinator of Athletics.
- 6:08 A coach is responsible for keeping his/her bench clear of persons who are not members of his coaching staff.

Rules and Regulations

7:01 UNIFORMS:

- 7:01:01 The basic uniform may be able to be sewn at home, if the parents desire. Parents must NOT be forced to buy the basic uniform from any one seamstress or dressmaker. Parents must have the option of making the uniform themselves.
- 7:01:02 Items such as socks and sweaters may have a designated vendor or style to be purchased.
- 7:01:03 Tennis shoes are required. Specific brand names should be optional as long as they are white or any other standard color.

7:02 PRACTICE:

- 7:02:01 Practice sessions must be limited to three sessions per week.
- 7:02:02 Three (3) weeks before the start of the Spirit Bowl Competition practice time may be expanded to five (5) times per week, if desired.

7:03 GAME CHEERING:

- 7:03:01 The number of cheerleaders to attend a game is unlimited. However, only twelve (12) may go on the sidelines. These twelve cheerleaders must be five (5) years of age or older. Remaining cheerleaders must go into the stands as a “rooting” section or pompom section. [NOTE: This is a safety rule, as too many cheerleaders on the sideline may become a safety problem with plays occurring out of bounds.]

7:04 Center Supervisors should erect fenced-off cheerleader areas for their football fields whenever possible.

- 7:04:01 Cheerleader areas should be a fenced off square which is indented away from the playing field
- 7:04:02 When team benches are on opposite sides, these areas should be provided on both sides of the field.
- 7:04:03 When both benches are on the same side, these areas should have two (2) cheerleader areas (at approximately the 20-yard line) on opposite sides of these benches. These must not be located within the team box area.

Spirit Bowl

- 8:01 There will be one competition in each age classification. Competition will be combination of squad and pom pom routines.
- 8:01:1 Intramural competition (Age grouping will remain the same)
- A. To enter a squad in the Intramural Competition, a playground must have at least two (2) teams in any given age bracket. (i.e., if playground has one Minor League team, they must compete in the All-Star Division.)
- 8:01:02. However, if a playground has two (2) or more teams in any given age bracket, one (1) team must enter into the All Star Competition.
- 8:01:03 All Star competition (Age grouping will remain the same.)
- 8:02 **AGE CLASSIFICATIONS:**
- 8:02:01 TINY TOTS.....5-6 year olds
- 8:02:02 TOTS.....7-8 year olds
- 8:02:03 MINORS 9-10 year olds
- 8:02:04 JUNIORS 11-12 year olds
- 8:02:05 SENIORS.... 13-14-15 year olds
- 8:02:06 No 5 year old may be placed in a league with any players with a league age of 8.
No 6 year old may be placed in a league with any players with a league age of 9.
- 8:03 JPRD I.D. cards are required and will be checked. If no I.D. card is shown, participant will not be allowed to participate. [Valid I.D. cards are purple and blue for the 2016 Season]
- 8:04 Each squad must consist of at least eight (8) but no more than sixteen (16) participants. No team with less than eight (8) participants on the entry sheet submitted to the Athletics office will be allowed. However, if a team has eight (8) or more on the entry sheet and shows up at the Spirit Bowl with less than eight (8) participants, they will be allowed to perform, but not be eligible for awards.
- Rule 8:04:01 Registration for Spirit Bowl competitors must end (3) three weeks before the Spirit Bowl competition. The rule may be waived by the Area Coordinator of Athletics if requested by a Center Supervisor if there is a need for more participants.
- 8:05 **TIME:** Each squad has 2 ½ minutes to perform cheers/chants, dance, jumps, pyramids, tumbling, and stunts.
- 8:06 **AREA:** Cheerleaders will perform on a mat 42' (depth) X 42' (length)
- 8:07 **CHEERS AND MUSIC:** All squads competing must perform a cheer/chant section in their routine. Music may be used in other sections of the routine.
- 8:08 **START:** A squad starts with all members and props on stage.

- 8:09 **TIMING:** Timing will begin with the first organized word, movement, or note of music by the team. Timing will stop when a squad member clearly signals the time keeper (verbally or by a wave) that the routine is completed.
- 8:10 **PROPS:** The only props allowed are signs, megaphones, and poms. All props must be carried/placed onto the performance area by the competitors and must be used. Signs must be used to evoke crowd response. No “scenery” allowed.
- 8:11 **APPROPRIATENESS:** Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction.
- 8:12 **MUSIC:** The music must be on one CD and operated by someone from your squad. Please bring an extra copy of your music. All music must be appropriate for family listening.
- 8:13 Reserved
- 8:14 **RESIDENCY:** Contestants are checked for residency at registration. Protests during or after competition concerning residency will not be allowed.
- 8:15 **UNIFORMS:** Each squad must wear a cheerleader uniform. No costumes or non-cheerleader related accessories will be allowed(hats, sunglasses, etc.)
- 8:16 **JUDGES:** Up to six (6) judges will preside at the competition. One will judge time and penalties. Up to five (5) will judge performance. If more than four (4) judges are used, the high and low performance scores will be eliminated and the three remaining scores will be combined with deductions from the time and penalties judge for a squad’s overall score.

8:17 **SCORING:**

Cheerleading Skills

Motion Technique	10 points
Jumps/Tumbling	10 points
Stunts/Pyramids	10 points
Dance	10 points

Routine Construction

Degree of Difficulty	10 points
Transition/Flow	10 points
Perfection	10 points

Overall Effectiveness

Spirit	10 points
Projection	10 points
Poise/Appearance	10 points

Total Points per Judge 100 points

8:18 **ROUTINE INFRACTIONS**

Infraction penalties will be deducted from the judges combined score after the high and low scores are discarded.

Major Infractions

Basket Toss	50 points
Illegal Pyramid	50 points
Inadequate Spotting	10 points
Illegal Dismount	10 points
Illegal Drops	10 points

Minor Infractions

Routine Time	5 points
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Out of Bounds	5 points
Illegal Use of Props	5 points

8:19 STUNTS AND PYRAMIDS:

- 8:19:01 All pyramids and partner stunts are limited to two persons at no more than a 1 ½ level. The lower performer standing upright or slightly crouched shall not have the second performer standing upon their shoulders or higher. Prep level or anything below their shoulders is allowed. The base person must have at least one foot on the ground. The base person is not allowed to raise his/her hands above their shoulders to support the second person.
- 8:19:02 For each person above a waist stand level there must be a spotter standing in proper position. Spotters must be cheerleaders on your squad. (Extra spotters at practices are strongly encouraged during pyramids and stunts. These spotters may be participants, adults or teenage coaches)
- 8:19:03 Front, side, or back tension rolls are prohibited (Illegal Dismount). This is when all in pyramid fall into a roll.
- 8:19:04 Single based split catches or straddle catches are prohibited.
- 8:19:05 All basket tosses are prohibited.
- 8:19:06 Rocking pyramids are prohibited.
- 8:19:07 Cradle dismounts from double-based stunts that are above waist stand level or higher must be cradled by two bases and an additional spot at the head and shoulders. All three must be in constant visual contact with the top person at all times.
- 8:19:08 Above waist stand level stunts must be double based.
- 8:19:09 No stunt, pyramid, individual, or prop any move through, under, or above any stunt, pyramid, or individual.
- 8:19:10 Suspended forward rolls must be performed with the base's feet on the ground. The top person and the bases must maintain hand-to-hand contact throughout the skill. Suspended forward rolls must dismount to the competition surface.
- 8:19:11 Skills prohibited in all divisions: vaults; tosses; dive and tension rolls; single-based split catches; triple full twists; toe pitch flips; mini trampolines, spring boards, or any height increasing apparatus; free-falling flips; dives from stunts or pyramids; tosses; backward suspended rolls; and single-based suspended rolls.
- 8:19:12 The top person in a partner stunt or pyramid may not be in an inverted position (head below the waist), with the exception of a forward suspended roll.
- 8:19:13 The top person of a suspended split must have continuous hand to body contact with a base and must be supported on the back thigh by an additional supporter.
- 8:19:14 In transitional stunts, physical contact must be maintained between the top person and the base(s).
- 8:19:15 Knee drops, seat drops, thigh drops, and front drops from a jump or airborne position are prohibited.

8:20 DISMOUNTS:

- 8:20:01 Vault dismounts are prohibited.
- 8:20:02 Back suspended rolls, including shoulder sit roll-offs are prohibited
- 8:20:03 Backward dismounts require at least two catchers and a head and shoulder spotter.
- 8:20:04 A twist into a cradle (including a log roll) shall not involve more than two complete rotations.
- 8:20:05 A flip from a mount is prohibited.

8:21 TUMBLING AND JUMPS:

- 8:21:01 Tumbling over, under or through any stunt, pyramid, or prop is prohibited.
- 8:21:02 Tumbling over an individual is prohibited
- 8:21:03 Tumbling into a stunt or cradle is prohibited
- 8:21:04 Dive rolls are prohibited
- 8:21:05 Use of mini-tramps, springboards, or any height increasing apparatus is prohibited.
- 8:21:06 Dropping to the performance surface without first bearing most of the weight in the hands/feet which breaks the impact of the drop is prohibited. This includes knee, seat, thigh, split drops, front drops, flip-overs, and tension drops.
- 8:21:07 Flips shall not involve more than one complete head over heels rotation or more than one complete twist.
- 8:21:08 All tumbling must originate from the ground level.
- 8:21:09 Double cartwheels are prohibited.

8:22 All tosses are prohibited.

8:23 GLOSSARY

- ◆ **Bracer**-A person who stabilizes a stunt by direct contact with a top person. The stunt would remain stable without the bracer.
- ◆ **Base**-A person who is in direct weight-bearing contact with the performing surface and provides primary support for another person.
- ◆ **Basket Toss**-(*Prohibited*) A toss involving three or four tossers, two of which have their hands interlocked.
- ◆ **Cradle**-Catcher(s), with palms up, catching a top person by placing one arm under the back and the other arm under the thighs of the top person.
- ◆ **Dead Man Lift**-(*Prohibited*) A stunt in which the top person is in a layout position, supported away from the performing surface by one or more bases.
- ◆ **Dive Rolls**-(*Prohibited*) A forward roll where the body is airborne before the hands touch the floor.
- ◆ **Extended Stunt**-(*Prohibited*) A stunt in which the supporting arm(s) of the base(s) is/are fully extended above the head.
- ◆ **Flip**-An aerial stunt involving head over heels rotation.
- ◆ **Free-falling Flip**-(*Prohibited*) An unassisted aerial rotation where the person flipping is not in contact with bases or spotters.
- ◆ **Front Drop**-(*Prohibited*) Dropping from an airborne position to a horizontal, facedown position on the performing surface.
- ◆ **Hanging Pyramid**-A pyramid in which one or more persons are suspended off of the performing surface.
- ◆ **Knee/Seat/Thigh/Split Drop**-(*Prohibited*) Dropping to the knee(s), seat, thigh, or split onto the performing surface from a jump/stand without first bearing most of weight on the hands/feet which breaks the impact of the drop.
- ◆ **Pendulum**-A Stunt in which the top person falls forward/backward to at least a four-person catch while maintaining constant hands-to-feet/legs contact with the base.
- ◆ **Rocking Pyramid**-(*Prohibited*) Multiple stunts combined in rhythmic motion/movement with performers not in contact with the surface.

- ◆ **Spotter**-A person who is in direct contact with the performing surface and may help control the building of, or dismounting from, a stunt or pyramid. This person cannot provide primary support (hands cannot be under the foot of the top person). The spotter shall be in a position to prevent injury of the head, neck, and back areas.
- ◆ **Stunts/Pyramids**-Any skill in which one or more persons are supported by one or more persons. Pyramids are multiple stunts.
- ◆ **Suspended Roll**-Involves head-over-heels rotation with the rotating individual having both hands in continuous hand-to-arm/arm contact with the base(s).
- ◆ **Top Person**-the person on top of a partner stunt.
- ◆ **Tosses**-(*Prohibited*) A throwing motion by the base(s) to increase the height of the top person with the top person becoming free of contact with the base.
- ◆ **Tumbling**-Includes rolls (forward/backward) inverted extended skills (cartwheels, handstands, handsprings, etc.) airborne flips and twists.
- ◆ **Twist**-A vertical plane rotation.
- ◆ **Vault**-A stunt in which the hands of the tip person are used to assist in clearing a base(s), individual, or prop(s).

Jefferson Parish Government



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