2019
ICU World Cheerleading Championships
ICU Junior World Cheerleading Championships

General Information
Divisions Rules & Regulations
(Tentative: 31 August 2018)

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General Information

The International Cheer Union (ICU) will host the 2019 ICU Junior World Cheerleading Championships and 2019 ICU World Cheerleading Championships Wednesday through Friday 24-26 April 2019 at the **ESPN Wide World of Sports®** Complex. Since many countries converge to Florida this weekend; expense, time and highest anticipated national participation was the criteria in this decision. Many athletes and coaches will participate in the ICU World Cheerleading Championships; then will also have their athletes perform at the IASF Cheerleading Worlds Saturday, Sunday & Monday.

I. Tentative Schedule of Events

Wednesday 24 April 2019
- ICU Junior World Cheerleading Championships Welcome, Competition & Awards
- ICU World Championship Opening Ceremonies
- ICU VIP Reception & Athlete Cultural Exchange

Thursday 25 April 2019
- ICU World Cheerleading Championships Semi-Finals
- ICU World Cheerleading Championships ParaCheer, Special Abilities Divisions Finals & Awards

Friday 26 April 2019
- ICU World Cheerleading Championship Finals & Awards
- ICU World Cheerleading Championships Closing Ceremonies

Saturday-Monday 27 - 29 April 2019
- Club Worlds Championships
- Club Worlds Block Party (Monday)

II. Junior World Championships Divisions (6 total):

A). Team Cheer (4 divisions)
Based on the objectives of growth for existing and emerging nations, the 2019 ICU Junior World Cheerleading Championships will offer 2 levels of cheerleading for the Coed & All Girl divisions.
Nations can select one of the following All Girl Divisions:
1. All Girl Advanced (equivalent to Level 4)
2. All Girl Elite (equivalent to Level 5)
Nations can select one of the following Coed Divisions:
3. Coed Advanced (equivalent to Level 4)
4. Coed Elite (equivalent to Level 5)
Note: Each nation can enter one (1) All Girl Division (Advanced or Elite) and one (1) Coed Division (Advanced or Elite). The nation that wins either the All Girl Advanced Division or Coed Advanced Division at the 2019 Junior World Championships – will be required to compete in the 2020 Junior World Cheerleading Championships Elite Division within the All Girl or Coed Division respectfully.

B). Team Performance Cheer (2 divisions)
Based on the idea of participation and global representation, the 2019 ICU Junior World Cheerleading Championships will offer the following divisions - each nation can have only one (1) entry per nation per division:
1. Team Cheer Hip Hop
2. Team Cheer Freestyle Pom
Notes: All divisions are available to all nations. Crossover of teams into each category is allowed as needed for each country.

III. World Championships Divisions (17 total):

A). Team Cheer (8 divisions)

Based on the objectives of growth for existing and emerging nations, the 2019 ICU World Cheerleading Championships will offer 2 levels of cheerleading for the Coed & All Girl divisions.

Nations can select one of the following All Girl Divisions:

1. All Girl Elite (equivalent to Level 5)
2. All Girl Premier (equivalent to Level 6)

Nations can select one of the following Coed Divisions:

1. Coed Elite (equivalent to Level 5)
2. Coed Premier (equivalent to Level 6)

Note: Each nation can enter one (1) All Girl Division (Elite or Premier) and one (1) Coed Division (Elite or Premier). The nation that wins either the All Girl Elite Division or Coed Elite Division at the 2019 World Championships – will be required to compete in the 2020 World Cheerleading Championships Premier Division within the All Girl or Coed Division respectfully.

5. ParaCheer Unified Median (equivalent to Level 3, males/females, no basket tosses - with ParaCheer rule modifications)
6. ParaCheer Unified All Girl Advanced (equivalent to Level 4, no basket tosses - with ParaCheer rule modifications)
7. ParaCheer Unified Coed Advanced (equivalent to Level 4, no basket tosses - with ParaCheer rule modifications)

Note: ParaCheer Unified National Teams must comprise of 25% or more athletes with disabilities per team

8. Special Abilities Unified Intermediate (equivalent to Level 2, no tosses- with Special Abilities rule modifications)*

Note: Special Abilities Unified National Teams must comprise of 50% or more athletes with intellectual disabilities per team*

The ICU reserves the right to split the Special Abilities Unified Divisions into Special Abilities Unified (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each divisions composition requirements.

B). Team Performance Cheer (7 divisions)

Based on the idea of participation and global representation, the 2019 ICU World Cheerleading Championships will offer the following divisions - each nation can have only one (1) entry per nation per division:

1. Team Cheer Hip Hop
2. Team Cheer Freestyle Pom
3. Team Cheer Jazz

Notes: All divisions are available to all nations. Crossover of teams into each category is allowed as needed for each country.

4. ParaCheer Unified Team Cheer Hip Hop
5. ParaCheer Unified Team Cheer Freestyle Pom

Note: ParaCheer Unified National Teams must comprise of 25% or more athletes with disabilities per team

6. Special Abilities Unified Team Cheer Hip Hop*
7. Special Abilities Unified Team Cheer Freestyle Pom*

Note: Special Abilities Unified National Teams must comprise of 50% or more athletes with intellectual disabilities per team*

The ICU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each division's composition requirements.

C). Team Performance Cheer Doubles (2 divisions)

Reflective of the ICU Team Cheer divisions in each discipline (rules & score sheets), the following are based on the ICU initiative of global participation opportunities for athletes, as well as global development of cheer around the world. All divisions are available to all nations who wish to participate:

1. Doubles Team Cheer Hip Hop (2 athletes)
2. Doubles Team Cheer Freestyle Pom (2 athletes)

Note: Each nation can only have one (1) entry per nation per division.

IV. Time of Routine- JWC & WC Divisions

A). Team Cheer - Coed, All Girl, ParaCheer Unified, Special Abilities (Unified & Traditional):

1. Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds. Maximum time between Cheer and Music portion: Twenty (20) seconds.
2. Music portion: Two minutes, thirty seconds (2:30)

B). Team Performance Cheer - Hip Hop, Freestyle Pom, Jazz, ParaCheer Unified Hip Hop & Freestyle Pom, Special Abilities (Unified & Traditional) Hip Hop & Freestyle Pom:
1. Music portion: Two minutes, fifteen seconds (2:15)

C). Team Performance Cheer - Doubles Team Cheer Hip Hop, Doubles Team Cheer Freestyle Pom:
1. Music portion: One minute, thirty seconds (1:30)

V. Cheer Portion of Routine- JWC & WC Divisions

(Team Cheer Coed, All Girl Divisions, ParaCheer Unified Median & Advanced and Special Abilities Intermediate Only)
Based on importance of separation of cheerleading from other sports; making it a unique sport globally, a cheer will be included in the beginning or middle of routine. Use of native language (including sign language, especially for ParaCheer Divisions) in the cheer, and also using a more national pride style cheer is encouraged. The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd for the team's nation, use of signs, poms, flags, megaphones and practical use of stunt/pyramids to lead the crowd. Video examples can be provided; again, native language (including sign language) is encouraged.

VI. Team Size/Number of athletes per team- JWC & WC Divisions

Objective is to best represent global cheerleading in its present status allow best size to form the best routines, without creating a financial barrier for emerging nations.
1. Team Cheer – Coed, All Girl Divisions, ParaCheer Unified Median & Advanced, Special Abilities Intermediate:
   Minimum 16 athletes, maximum 24 athletes
2. Team Performance Cheer - Hip Hop, Freestyle Pom, ParaCheer Unified Hip Hop, ParaCheer Unified Freestyle Pom, Special Abilities Hip Hop, and Special Abilities Freestyle Pom:
   Minimum 16 athletes, maximum 24 athletes
3. Team Performance Cheer- Team Cheer Jazz:
   Minimum 18 athletes, maximum 24 athletes
4. Team Performance Cheer - Doubles Team Cheer Hip Hop, Doubles Team Cheer Freestyle Pom:
   Two (2) athletes

VII. Age of Athlete- Junior World Cheerleading Championships

1. **Team Cheer All Girl & Coed Advanced Divisions** (equivalent to Level 4)**:**
   12-16 years of age within the year of the Junior World Championships
2. **Team Cheer All Girl & Coed Elite Divisions** (equivalent to Level 5)**:**
   12-16 years of age within the year of the Junior World Championships
3. **Team Performance Cheer Hip Hop, Freestyle Pom Divisions**
   12-16 years of age within the year of the Junior World Championships

Note: As a guideline for all teams, JWC athletes born on or between 1 January 2002 - 31 December 2007 would be age eligible for the 2019 Junior World Championships. Any team proven to be in violation of the age requirements will be automatically disqualified. Crossovers between all ICU Divisions and between JWC and WC are permitted.

VIII. Age of Athlete- World Cheerleading Championships

1. **Team Cheer Special Abilities Intermediate Divisions** (equivalent to Level 2*)**:**
   *(*Note: Special Abilities Divisions do not allow tosses and Special Abilities general rule modifications apply)*
   12 years or older within the year of the World Championships
2. **Team Cheer ParaCheer Unified Median & Advanced Division** (equivalent to Level 3 & Level 4 respectfully*)**:**
   *(*Note: ParaCheer Divisions do not allow basket tosses and ParaCheer general rule modifications apply)*
   14 years or older within the year of the World Championships
3. **Team Cheer All Girl & Coed Elite Divisions** (equivalent to Level 5)**:**

14 years or older within the year of the World Championships

4. **Team Cheer All Girl & Coed Premier Divisions** (equivalent to Level 6)**:**
   15 years or older within the year of the World Championships
5. **Team Performance Cheer Hip Hop, Freestyle Pom, Jazz, ParaCheer Unified Hip Hop & Freestyle Pom Divisions:**
   14 years or older within the year of the World Championships
6. **Team Performance Cheer Doubles Hip Hop, Doubles Freestyle Pom Divisions:**
   14 years or older within the year of the World Championships

Note: This age range best represents cheerleading on the global status for national team competition; however, all federations can adjust their own team age ranges to be more restrictive than the World Championship parameters as needed. With the exception of the Junior World Championships divisions, there is no set maximum age. Any team proven to be in violation of the age requirements will be automatically disqualified. Crossovers between all ICU Divisions and between JWC and WC are permitted.

IX. Performance Surface

1. **Team Performance Cheer -Hip Hop, Freestyle Pom, Jazz; ParaCheer Unified Hip Hop & Freestyle Pom; Special Abilities Unified/Traditional Hip Hop & Freestyle Pom; and Doubles Divisions:** Marley performance floor or a wooden parquet floor surface. (minimum surface area of 42 feet x 42 feet or 12.8 meters x 12.8 meters)
2. **Team Cheer- Coed, All Girl, ParaCheer Unified Median/Advanced & Special Abilities Unified/Traditional Intermediate Divisions:** No spring floor, standard foam mat surface. (9 strips/42 feet x 54 feet or 12.8 meters x 16.5 meters). Note: For the reason of accessibility, cost, and ICU objective of grassroots growth of cheerleading within every nation, a standard foam mat was selected for the Team Cheer All Girl, Coed, ParaCheer and Special Abilities Divisions.

X. Cross-Overs (athletes participating in multiple divisions)

Based on the number of national teams anticipated in the 2019 ICU World Cheerleading Championships, crossovers between divisions and categories will be allowed within the ICU National Team Championships, and ICU athletes may also compete in the IASF Club World Championships. Within the USASF/IASF Worlds event specifically, crossovers are not allowed.

XI. Residence of Athletes

All athletes are required to be a minimum of six (6) month consecutive permanent resident of their respective nation on the 2019 World Championships date of competition.

XII. ICU Anti-Doping Rules and Regulations- Guidelines and Operations Procedures

The ICU is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.
http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf

XIII. ICU Rules and Regulations against Illegal Betting and Competition Fixing

The ICU is committed to fair play for our athletes and the integrity of the sport, and follows rules and regulations in the fight against illegal betting and competition fixing.
http://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Rules_Competition-Fixing.pdf

XIV. ICU Privacy Polices

The ICU is committed to your privacy. ICU's Privacy Policies: http://cheerunion.org/contact/privacypolicy/

XV. ICU Safeguarding Policies

The ICU is committed to safeguarding our Athletes. ICU Safeguarding Policies and additional information:
https://hub.olympic.org/athlete365/safeguarding/#_ga=2.139526064.209378063.1523784781-113022897.1496863032,
http://cheerunion.org/education/coach/ & http://cheerunion.org/about/bureau/

2019 ICU World Cheerleading Championships
2019 ICU Junior World Cheerleading Championships
TEAM CHEER DIVISIONS RULES & REGULATIONS
Team Cheer Coed, All Girl, ParaCheer Unified & Special Abilities Divisions

I. GENERAL RULES
1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

II. TOURNAMENT
1. The event will take place on Wednesday 24 April 2019 to Friday 26 April 2019 in Orlando Florida.
   Wednesday 24 April 2019
   ICU Junior World Championships & Awards
   ICU World Championships Opening Ceremonies
   Thursday 25 April 2019
   ICU ParaCheer World Championships, Special Abilities World Championships & Awards
   ICU World Championships Semi-Finals
   Friday 26 April 2019
   ICU World Championships Finals & Awards
2. The competition is scheduled to be held at the ESPN Wide World of Sports ® Complex.
3. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. HOW TO HANDLE PROCEDURAL QUESTIONS
A. **RULES & PROCEDURES —**Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. **PERFORMANCE —** Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. SPORTSMANSHIP
All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

V. INTERRUPTION OF PERFORMANCE
A. UNFORSEEN CIRCUMSTANCES
1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. FAULT OF TEAM
1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

C. INJURY
1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.

2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
4. The injured participant that wishes to perform may not return to the competition floor unless:
   a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
   b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
   c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
   d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

VI. INTERPRETATIONS AND/OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

VIII. SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, the ICU World Cheerleading Championships will provide spotters for all rehearsal and competition floors. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

IX. MUSIC

1. For the 2019 ICU World Championships and Junior World Championships, all National Teams will have the choice of following the USA Cheer (www.usacheer.net) or ICU (www.cheerunion.org) Music Copyrights Educational Initiative.
2. I have read and understand the USA Cheer or ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with the written license from the owner(s) of the sound recordings.
3. Teams must be able to provide proof of licensing during the registration at the Championships.
4. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by the ICU) or can count verbally.
5. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition.
6. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
7. A challenge can only be made by the official coach or an official National Federation representative of a team competing at the event at where the challenge is being made.
8. Challenge Process:
   a. All music challenges must be submitted in writing to the International Cheer Union head official.
   b. There will be a $100 USD fee to request a music challenge and must be in the form of USA currency.
   c. Fees collected will be returned if the challenge is correct.
   d. If the team challenged can provide documentation during the event or can be verified, the fees will be donated to a local children's charity, St. Jude Children's Research Hospital.
   e. If the team challenged can provide documentation that requires further review, a

decision will be finalized within 48 hours of the event.

9. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for start the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched so there is no skip while playing.

10. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

X. GENERAL SAFETY RULES

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. *Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.*
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, poms, megaphones and pieces of cloth are the only props allowed (Exception: ParaCheer & Special Abilities mobility/support devices). Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

10. Supports, braces and soft casts that are unaltered from the manufacturer's original design/production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch/1.27 centimeters thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses.
Exception: Within the ICU ParaCheer Divisions and Special Abilities Divisions, a mobile assistance and support devices in use to assist the athlete are considered part of the athlete. In these cases, X.10 does not apply.

11. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.

12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.

13. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovas are allowed.
Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.

14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

15. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

16. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

17. For purposes of promotion of international sport and the global athletic image of the Sport of Cheer,

athletes are recommended to compete in national team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position. For purposes of awareness, this is only a recommendation for 2019.

ICU SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION RULES
SPECIFIC DIVISION CRITERIA

A. All ICU general rules and guidelines, as well as routine requirements apply.
B. All Special Abilities Unified National Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
C. All Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.
   NOTE: The ICU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each division's composition requirements.
D. All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant for safety purposes. Should the Coach or Assistant assist in the skill, directly or indirectly (for safety reasons), while spotting the skill- a reduced point value will be reflected in the team score for the respective category based on the level of assistance provided.
E. Tosses are not allowed.
F. Spotted and assisted tumbling is not allowed in Competition; however, spotted and assisted tumbling is allowed in Exhibition performances.
G. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
H. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa);

however, Assistants may not wear a Cheerleading or Performance Cheer uniform during the routine.
I. Assistants shall wear athletic shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
J. Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner within a specific category (e.g. tumbling, partner stunts, pyramids, etc.) must not exceed the difficulty of a comparable skill or a skill within the same category performed by an athlete with an intellectual disability, unless an athlete with an intellectual disability is part of the skill (e.g. a partner stunt group, pyramid, etc.), and compliant with the rules detailed herein.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION
GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.
   Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
   Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
   Clarification: An individual may jump over (rebound) another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are allowed:
   Exception 1: Dive rolls performed in a swan/arched position are not allowed.
   Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.
Example: A back handspring step out immediately moving into a ½ turn is not allowed.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION
STANDING TUMBLING
A. Flips and aerials are not allowed.
B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
C. Jump skills in immediate combination with handspring(s) is not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
D. No twisting while airborne.
Exception: Round offs are allowed.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION
RUNNING TUMBLING
A. Flips and aerials are not allowed.
B. Series front and back handsprings are allowed.
C. No twisting while airborne.
Exception: Round offs are allowed.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION STUNTS
A. Spotters:
   1. A spotter is required for each top person above prep level.
   2. A spotter is required for each top person in a floor stunt.
   Clarification: The spotter may grab the top person's waist in a floor stunt.
B. Stunt Levels:
   1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
   Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.

Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.
C. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.
Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.
Clarification 2: A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.
Clarification 3: A log/barrel roll may be assisted by another top person.
D. During transitions, at least one base must remain in contact with the other top person.
E. Free flipping or assisted flipping stunts and transitions are not allowed.
F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is underlineseparate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception: An individual may jump over another individual.
G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

I. **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION Stunts-Release Moves**

1. No release moves are allowed other than those allowed in Special Abilities (Unified & Traditional) Intermediate Division "Dismounts"; and "Tosses" are not allowed.

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Dismount "C".

4. Releasing from inverted to non-inverted body positions is not allowed.

5. Helicopters are not allowed.

6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.
Clarification 2: A log/barrel roll may not be assisted by another top person.
Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.
Example: No kick full twists.

7. Release moves may not intentionally travel.

8. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION Stunts-Inversions**

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.
Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).

Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION PYRAMIDS

A. Pyramids must follow Special Abilities (Unified & Traditional) Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Abilities (Unified & Traditional) Intermediate Division "Dismount" rules.

C. Extended stunts may not brace or be braced by any other extended stunts.

D. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.

E. Extended single-leg stunts:

1. Extended single-leg stunts must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.

2. The connection must be made prior to initiating the extended single leg stunt.

3. Prep level top persons must have both feet in the bases' hands.
Exception: Prep level top persons do not have to have both feet in the bases' hands if the top

person is in a shoulder sit, flat back, straddle lift or shoulder stand.

SPECIAL ABILITIES (UNIFIED AND TRADITIONAL) INTERMEDIATE DIVISION DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to the original base(s):
   Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
   Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
   Clarification: An individual may not land on the performance surface from above waist level without assistance.
D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
E. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions/additional skills are not allowed.
   Example: Toe touch, pike, tuck, etc. positions /additional skills are not allowed in the dismount.
F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
G. Cradles from extended single-leg stunts in pyramids are allowed
H. No free flipping or assisted flipping dismounts are allowed.
I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.

SPECIAL ABILITIES (UNIFIED AND TRADITIONAL) INTERMEDIATE DIVISION TOSSES

A. Tosses are not allowed.
   Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.

Clarification 2: All waist level cradles are not allowed.

ICU PARACHEER UNIFIED DIVISION RULES
SPECIFIC DIVISION CRITERIA

A. All ICU general rules and guidelines, as well as routine requirements apply.
B. All ParaCheer Unified National Teams must be comprised of a minimum 25% or more ParaCheer Athletes per team.
   Clarification: ParaCheer Athlete qualification is subject to respective ICU general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested. (Please see XI. PARACHEER QUALIFICATION & CLASSIFICATION GUIDELINES for more information)
C. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface) for safety.
   Clarification For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.
D. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
E. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
F. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended beyond the elbow to adequately assist with the skill.
G. Release moves and dismounts may be caught by individuals who were not the original base(s) if the

main base(s) are not capable of catching and/or cradling the skill.

H. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid.
Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.

I. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.

J. Basket tosses are not allowed.

PARACHEER UNIFIED MEDIAN DIVISION
GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the "prop" is mobility equipment for a ParaCheer athlete.
Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility equipment for a ParaCheer athlete.

D. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in ParaCheer Unified Median/L3 performs a round off - toe touch - back handspring- back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the ParaCheer Unified Median/L3 Standing Tumbling regulations.

PARACHEER UNIFIED MEDIAN DIVISION
STANDING TUMBLING

A. Flips are not allowed.
Clarification: Jumps connected to ¾ front flips are also not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.
Exception: Round offs are allowed.

PARACHEER UNIFIED MEDIAN DIVISION
RUNNING TUMBLING

A. Flips must follow the enclosed conditions:
1. Back flips may ONLY be performance in tuck position only from a round off or round off back handspring(s). Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.
3. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
4. Aerial cartwheels, running front tucks, and ¾ front flips are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

B. No tumbling is allowed after a flips or an aerial cartwheel.
Clarification: If any tumbling follows a flip or an aerial cartwheel, at least 1 step into the next tumbling skills must be included to separate the 2 passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athletes finishes the skill with both feet together, then 1 step is all that is needed to create a new tumbling pass.

C. No twisting is allowed while airborne.
Exception: Round offs are allowed.

Exception: Aerial cartwheels are allowed.

PARACHEER UNIFIED MEDIAN DIVISION STUNTS

A. A spotter is required for each top above prep level.
B. Single leg extended stunts are allowed.
C. Twisting stunts and transitions are allowed up to 1 twisting rotation by the top person in relation to the performance surface.
   Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Full twisting transitions must land at and original from prep level or below only.
   Example: No full ups (1 twist or more) to an extended position.
E. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
   Clarification: A twist performed with an additional turn by the bases performed in the same level set, would be not allowed not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation.
F. During stunts and transitions, at least 1 base must remain in contact with the top person.
   Exception: See "Release Moves".
G. Free flipping mounts and transitions are not allowed.
H. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
   Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
   Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the if the stunt or pyramid is _separate_ or not.
   Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

I. Single based split catches are not allowed.
J. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.
K. **PARACHEER UNIFIED MEDIAN DIVISION Stunts-Release Moves**
   1. Release moves are allowed but must not exceed extended arm level.
      Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
   2. Release moves may not land in an inverted position. Releasing from an inverted to non-inverted position is not allowed.
   3. Release moves must start at waist level or below and must be caught at prep level or below.
   4. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
   5. Release moves are restricted to 1 skill/trick and 0 twists. Only skills performed during the release attribute to the 1 skill/trick and 0 twists limitation. Therefore; placement to an immediate body position would not be considered a skill.
      Exception: Log/barrel rolls may twist up to 1 rotation and must land in a cradle., or a flat and horizontal body position. (i.e. Flat back or prone position)
      Clarification: Single based log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.
   6. Release moves must return to original bases, unless the original base(s) are not physically

capable of catching the release move as designated.

Clarification: An individual may not land on the performing surface without assistance.

Exception 1: See ParaCheer Median Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.
    Exception: Dismounting single based stunts with multiple top persons.

L. **PARACHEER UNIFIED MEDIAN DIVISION Stunts-Inversions**

1. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.
   Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a separate hand of the base(s).
2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.
   Exception (a): A multi-based suspended forward roll may twist up to 1 full twisting rotation (See #1 Exception above). A Forward Suspended Roll exceeding a ½ twist must land in a cradle.
   Exception (b): In a multi-based suspending backward roll, the top person may not twist.
3. Downward inversions are allowed at waist level and must be assisted by at least 2 bases/catchers positioned at the waist to should level to protect the head and shoulder area. The top person must maintain contact with the original base.
   Clarification 1: The stunt may not pass through prep level and then become inverted below prep

level or below. (The momentum of the top person coming down is the primary safety concern.)
Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
Clarification 3: Two-leg Pancake stunts are not allowed in the ParaCheer Unified Median Division.

4. Downward inversions may not come into contact with each other.

M. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

PARACHEER UNIFIED MEDIAN DIVISION PYRAMIDS

A. Pyramids must follow ParaCheer Unified Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
B. Top persons must receive primary support from a base.
   Exception: See ParaCheer Unified Median "Pyramid Release Moves"
C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
D. No stunt or pyramid may move over or under another separate stunt, pyramid, or individual.
   Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
   Example: A shoulder sit walking under a prep is not allowed.
E. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at lease 1 bracer at prep level or below and at least 1 base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiating of the skill and must remain in contact throughout the skill. A Hand/arm connection does not include the shoulder.
F. **PARACHEER UNIFIED MEDIAN DIVISION PYRAMIDS - Release Moves**

Any skill allowed as a ParaCheer Unified Median Division Release Move is also allowed if it remains connected to a base and 2 bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following 6 rules, the top person must land in a cradle or dismount to the performance surface and must follow the ParaCheer Unified Median Division dismount rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.
Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least 2 bracers at prep level or below with an arm/arm connection. The connections must be made prior to the initiation of the skill and must remain in contact throughout the skill.
Clarification 2: ParaCheer Unified Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the ParaCheer Unified Median Division "Stunt Release Moves" or "Dismounts" criteria.

2. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these top person contacts must be in a hand/arm to hand/arm connection; the other may be either in a hand/arm to hand/are connections or in a hand/arm to foot/lower leg (below the knee) connection.
Clarification 1: Pyramid Release Moves must be braced on 2 different sides (e.g. right side/left side or left side/back side, etc.) by 2 separate bracers. (Example: 2 bracers on the same arm is not allowed.) A top person must be braced on 2 of the 4 sides (front, back, right, or left) of her/his body.
Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.

3. Primary weight may not be borne at the 2ⁿᵈ level.

Clarification: The transition must be continuous.

4. These release transitions may not involve changes bases.
5. These transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced / connected to the top persons above prep level.

G. **PARACHEER UNIFIED ADVANCED DIVISIOIN Pyramids-Inversions**
   1. Must follow ParaCheer Unified Median Division "Stunt Inversions" rules.
   2. A top person may ass through an inverted position during a pyramid position IF the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and also a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base(s) that remains in contact with the top person may extend their arms during the transition if the skills starts and ends in a position at prep level or below.
   Example 1: A flat back split that roles to a load in position is allowed even if the base(s) extends their arms during the inversion skill.
   Example 2: A flat back that rolls into an extended position is not allowed because the skill did not first land in a position below the extended level.

H. **PARACHEER UNIFIED MEDIAN DIVISION Pyramids-Release Moves w/ braced inversions**
   1. Pyramid transitions may involve inversions while released from the bases.

PARACHEER UNIFIED MEDIAN DIVISION DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles, and ¼ turns are allowed from any single (1 leg) stunt.

E. Up to a 1 ¼ twisting rotations are allowed from all 2 - leg stunts.
Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the ParaCheer Unified Median Division "Stunts" regarding Twisting Stunts and Transitions specifically.

F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
Exception: If the "prop" is a mobile device of a ParaCheer athlete, then it is allowed.

G. Up to 1 trick is allowed during a dismount from any 2 leg stunt.

H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.

I. No free flipping dismounts allowed.

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

L. Tension drops/rolls of any kind are not allowed.

M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

N. Dismounts from an inverted position are not allowed.

PARACHEER UNIFIED MEDIAN DIVISION TOSSES

A. Basket Tosses are not allowed.

PARACHEER UNIFIED ADVANCED DIVISION GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the "prop" is mobility equipment for a ParaCheer athlete.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility equipment for a ParaCheer athlete.

D. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in ParaCheer Unified Advanced/L4 performs a round off - toe touch - back handspring- whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the ParaCheer Unified Advanced/L4 Standing Tumbling regulations.

PARACHEER UNIFIED ADVANCED DIVISION

STANDING TUMBLING

A. Standing flips and flips from a back handspring entry are allowed.
B. Skills are allowed up to 1 flipping and 0 twisting rotations.
   Exception: Aerial cartwheels and Onodis are allowed.
C. Consecutive flip-flip combinations are not allowed.
   Example: Back tuck – back tuck, back tuck – punch front are not allowed.
D. Jump skills are not allowed in immediate combination with a standing flip.
   Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
   Clarification 1: Jumps connected to ¾ front flips are not allowed.
   Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skills.

PARACHEER UNIFIED ADVANCED DIVISION RUNNING TUMBLING

A. Skills are allowed up to 1 flipping and 0 twisting rotations.
   Exception: Aerial cartwheels and Onodis are allowed.

PARACHEER UNIFIED ADVANCED DIVISION STUNTS

A. A spotter is required for each top above prep level.
B. Single leg extended stunts are allowed.
C. Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations by the top person in relation to the performance surface.
   Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Twisting stunts and transitions to an extended position are allowed under the following conditions:
   1. Extended skills up to a ½ twist are allowed.
      Example: A ½ up to extended single leg stunt is allowed.

Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

   2. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).
      Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.
      Clarification 1: An extended platform position must be visibly held prior to executing a single leg (1 leg) stunt other than a liberty.
      Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
E. During transitions, at least 1 base must remain in contact with the top person.
   Exception: See "Release Moves".
F. Free flipping mounts and transitions are not allowed.
G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
   Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
   Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt or a stunt may move over an individual.

H. Single based split catches are not allowed.

I. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.

J. **PARACHEER UNIFIED ADVANCED DIVISION Stunts-Release Moves**

1. Release moves are allowed but must not exceed extended arm level.
    Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.

4. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.
    Clarification: An individual may not land on the performing surface without assistance.
    Exception 1: See ParaCheer Advanced Division Dismount "C".
    Exception 2: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

8. Release moves may not intentionally travel.

9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

10. Top persons in separate release moves may not come in contact with each other.
    Exception: Dismounting single based stunts with multiple top persons.

K. **PARACHEER UNIFIED ADVANCED DIVISION Stunts-Inversions**

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."

2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
    Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
    Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
    Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
    Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.
    Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
    Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.

3. Downward inversions must maintain contact with an original base.
    Exception: Side rotating downward inversions.

Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come into contact with each other.
L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

PARACHEER UNIFIED ADVANCED DIVISION PYRAMIDS

A. Pyramids must follow ParaCheer Unified Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
B. Top persons must receive primary support from a base.
Exception: See ParaCheer Unified Advanced "Pyramid Release Moves"
C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is <u>*separate*</u> *or not.*
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt or a stunt may move over an individual.
E. Any skill that is allowed as a ParaCheer Unified Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).
Example: An extended Pancake would be required to remain connected to 2 bracers.

F. **PARACHEER UNIFIED ADVANCED DIVISION PYRAMIDS - Release Moves**
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.
Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Exception: While a tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for ParaCheer Unified Advanced Division "Stunts", the same skill is allowed in ParaCheer Unified Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below.   The top person performing the tic-tock must be braced the entire time during the release from the bases.
Clarification 2: ParaCheer Unified Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the ParaCheer Unified Advanced Division "Stunt Release Moves" or "Dismounts" criteria.
Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.
2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases under the following conditions:
   a. The top person must maintain physical contact with a person at prep level or below.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill).

5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
   a. Both catchers must be stationary**.**
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.

6. Release moves may not be braced / connected to the top persons above prep level.

G. **PARACHEER UNIFIED ADVANCED DIVISIOIN Pyramids-Inversions**
   1. Must follow ParaCheer Unified Advanced Division "Stunt Inversions" rules.

H. **PARACHEER UNIFIED ADVANCED DIVISION Pyramids-Release Moves w/ braced inversions**
   1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
   Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   Clarification 2: Braced flips must be braced on 2 separate sides (i.e. right side - left side, left side-back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right or left) of their body.
   2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.
   3. Braced inversions (including braced flips) may not involve changing bases.
   4. Braced inversions (including braced flips) must be in continuous movement.

5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
   Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
   a. All required catchers / spotters must be stationary.
   b. All required catchers / spotters must maintain visual contact with the top person throughout the entire transition.
   c. The required catchers / spotters may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)

6. Braced inversions (including braced flips) may not travel downward while inverted.

7. Braced inversions (including braced flips) may not come in contact with other stunt / pyramid release moves.

8. Braced inversions (including braced flips) may not be braced / connected to top persons above prep level.

PARACHEER UNIFIED ADVANCED DIVISION DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts must return to the original base(s).
   Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).
   Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Up to a 2 ¼ twisting rotations are allowed from all 2 - leg stunts.
Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the ParaCheer Unified Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.

E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.
Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the ParaCheer Unified Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.

F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
Exception: If the "prop" is a mobile device of a ParaCheer athlete, then it is allowed.

G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts allowed.

I. Dismounts may not intentionally travel.

J. Top persons in dismounts may not come in contact with each other while released from the bases.

K. Tension drops/rolls of any kind are not allowed.

L. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

M. Dismounts from an inverted position may not twist.

PARACHEER UNIFIED ADVANCED DIVISION TOSSES
A. Basket Tosses are not allowed.

ICU ADVANCED DIVISION RULES
ADVANCED DIVISION GENERAL TUMBLING
A. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the

tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Advanced/L4 performs a roundoff - toe touch - back handspring - whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced/L4 Standing Tumbling regulations.

ADVANCED DIVISION STANDING TUMBLING
A. Standing flips and flips from a back handspring entry are allowed.

B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.

C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck – back tuck, back tuck – punch front are not allowed.

D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification 1: Jumps connected to ¾ front flips are not allowed.
Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

ADVANCED DIVISION RUNNING TUMBLING
A. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

ADVANCED DIVISION STUNTS

A. A spotter is required for each top above prep level.
B. Single leg extended stunts are allowed.
C. Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Twisting stunts and transitions to an extended position are allowed under the following conditions:
1. Extended skills up to a ½ twist are allowed.
Example: A ½ up to extended single leg stunt is allowed.
Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
2. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).
Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.
Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.
Clarification 2: Any additional turn performed by the bases in the same skill set would not be

allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

E. During transitions, at least 1 base must remain in contact with the top person.
Exception: See "Release Moves".
F. Free flipping mounts and transitions are not allowed.
G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt or a stunt may move over an individual.
H. Single based split catches are not allowed.
I. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single top persons may not connect to any other extended single leg top person.
J. **ADVANCED DIVISION Stunts-Release Moves**
1. Release moves are allowed but must not exceed extended arm level.
Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

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2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
4. Release moves must return to original bases.
   Clarification: An individual may not land on the performing surface without assistance.
   Exception: See Advanced Division Dismount "C".
   Exception: Dismounting single based stunts with multiple top persons.
5. Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.
    Exception: Dismounting single based stunts with multiple top persons.

K. **ADVANCED DIVISION Stunts-Inversions**
1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
   Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
   Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
   Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
   Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.
   Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
   Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.
3. Downward inversions must maintain contact with an original base.
   Exception: Side rotating downward inversions.
   Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come into contact with each other.

L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ADVANCED DIVISION PYRAMIDS

A. Pyramids must follow Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
   Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
B. Top persons must receive primary support from a base.
   Exception: See "Advanced Pyramid Release Moves"
C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
D. No stunt or pyramid may move over or under another separate stunt or pyramid.

Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is <u>separate</u> of not.

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt or a stunt may move over an individual.

E. Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to 2 bracers.

F. **ADVANCED DIVISION PYRAMIDS - Release Moves**

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

   Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

   Exception: While a tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tic-tock must be braced the entire time during the release from the bases.

   Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division "Stunt Release Moves" or "Dismounts" criteria.

   Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

3. Primary weight may not be borne at the 2nd level.

   Clarification: The transition must be continuous.

4. Non-inverted transitional pyramids may involve changing bases under the following conditions:

   a. The top person must maintain physical contact with a person at prep level or below.

      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

   b. The to person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill).

5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:

   a. Both catchers must be stationary.

   b. Both catchers must maintain visual contact with the top person throughout the entire transition.

6. Release moves may not be braced / connected to the top persons above prep level.

G. **ADVANCED DIVISIOIN PYRAMIDS -Inversions**

1. Must follow Advanced Division Stunt Inversions rules.

H. **ADVANCED DIVISION PYRAMIDS -Release Moves w/ braced inversions**

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

   Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

Clarification 2: Braced flips must be braced on 2 separate sides (i.e. right side - left side, left side-back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right or left) of their body.

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
   Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
   a. All required catchers/spotters must be stationary.
   b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
   c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

ADVANCED DIVISION DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to the original base(s).
   Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).
   Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
   Clarification: An individual may not land on the performing surface from above waist level without assistance.
D. Up to a 2 ¼ twisting rotations are allowed from all 2- leg stunts.
   Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.
E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.
   Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.
F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
H. No free flipping dismounts allowed.
I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.
L. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
M. Dismounts from an inverted position may not twist.

ADVANCED DIVISION TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
B. Tosses must be performed with all bases having their feet on the performing surface and must land

in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
Exception: A ½ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

F. Up to 2 tricks are allowed during a toss.
Example: Kick full, full up toe touch.

G. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.

H. Tosses may not exceed 2 ¼ twisting rotations.

I Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.

J. Only a single top person is allowed during a toss.

ICU ELITE DIVISION RULES
ELITE DIVISION GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Novice/L1 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

ELITE DIVISION STANDING TUMBLING
A. Skills are allowed up to 1 flipping and 1 twisting rotation.

ELITE DIVISION RUNNING TUMBLING
A. Skills are allowed up to 1 flipping and 1 twisting rotation.

ELITE DIVISION STUNTS
A. A spotter is required for each top above prep level.

B. Single leg extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Free flipping stunts and transitions are not allowed.

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. **ELITE DIVISION Stunts-Release Moves**
1. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.
Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases'

extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches/46 centimeters, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist.
   Exception: Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.

4. Release moves must return to original bases.
   Clarification: An individual may not land on the performance surface without assistance.
   Exception 1: See Elite Division Dismount "C".
   Exception 2: Dismounting single based stunts with multiple top persons.

5. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

6. Release moves may not intentionally travel.

7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

8. Top persons in separate release moves may not come in contact with each other.
   Exception: Dismounting single based stunts with multiple top persons.

H. **ELITE DIVISION Stunts-Inversions**
1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."

2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
   Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
   Clarification 2: Downward inversion originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)
   Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.
   Exception: The original base may lose contact with the top person when it becomes necessary to do so.
   Example: Cartwheel-style transition dismounts.

4. Downward inversions from above prep level:
   a. May not stop in an inverted position.
      Example: A cartwheel roll off would be legal because the top person is landing on their feet.
      Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
   b. May not land on or touch the ground while inverted.
      Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.

5. Downward inversions may not come in contact with each other.

I. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ELITE DIVISION PYRAMIDS

A. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
B. Top persons must receive primary support from a base.
Exception: See Elite Division "Pyramids Release Moves".
C. **ELITE DIVISION Pyramids- Release Moves**
   1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below.   Contact must be maintained with the same bracer throughout the entire transition.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   2. Primary weight may not be borne at the 2nd level.
   Clarification: The transition must be continuous.
   3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
      a. Both catchers must be stationary.
      b. Both catchers must maintain visual contact with the top person throughout the entire transition.
   4. Non inverted transitional pyramids may involve changing bases. When changing bases:
      a. The top person must maintain physical contact with a person at prep level or below.
      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
      b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
   5. Release moves may not be braced / connected to the top persons above prep level.
D. **ELITE DIVISION Pyramids-Inversions**
   1. Must follow Elite Division "Stunt Inversions" rules.

E. **ELITE DIVISION Pyramids-Release moves w/ braced inversions**
   1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
   Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.
   3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flat back, prone) and doesn't exceed 1 twisting rotation.
   Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.
   4. Inverted transitional pyramids may involve changing bases.
   5. Braced inversions (including braced flips) must be in continuous movement.
   6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
   Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
      a. The 3 catchers/spotters must be stationary.
      b. The 3 catchers spotters must maintain visual contact with the top person throughout the entire transition.
      c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
   7. All braced inversions (including braced flips) that twist (including ¼ twist or more) must be

caught by at least 3 catchers. All 3 catchers must make contact during the catch.

   a. The catchers must be stationary.

   b. The catchers must maintain visual contact with the top person throughout the entire transition.

   c. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The <u>dip</u> to throw the top person is considered the initiation of the skill.)

8. Braced inversions (including braced flips) may not travel downward while inverted.

9. Braced flips may not come in contact with other stunt/pyramid release moves.

10. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

ELITE DIVISION DISMOUNTS

Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performance surface.

A. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Up to a 2 ¼ twisting rotations are allowed from all stunts.

E. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.

F. No free flipping dismounts allowed.

G. Dismounts may not intentionally travel.

H. Top persons in dismounts may not come in contact with each other while released from the bases.

I. Tension drops/rolls of any kind are not allowed.

J. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

K. Dismounts from an inverted position may not twist.

ELITE DIVISION TOSSES

A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.

B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.
Example: No intentional traveling tosses.
Exception: A ½ turn is allowed by bases as in a kick full basket.

C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.

D. Flipping, inverted or traveling tosses are not allowed.

E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

F. Up to 2 ½ twisting rotations allowed.

G. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.

H. Only a single top person is allowed during a basket toss.

ICU PREMIER DIVISION RULES
PREMIER DIVISION GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.
Exception 1: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before

continuing into the hip-over head transition or stunt.

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round–off or standing back handspring are permitted.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.

PREMIER DIVISION STANDING/RUNNING TUMBLING

A. Skills are allowed up to 1 flipping and 1 twisting rotations.

PREMIER DIVISION STUNTS

A. A spotter is required:
   1   During one- arm (1 arm) stunts above prep level, other than cupies or liberties.
   Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
   2. When the load/transition involves:
      a. A release move with a twist greater than 360 degrees.
      b. A release move with an inverted position landing at prep level or below.
      c. A free flip.
   3. During stunts in which the top person is in an inverted position above prep level.
   4. When the top person is released from above ground level to a one-arm (1 arm) stunt.

B. Stunt levels:
   1. Single leg (1 leg) extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs

in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

D. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.
Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.
Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. **PREMIER DIVISION Stunts-Release Moves**
   1. Release moves are allowed but must not exceed more than 18 inches / 46 centimeters above extended arm level.
   Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.
   2. Release moves may not land in an inverted position.
   3. Release moves must return to original bases.
   Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.
   Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunts with multiple top persons.
   Clarification: An individual may not land on the

performing surface without assistance from above waist level.

4. Helicopters are allowed up to a 180 degree rotation must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exception in #3 above.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
7. Top persons in separate release moves may not come in contact with each other.
   Exception: Single based stunts with multiple top persons.

H. **PREMIER DIVISION Stunts -Inversions**
1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

PREMIER DIVISION PYRAMIDS
A. Pyramids are allowed up to 2 ½ high.
B. For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
   Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.
C. Free-flying mounts originating from ground level may not originate in a handstand position, and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
   Clarification: Free-flying mounts may not significantly exceed the height of the intended skill

and may not pass over, under or through other stunts, pyramids or individuals.

D. **PREMIER DIVISION Pyramids–Release Moves**
1. During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:
   a. Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e. tower tick-tocks)
   b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

E. **PREMIER DIVISION Pyramids-Inversions**
1. Inverted stunts are allowed up to 2 ½ persons high.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

F. **PREMIER DIVISION Pyramids–Release Moves w/ Braced Inversions**
1. Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
   Exception: Braced inversions to 2 ½ high pyramids may be caught by 1 person.
3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:
   a. The base/spotter must be stationary.
   b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
   c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated.
      (The dip to throw of the top person is considered the initiation of the skill.)

G. Free released moves from 2 ½ high pyramids:

1. May not land in a prone or inverted position.
2. Are limited to 0 flipping and 1 twisting rotation.
H One arm (1 arm) extended Paper Dolls require a spotter for each top person.

PREMIER DIVISION DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
B. Dismounts to the performing surface, must be assisted by an original base or spotter.
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.
Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.
E. Free flipping dismounts to a cradle:
1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).
2. Require at least 2 catchers, 1 of which is an original base.
3. May not intentionally travel.
4. Must originate from prep level or below. (May not originate from 2 ½ pyramids.)
Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.

F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation:
Clarification: Back-flipping dismounts must go to cradle.
1. Allowed up to 1 front flipping and 0 twisting rotations.
2. Must return to an original base.
3. Must have a spotter.
4. May not intentionally travel.
5. Must originate from prep level or below. (May not originate from 2 ½ high pyramids.)
G. Tension drops/rolls of any kind are not allowed.
H. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand-arm supporting the head and shoulder of the top person.
J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
K. Dismounts must return to original base(s).
Exception: Single based stunts with multiple top persons do not need to return to original base(s).
L. Dismounts may not intentionally travel.
M. Top persons in dismounts may not come in contact with each other while released from the bases.

PREMIER DIVISION TOSSES
A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
Exception 1: Fly away tosses that would go over the back person.
Exception 2: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
C. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)	Illegal (Three Skills)
Tuck flip, X-Out, Full Twist	Tuck flip, X-Out, Double Full Twist
Double Full-Twisting Layout	Kick, Double Full-Full Twisting Layout
Kick, Full-Twisting Layout	Kick, Full-Twisting Layout, Kick
Pike, Open, Double Full-Twist	Pike, Split, Double Full-Twist
Arabian Front, Full-Twist	Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.

E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

F. Non-flipping tosses may not exceed 3 ½ twists.

G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.

H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.

I. Only a single top person is allowed during a basket toss.

XI. GLOSSARY OF TERMS

1⁄2 Wrap around: A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in "Swing Dancing"). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back or the base.

Aerial (noun): Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective): To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s Position: An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt: A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

Backbend: An athlete's body position created when an athlete bends forming a backward arched body position, typically supported by the athlete's hands and feet with the abdomen facing upward.

Back Walkover: A non-aerial tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball – X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

Barrel Roll: See "Log Roll".

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: "New Base" and/or "Original Base"). If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base.

Basket Toss: A toss involving 2 or 3 bases and a spotter - 2 of the bases use their hands to interlock wrists.

Block: A tumbling term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Brace: A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

Braced Flip: A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Bracer: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

Cartwheel: A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers:
1. must be attentive
2. must not be involved in other choreography
3. must make physical contact with the top person upon catching
4. must be on the performing surface when the skill is initiated

Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Coed Style Toss: A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle: A dismount in which the top person is caught in a cradle position.

Cradle Position: Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.

Cupie: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount: The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

Dive Roll: An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Double-Leg Stunt: See "Stunt".

Double Cartwheel: An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

Downward Inversion: A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Extended Arm Level: The highest point of a base's arm(s)(not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Position: A top person, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie. Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

Extension Prep: See "Prep".

Flat Back: A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

Flip (Stunting): A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

Flip (Tumbling): A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flipping Toss: A toss where the top person rotates through an inverted position.

Floor Stunt: Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

Flyer: See "Top Person".

Forward Roll: A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt: A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the

head and down to the performing surface landing on both feet/legs at the same time.

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Front Walkover: A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Full: A 360 degree twisting rotation.

Ground Level: To be on the performance surface.

Half (Stunt): See "Prep".

Hand/Arm Connection: The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand: A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and 1/2 high pyramid due to the weight of the top person being borne at the second level.

Helicopter Toss ("Helicopter"): A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis (Twisting in Stunts): An invisible line drawn from front to back through belly button of the top person.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump Skill: A skill that involves a change in body position during a jump. (e.g. a toe touch, pike, etc..)

Jump Turn: Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

Kick Double Full ("Kick Double"): Skill, typically from a toss, which involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full: Skill, typically from a toss, which involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: See "Drop".

Layout: An airborne tumbling skill that involves a hip over head rotation in a stretched, hollow body position.

Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

(Second Level) Leap Frog: Same as a "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Leg/Foot Connection: The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty: A stunt in which the base(s) hold 1 foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Mount: See "Stunt".

Multi-Based Stunt: A stunt having 2 or more bases not including the spotter.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Non-Inverted Position: A body position in which either of the conditions below are met:
1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

Nugget: A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi: Starting from a back handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): Base(s) that is/are in contact with the top person during the initiation of the skill/stunt.

Pancake: A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Pike: Body bent forward at the hips with legs straight and together.

Platform Position: A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

Prep (stunt): A multi base, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

Prep-Level: The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit, etc.). A stunt may also be considered at prep-level if the arm(s) of the base(s) are extended overhead, but are not considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. (e.g. flatback, straddle lifts, chair, t-lift, etc.). *Clarification: A stunt is considered below prep level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base.* (Exception: chair, t-lift and should sits are prep level stunts)

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, pom pons, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch: See "Rebound".

Punch Front: See "Front Tuck".

Pyramid: Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

Release Move: When the top person becomes free of contact with all people on the performing surface; see "Free Release Move"

Rewind: A free-flipping release move from ground level used as an entrance skill into a stunt.

Round Off: Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level: Any person being supported above from the performing surface by one or more bases.

Second Level Leap Frog: Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

Shoulder Level: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

Show and Go: A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

Shushunova: A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single-Based Double Cupie: A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie"

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be trained in proper spotting techniques.

The spotter:
- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base. Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).
  NOTE: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Step Out: A tumbling skill that lands on 1 foot at a time as opposed to landing on both feet simultaneously.

Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride: The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot than the skill will be considered a "Two Leg" stunt.

Suspended Roll: A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

Suspended Forward Roll: A suspended roll that rotates in a forward rotation. See "Suspended Roll".

Suspended Backward Roll: A suspended roll that rotates in a backward rotation. See "Suspended Roll".

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.

Three Quarter (3/4) Front Flip (stunt): A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

Three Quarter (3/4) Front Flip (tumble): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

Toe/Leg Pitch: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Torso: The midsection/waist area of an athlete's body.

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from the performance surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See "Release Moves")

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

Tower Pyramid: A stunt on top of a waist level stunt.

Transitional Pyramid: A top person moving from one position to another in a pyramid. The transition may

involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

Tuck Position: A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling: Any hip over head skill that is not supported by a base that begins and ends on the performing surface.

Twist: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis)

Twisting Stunt: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twist/rotation, starts a new transition.

Twisting Toss: A toss in which the athlete rotates around their body's "Vertical Axis"

Twisting Tumbling: A tumbling skill involving hip overhead rotation in which an athlete rotates around their body's "Vertical Axis".

Two – High Pyramid: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight- bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2-1/2) – High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and

shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths.

Unified Partner: An Athlete without an intellectual disability competing on a Special Abilities Unified Team.

Upright: A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).

V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.

Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determines by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, based on the point of connection to the base(s), and is not considered a Waist Level stunt.

Walkover: A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

X-Out: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

XII. PARACHEER QUALIFICATION GUIDELINES

For the purpose to assist and encourage ICU's National Federations to develop ParaCheer opportunities for disabled and nondisabled athletes (e.g. "ParaCheer Unified" divisions) within our Sport, enclosed (as a guideline only) please find a the IPC's brief description of the 10 eligible* impairment types (below) also shown on the IPC website https://www.paralympic.org/classification; found under section 2 chapter 3.13 of the IPC Handbook.

*Note 1: Due to the newness of the ICU ParaCheer development programme at the grass-roots level, the ICU encourages its National Federations to use the IPC's excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of

all disabled athletes who may or may not meet the impairments listed below. As ICU's ParaCheer development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.

**Note 2: Based on the uniqueness of Cheerleading competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICSD. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for ParaCheer development purposes.

***Note 3: In 2019, ICU will launch the ParaCheer Athlete Classification programme for a base score of 25 points (of 100 points) for the Team Cheer categories only, with plans to launch the ParaCheer Athlete Classification programme for Performance Cheer Divisions in 2020. Further details can be referenced at http://cheerunion.org/education/coach/.

IPC's brief description of the 10 eligible* impairment types (as a guideline for the ICU ParaCheer programme):
Impairment: Explanation
1. Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. Impaired passive range of movement: Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
4. Leg length difference: Bone shortening in one leg due to congenital deficiency or trauma.
5. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. Ataxia: Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. Athetosis: Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
11**. Hearing Impairment: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

XIII. TIME LIMITATIONS/ MUSIC / ENTRANCES
A. Each team will have a maximum of 2 minutes 30 seconds for music (2:30) and a recommended 30 seconds (:30) Cheer that must be performed in the beginning or middle of the routine.
B. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
C. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
D. If a team exceeds the time limit, a penalty will be assessed for each violation. One point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.
E. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
F. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.
G. All music must be on a CD. The ICU recommends that you bring both in case sound systems have trouble reading your CD.
H. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

I. Teams may not use Disney Themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

XIV. COMPETITION AREA
A. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters. The surface will be traditional foam Cheerleading mat.
B. Teams may line up anywhere inside the competition area.
C. No penalty for stepping outside the area.

XV. JUDGING CRITERIA
The judges will score the teams according to the judging criteria on a 100-point system.

SPECIAL ABILITIES UNIFIED INTERMEDIATE

CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   20 POINTS
Use of all athletes in partner stunts throughout routine
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   20 POINTS
Use of all athletes in pyramids throughout routine
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   5 POINTS
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   25 POINTS
Routine creativity for crowd effectiveness
Effective use of all athletes throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   10 POINTS
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   10 POINTS
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

SPECIAL ABILITIES TRADITIONAL INTERMEDIATE

CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   20 POINTS
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   20 POINTS
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   5 POINTS

Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   25 POINTS
Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   10 POINTS
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   10 POINTS
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

PARACHEER UNIFIED MEDIAN

CLASSIFICATION SCORE   25 POINTS
Based on Classification criteria listed on:
http://cheerunion.org/education/coach

CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language & sign language encouraged)

PARTNER STUNTS   15 POINTS
Use of all athletes in partner stunts throughout routine
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   15 POINTS
Use of all athletes in pyramids throughout the routine
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   5 POINTS
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   15 POINTS
Routine creativity for crowd effectiveness
Effective use of all athletes throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   5 POINTS
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   10 POINTS
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

PARACHEER UNIFIED All GIRL ADVANCED

CLASSIFICATION SCORE   25 POINTS
Based on Classification criteria listed on:
http://cheerunion.org/education/coach

CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language & sign language encouraged)

PARTNER STUNTS   15 POINTS
Use of all athletes in partner stunts throughout routine
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   15 POINTS
Use of all athletes in pyramids throughout the routine

Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   5 POINTS
Group tumbling, Execution of skills (includes jumps if applicable),
Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   15 POINTS
Routine creativity for crowd effectiveness
Effective use of all athletes throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS 5 POINTS
Execution of routine components: flow, pace, timing of skills,
transitions

**OVERALL PRESENTATION, CROWD APPEAL,
DANCE   10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

PARACHEER UNIFIED COED ADVANCED
CLASSIFICATION SCORE   25 POINTS
Based on Classification criteria listed on:
http://cheerunion.org/education/coach

CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation,
use of signs, poms, flags or megaphones, practical use of
Stunts/pyramids to lead the crowd, execution (native language &
sign language encouraged)

PARTNER STUNTS   15 POINTS
Use of all athletes in partner stunts throughout routine
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   15 POINTS
Use of all athletes in pyramids throughout the routine
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   5 POINTS
Group tumbling, Execution of skills (includes jumps if applicable),
Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   15 POINTS
Routine creativity for crowd effectiveness
Effective use of all athletes throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS 5 POINTS
Execution of routine components: flow, pace, timing of skills,
transitions

**OVERALL PRESENTATION, CROWD APPEAL,
DANCE   10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

ALL GIRL ADVANCED
CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation,
use of signs, poms, flags or megaphones, practical use of
Stunts/pyramids to lead the crowd, execution (native language
encouraged)

PARTNER STUNTS   25 POINTS
Execution of skills, Difficulty (Level of skill, Number of bases,
Number of Stunt Groups), Synchronization, Variety

PYRAMIDS   25 POINTS
Difficulty, Transitions Moving into or Dismounting
out of Skills, Execution, Timing, Creativity

BASKET TOSSES   15 POINTS
Execution of skills, Height, Synchronization (when applicable),
Difficulty, Variety

TUMBLING   10 POINTS
Group tumbling, Execution of skills (includes jumps if applicable),
Difficulty, Proper Technique, Synchronization

FLOW OF ROUTINE/TRANSITIONS 5 POINTS
Execution of routine components: flow, pace, timing of skills,
transitions

**OVERALL PRESENTATION, CROWD APPEAL,
DANCE   10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

ALL GIRL ELITE
CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams Nation,
use of signs, poms, flags or megaphones, practical use of
Stunts/pyramids to lead the crowd, execution (native language
encouraged)

PARTNER STUNTS   25 POINTS
Execution of skills, Difficulty (Level of skill, Number of bases,
Number of Stunt Groups), Synchronization, Variety

PYRAMIDS   25 POINTS
Difficulty, Transitions Moving into or Dismounting
out of Skills, Execution, Timing, Creativity

BASKET TOSSES   15 POINTS
Execution of skills, Height, Synchronization (when applicable),
Difficulty, Variety

TUMBLING   10 POINTS
Group tumbling, Execution of skills (includes jumps if applicable),
Difficulty, Proper Technique, Synchronization

FLOW OF ROUTINE/TRANSITIONS 5 POINTS
Execution of routine components: flow, pace, timing of skills,
transitions

**OVERALL PRESENTATION, CROWD APPEAL,
DANCE   10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS   (100)_____

ALL GIRL PREMIER
CHEER CRITERIA   10 POINTS
Crowd leading ability/ability to lead the crowd for teams
Nation, use of signs, poms, flags or megaphones, practical use of
Stunts/pyramids to lead the crowd, execution (native language
encouraged)

PARTNER STUNTS   25 POINTS
Execution of skills, Difficulty (Level of skill,
Number of bases, Number of Stunt Groups),
Synchronization, Variety

PYRAMIDS   25 POINTS
Difficulty, Transitions Moving into or Dismounting
out of Skills, Execution, Timing, Creativity

BASKET TOSSES   15 POINTS
Execution of skills, Height, Synchronization (when applicable),
Difficulty, Variety

TUMBLING   10 POINTS
Group tumbling, Execution of skills (includes jumps if applicable),
Difficulty, Proper Technique, Synchronization

FLOW OF ROUTINE/TRANSITIONS 5 POINTS

Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect
TOTAL POINTS   (100)_____

COED ADVANCED
CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)
PARTNER STUNTS   **25 POINTS**
Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety
PYRAMIDS   **25 POINTS**
Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity
BASKET TOSSES   **15 POINTS**
Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety
TUMBLING   **10 POINTS**
Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization
FLOW OF ROUTINE/TRANSITIONS   5 POINTS
Execution of routine components: flow, pace, timing of skills, transitions
OVERALL PRESENTATION, CROWD APPEAL 10 POINTS
Overall presentation, showmanship, crowd effect
TOTAL POINTS   (100)_____

COED ELITE
CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)
PARTNER STUNTS   **25 POINTS**
Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety
PYRAMIDS   **25 POINTS**
Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity
BASKET TOSSES   **15 POINTS**
Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety
TUMBLING   **10 POINTS**
Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization
FLOW OF ROUTINE/TRANSITIONS   5 POINTS
Execution of routine components: flow, pace, timing of skills, transitions
OVERALL PRESENTATION, CROWD APPEAL 10 POINTS
Overall presentation, showmanship, crowd effect
TOTAL POINTS   (100)_____

COED PREMIER
CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)
PARTNER STUNTS   **25 POINTS**
Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety
PYRAMIDS   **25 POINTS**
Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity
BASKET TOSSES   **15 POINTS**
Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety
TUMBLING   **10 POINTS**
Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization
FLOW OF ROUTINE/TRANSITIONS   5 POINTS
Execution of routine components: flow, pace, timing of skills, transitions
OVERALL PRESENTATION, CROWD APPEAL 10 POINTS
Overall presentation, showmanship, crowd effect
TOTAL POINTS   (100)_____

XVI. JUDGING PROCEDURES
The judges for the event will be appointed at the sole discretion of the International Cheer Union. As the teams make their presentations, the judges will score the teams using a 100-point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XVII. SCORES AND RANKINGS
Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition.   No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams final placement.

XVIII. FINALITY OF DECISIONS
By participating in this championship, each team agrees that decision by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore

expressly waives any legal, equitable, administrative or procedural review of such decisions.

XIX. SEMI-FINALS AND FINALS

ICU reserves the right to determine if a semi-final or final round will be necessary. All divisions with one round of competition prior to the finals will be classified as a semi-final. Ten (10) of the teams in each semi-final round will advance to the finals. In the event of a tie for the final team advancing, both teams that are tied will advance. Tournament officials will have the full authority to make the final determination of the number of teams selected to advance to the next round.

XX. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles or awards agree to have all appearances, endorsements and publicity approved through the ICU office.

XXI. PENALTIES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please send a video copy of your skills to the ICU Office. This must be submitted by DVD or Email only and clearly labeled with Team name, contact person name, number and email contact. It should be submitted by April 1st. Please send to: ICU, Attn Mike Cooper, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115, USA.

We have reviewed the ICU Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the competition and agree to adhere to the rules, policies and procedures contained herein. Rule clarifications and changes may occur throughout the season.

_____

Team Name

_____

Date

_____

City/State/Country

_____

Coach/Director's Signature

_____

Division

_____

Captain's Signature

2019 ICU World Cheerleading Championships
2019 ICU Junior World Cheerleading Championships
PERFORMANCE CHEER DIVISION RULES & REGULATIONS
Team Cheer Hip Hop, Freestyle Pom & Jazz
Team ParaCheer Unified Hip Hop & Freestyle Pom
Team Special Abilities Unified/Traditional Hip Hop & Freestyle Pom

I. GENERAL RULES
1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

II. TOURNAMENT
1. The 2019 ICU World Cheerleading Championships will take place on Wednesday 24 April 2019 to Friday 26 April 2018 in Orlando, Florida, USA.
   Wednesday 24 April 2019
   ICU Junior World Championships & Awards
   ICU World Championships Opening Ceremonies
   Thursday 25 April 2019
   ICU ParaCheer World Championships, Special Abilities World Championships & Awards
   ICU World Championships Semi-Finals
   Friday 26 April 2019
   ICU World Championships Finals & Awards
   ICU World Championships Closing Ceremonies
2. The competition is scheduled to be held at the ESPN Wide World of Sports ® Complex.
3. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. HOW TO HANDLE PROCEDURAL QUESTIONS
A. **RULES & PROCEDURES —** Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. **PERFORMANCE —** Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition and should be made exclusively by the advisor/coach.

IV. SPORTSMANSHIP
All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

V. INTERRUPTION OF PERFORMANCE
A. **UNFORSEEN CIRCUMSTANCES**
1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. **FAULT OF TEAM**
1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated

ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

C. INJURY
1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
4. The injured participant that wishes to perform may not return to the competition floor unless:
    a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
    b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
    c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
    d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

VI. INTERPRETATIONS AND/OR RULINGS
Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

VII. DISQUALIFICATION
Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

VIII. MUSIC
1. For the 2019 ICU World Championships and Junior World Championships, all National Teams will have the choice of following the USA Cheer (www.usacheer.net) or ICU (www.cheerunion.org) Music Copyrights Educational Initiative.
2. I have read and understand the USA Cheer or ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with the written license from the owner(s) of the sound recordings.
3. Teams must be able to provide proof of licensing during the registration at the Championships.
4. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by the ICU) or can count verbally.
5. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition.
6. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
7. A challenge can only be made by the official coach or an official National Federation representative of a team competing at the event at where the challenge is being made.
8. Challenge Process:
    a. All music challenges must be submitted in writing to the International Cheer Union head official.
    b. There will be a $100 USD fee to request a music challenge and must be in the form of USA currency.
    c. Fees collected will be returned if the challenge is correct.
    d. If the team challenged can provide documentation during the event or can be verified, the fees will be donated to a local children's charity, St. Jude Children's Research Hospital.

e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.

9. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for start the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched so there is no skip while playing.

10. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

IX. SPECIFIC ROUTINE GUIDELINES
A. CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.

2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.

3. Teams may not compromise the integrity of the performance surface (Examples: residue from sprays, powders, oils, etc.)

4. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited.

5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.

6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.

7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.

8. Tights should be worn under briefs, hot pants or excessively short shorts.

9. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the ICU Rules Committee for approval.

10. Jewelry as a part of the costume is allowed.

11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.

12. No cheers or chants are allowed.

B. TIME LIMIT/MUSIC/ENTRANCES

1. Each **Team** will have a maximum of 2 minutes and 15 seconds (2:15).

2. Each **Doubles** will have a maximum of 1 minute and 30 seconds (1:30).

3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.

4. Timing will begin with the first choreographed movement or note of the music.

5. Timing will end with the last choreographed movement or note of the music

6. If a performance (Team or Doubles) exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 second and three (3) point deduction for 11 seconds and over.

7. All teams must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the Team or Doubles performance.

8. All music must be on a CD. The ICU recommends that you bring multiple copies in case the sound system(s) has difficulties reading your CD.

9. Teams must enter the performance floor as quickly as possible. Choreographed entrances/exits will not be allowed.

10. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

C. PROPS

1. A prop is defined as anything that is used in the routine choreography that is not/was not originally part of the costume.
   Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
   Clarification 2: For ParaCheer & Special Ability Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

2. Handheld props and free-standing props in all categories are not allowed. Use of parts of a costume (e.g. costume elements- such as a necklace,

jacket, hat, etc.) is allowed and may be used and discarded. (*Please see #1 for further clarification*)

3. Within the Freestyle Pom Category it is compulsory to use poms throughout the entire routine. If there are male performers in this category they are not required to use poms.

4. No large free "standing props" will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a "standing prop".

D. TEAM PARTICIPATION

1. There will be 7 separate Categories- Hip Hop, Freestyle Pom, Jazz, ParaCheer Unified Hip Hop, ParaCheer Freestyle Pom, Special Abilities Unified Hip Hop*, Special Abilities United Freestyle Pom*. *NOTE: The ICU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and a Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each division's composition requirements.

2. Each category will have a separate title winner.

3. Each country will provide a National Team comprised of individual team members. The National Team may compete in a single category or multiple categories.

4. If the National Team chooses to compete in more than 1 category, it is permissible, but not compulsory for each individual team member to compete as part of the National Team in each category.

5. Each National Team may be comprised of as many individual team members as desired; however, the National Team may only participate in a category with a minimum of 16 performers (Team Freestyle Pom and Team Hip Hop) or 18 performers (Team Jazz) and a maximum of 24 on the floor at one time. It is permissible, but not compulsory, that the same individual team members compete in each category.

6. Each Doubles will be comprised of 2 team members.

7. Participants will be allowed to crossover into the National Team Cheer Divisions at the coaches' discretion as scheduling conflicts may occur.

8. Each country's federation will need to provide proof of permanent residency (minimum of six (6) months consecutive permanent residence) for each member of its team.

9. Each athlete must be compliant with the age requirements as follows:

Junior World Championships: 12 to 16 years of age within the year of the competition.
Special Abilities World Championships: 12 years of age or older within the year of the competition. There is no maximum age.
Senior & ParaCheer World Championships: 14 years of age or older within the year of the competition. There is no maximum age.
Any team proven to be in violation of the age requirements will be automatically disqualified.

10. Females and males are allowed to participate on the team.

E. COMPETITION AREA

1. The performance floor will be approximately 42 x 42 feet/12.8 x 12.8 meters.

2. The surface will be professional grade material (e.g. Marley floor or a wooden parquet floor)

3. There is no penalty for stepping outside the performance floor area.

F.   CATEGORY DEFINITIONS

FREESTYLE POM – Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more traditional cheerleading theme, while incorporating the concepts of Jazz and Hip Hop. See Score Sheet for more information.

HIP HOP - Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on athletic incorporations such as jumps, freezes, floor work and other skills. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See Score Sheet for more information.

JAZZ - Incorporates and exhibits traditional and stylized movements and combinations with strength, attack and presence, formation changes, group work and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style, musical interpretation, continuity of movement and team uniformity. The overall

impression of the routine should be up-tempo, lively, energetic and motivating- while allowing for texture of movement to utilize musicality. See Score Sheet for more information.

X. SPECIFIC RULES
A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated below. This deduction does not apply to violations mentioned elsewhere that are designated a lesser point value.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL) FREESTYLE POM & HIP HOP DIVISIONS
SPECIFIC DIVISION CRITERIA
1. All ICU general rules and guidelines, as well as routine requirements apply.
2. All Special Abilities Unified National Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
3. All Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.
   NOTE: The ICU reserves the right to split the Special Abilities Unified Divisions into a separate Special Abilities Unified Division (50% or more athletes with intellectual abilities per team) and Special Abilities Traditional Division (100% athletes with intellectual disabilities per team) on the condition that 3 or more National Teams are registered that would comply with each divisions composition requirements.
4. Up to three (3) Coach(es) and/or Assitant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
5. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a light colored t-shirt and pants in contrast to the Athletes' darker colored costume/uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer costume/ uniform during the routine.
6. Assistants shall wear athletic/performance style shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.

7. Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner must not exceed the difficulty of a comparable skill performed by an athlete with an intellectual disability.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL) FREESTYLE POM
A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
   Tumbling as a skill is allowed, but not required in all divisions with the following limitations:
1. Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s).
   Exception: Forward rolls and backward rolls are allowed.
2. Airborne hip over-head rotation skills without hand support are not allowed
   Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.
B. EXECUTED BY GROUPS OR PAIRS
   Lifts and Partnering are allowed, but not required in all divisions with the following limitations:
1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.

d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.

3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE (*Clarification: May be assisted but not required*)

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual may not pass through the prone or inverted position after the release.

2. A Supporting Individual (s) may toss an Executing Individual provided:
   a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual is not supine or inverted when released.
   c. The Executing Individual may not pass through a prone or inverted position after release.

SPECIAL ABILITIES (UNIFIED/TRADITIONAL) HIP HOP

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Inverted Skills:
   a. Non airborne skills are allowed.
   b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.

2. Tumbling skills with hip over-head rotation:
   a. Non-airborne skills are allowed.
   b. Airborne skills with hand support:
      i. Are allowed (Example: Back Handspring)
      ii. Are limited to two consecutive hip over-head rotation skills *(Clarification: both skills must have hand support)*
   c. Airborne skills without hand support are allowed provided all of the following:
      i. Involves no more than one twisting transition.
      ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
   d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)

3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.

4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*

5. Landing in a push up position may involve any jump.

6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. EXECUTED BY GROUPS OR PAIRS
Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.

3. Hip over-head rotation of the Executing Individual(s) is allowed provided:

a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. <u>Vertical Inversion</u> is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE *(Clarification: May be assisted but not required)*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. At least one part of the Executing Individual's body is at or below <u>head-level</u> at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or <u>inverted</u> position after the release.

2. A Supporting Individual (s) may <u>toss</u> an Executing Individual provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
   b. The Executing Individual may be <u>supine</u> or inverted when released but must land on their foot/feet.
   c. The Executing Individual may not pass through a prone or inverted position after release.

PARACHEER UNIFIED FREESTYLE POM

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. <u>Hip over-head rotation</u>- Skills with hand support are not allowed while holding <u>poms</u> in supporting hand(s).
   Exception: Forward rolls and backward rolls are allowed.

2. <u>Airborne hip over-head rotation</u> skills without hand support are not allowed

Exception: Front Aerials and Aerial Cartwheels are allowed.

3. Simultaneous <u>tumbling</u> over or under another individual that includes hip over-head rotation by both performers is not allowed.

4. <u>Drops</u> (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.

5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B. EXECUTED BY GROUPS OR PAIRS
Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A <u>Supporting Individual</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder level.</u>

2. At least one Supporting Individual must maintain contact with the <u>Executing Individual(s)</u> throughout the entire skill above shoulder-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an <u>inverted</u> position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a <u>prone</u> position.
   d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.

3. <u>Hip over-head rotation</u> of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. <u>Vertical Inversion</u> is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE (*Clarification: May be assisted but not required*)

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. The highest point of the released skill does not <u>elevate</u> the Executing Individual's hips above shoulder level.
   b. The Executing Individual may not pass through the prone or <u>inverted</u> position after the release.
2. A Supporting Individual (s) may <u>toss</u> an Executing Individual provided:
   a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual is not <u>supine</u> or inverted when released.
   c. The Executing Individual may not pass through a prone or inverted position after release.

PARACHEER UNIFIED HIP HOP

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. <u>Inverted Skills:</u>
   a. Non <u>airborne skills</u> are allowed.
   b. Airborne skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.
2. <u>Tumbling</u> skills with <u>hip over-head rotation:</u>
   a. Non-airborne skills are allowed.
   b. Airborne skills with hand support:
      i. Are allowed (Example: Back Handspring)
      ii. Are limited to two consecutive hip over-head rotation skills *(Clarification: both skills must have hand support)*
   c. Airborne skills without hand support are allowed provided all of the following:
      i. Involves no more than one twisting transition.
      ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
   d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.

4. Only <u>drops (airborne)</u> to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed <u>hip level</u>. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

C. EXECUTED BY GROUPS OR PAIRS
Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A <u>Supporting Individual</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder level.</u>
2. At least one Supporting Individual must maintain contact with the <u>Executing Individual(s)</u> throughout the entire skill above <u>head-level.</u> *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an <u>inverted</u> position after the release.
   b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a <u>prone</u> position.
3. <u>Hip over-head rotation</u> of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. <u>Vertical Inversion</u> is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE *(Clarification: May be assisted but not required)*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
   b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
   c. The Executing Individual may not pass through a prone or inverted position after release.

FREESTYLE POM

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s).
   Exception: Forward rolls and backward rolls are allowed.
2. Airborne hip over-head rotation skills without hand support are not allowed
   Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B. EXECUTED BY GROUPS OR PAIRS
Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.
   d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.
3. Hip over head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE (*Clarification: May be assisted but not required*)

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:
   a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual is not supine or inverted when released.
   c. The Executing Individual may not pass through a prone or inverted position after release.

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HIP HOP

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Inverted Skills:
   a. Non airborne skills are allowed.
   b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Tumbling skills with hip over-head rotation:
   a. Non-airborne skills are allowed.
   b. Airborne skills with hand support:
      i. Are allowed (Example: Back Handspring)
      ii. Are limited to two consecutive hip over-head rotation skills *(Clarification: both skills must have hand support)*
   c. Airborne skills without hand support are allowed provided all of the following:
      i. Involves no more than one twisting transition.
      ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
   d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. EXECUTED BY GROUPS OR PAIRS

Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. *Exception: When an Executing Individual is supported by a single*

Supporting Individual they may be released at any level provided:
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE *(Clarification: May be assisted but not required)*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
   b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
   c. The Executing Individual may not pass through a prone or inverted position after release.

JAZZ

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Hip over-head rotation- Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).
2. Airborne hip over-head rotation skills without hand support are not allowed
   Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position may involve any jump.

B. EXECUTED BY GROUPS OR PAIRS
Lifts and Partnering are allowed, but not required in all divisions with the following limitations:
1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.
3. Hip over head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does

not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE *(Clarification: May be assisted but not required)*
1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided: *(Clarification: the Executing Individual may be assisted to the performance surface but not required)*
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
   b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
   c. The Executing Individual may not pass through a prone or inverted position after release.

XI. GLOSSARY OF TERMS
1. **Aerial Cartwheel:** An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.
2. **Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the performer is free of contact from a person and/or the performing surface.
3. **Airborne Hip Over Head Rotation (executed by Individuals):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).
4. **Category:** Denoting the style of the routine. (*Example: Pom, Hip Hop, Jazz*)
5. **Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)
6. **Contact (executed by Groups or Pairs)**: The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
7. **Division**: Denoting the composition of a competing group of individuals. (*Example: Junior, Senior*)

8. **Drop (executed by Individuals)**: An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.

9. **Elevated**: An action in which an individual is moved to a higher position or place from a lower one.

10. **Executing Individual**: An individual who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual(s).

11. **Head Level**: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

12. **Height of the Skill**: Where the action is taking place.

13. **Hip Level**: A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

14. **Hip Over Head Rotation (executed by Individuals)**: An action characterized by continuous movement where an individual's hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).

15. **Hip Over Head Rotation (executed by Groups or Pairs)**: An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.

16. **Inversion/Inverted**: A position in which the Individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

17. **Inverted Skills (executed by Individuals)**: A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

18. **Lift (executed by Groups or Pairs)**: A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

19. **Partnering (executed by pairs)**: A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.

20. **Perpendicular Inversion (executed by Individuals)**: An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

21. **Prone**: A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up

22. **Prop**: Anything that is used in the routine choreography that is not/was not originally part of the costume.
Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
Clarification 2: For ParaCheer Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

23. **Shoulder Inversion (executed by individuals)**: A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist <u>and</u> hips <u>and</u> feet are higher than his/her head and shoulders.

24. **Shoulder Level**: A designated and average height; the height of a standing performer's shoulders while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

25. **Supine**: A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.

26. **Supporting Individual**: An individual who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.

27. **Toss**: A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

28. **Tumbling**: A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

29. **Unified Partner***:* An Athlete without an intellectual disability competing on a Special Abilities Unified Team.

30. **Vertical Inversion (executed by Groups or Pairs)**: A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

XII. PARACHEER QUALIFICATION GUIDELINES

For the purpose to assist and encourage ICU's National Federations to develop ParaCheer opportunities for disabled and nondisabled athletes (e.g. "ParaCheer

Unified" divisions) within our Sport, enclosed (as a guideline only) please find a the <u>IPC's brief description of the 10 eligible* impairment types</u> (below) also shown on the IPC website https://www.paralympic.org/classification; found under section 2 chapter 3.13 of the IPC Handbook.

Note 1: Due to the newness of the ICU ParaCheer development programme at the grass-roots level, the ICU encourages its National Federations to use the IPC's excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes <u>who may or may not</u> meet the impairments listed below. As ICU's ParaCheer development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.

**Note 2: Based on the uniqueness of Performance Cheer competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICSD. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, <u>who may or may not</u> meet the impairments listed below, for ParaCheer development purposes.

***Note 3: In 2019, ICU will introduce the ParaCheer Athlete Classification programme <u>for the Team Cheer categories only</u>, with plans to launch the ParaCheer Athlete Classification programme for Performance Cheer Divisions in 2020. Further details can be referenced at http://cheerunion.org/education/coach/.

IPC's brief description of the 10 eligible* impairment types (as a guideline for the ICU ParaCheer programme):
Impairment: Explanation
1. **Impaired muscle power:** Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. **Impaired passive range of movement:** Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. **Limb deficiency:** Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
4. **Leg length difference:** Bone shortening in one leg due to congenital deficiency or trauma.
5. **Short stature:** Reduced standing height due to

abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. **Hypertonia:** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. **Ataxia:** Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. **Athetosis:** Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. **Visual impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. **Intellectual Impairment**: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
11**. **Hearing Impairment**: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

XIII. JUDGING PROCEDURES
The judges for the event will be appointed at the sole discretion of the International Cheer Union. As teams make their presentations, the judges will score the teams according to the judging criteria on a 100 point system. The highest score and lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XIV. SCORES AND RANKINGS
Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition.   No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams

will receive a ranking sheet with the names and scores of the teams' final placement.

SPECIAL ABILITIES (UNIFIED & TRADITIONAL) FREESTYLE POM SCORE SHEET

TECHNIQUE

EXECUTION OF POM MOTION TECHNIQUE 10_____
Demonstrate clean arm lines, levels, placement, movement is sharp, strong and precise

EXECUTION OF TECHNIQUE 10_____
Demonstrate a clear intention to perform correct placement & levels of arms/torso/hips/legs/feet, body control, extension, balance, style in movement

EXECUTION OF TECHNICAL SKILLS 10_____
Proper execution or well executed adaption of leaps, turns, jumps, partner work, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC 10_____
Use of all athletes within routine. Moving together as one with the music

UNIFORMITY OF MOVEMENT 10_____
Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise

SPACING 10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY 10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS 10_____
Formations and transitions, use of all athletes within routine, visual impact of group work., levels, opposition, poms, etc.

DEGREE OF DIFFICULTY 10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE 10_____
APPEAL & APPROPRIATENESS
Use of all athletes within the routine; Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance

TOTAL POINTS (100) _____

SPECIAL ABILITIES (UNIFIED & TRADITIONAL) HIP HOP SCORE SHEET

TECHNIQUE

STRENGHT OF MOVEMENT 10_____
Strength and presence in movement

EXECUTION OF HIP HOP STYLE(S)- PLACEMENT & 10_____
CONTROL
Demonstrate a clear intention to perform correct placement & levels of arms/torso/hips/legs/feet, body control in the execution of hip hop, popping, locking, waving, lyrical, etc.

EXECUTION OF SKILLS / ATHLETIC INCORPORATION 10_____
Proper execution or well executed adaption of floor work, lifts, tricks, jumps, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC 10_____
Use of all athletes within the routine. Moving together as one with the music

UNIFORMITY / CLARITY OF MOVEMENT 10_____
Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise

SPACING 10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY 10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS 10_____
Formations and transitions, use of all athletes within the routine, visual impact of group work, levels, opposition, etc.

DEGREE OF DIFFICULTY 10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE 10_____
APPEAL & APPROPRIATENESS
Use of all athletes within the routine; Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance

TOTAL POINTS (100) _____

PARACHEER UNIFIED FREESTYLE POM SCORE SHEET

TECHNIQUE

EXECUTION OF POM MOTION TECHNIQUE 10_____
Demonstrate clean arm lines, levels, placement, movement is sharp, strong and precise

EXECUTION OF TECHNIQUE 10_____
Demonstrate a clear intention to perform correct placement & levels of arms/torso/hips/legs/feet, body control, extension, balance, style in movement

EXECUTION OF TECHNICAL SKILLS 10_____
Proper execution or well executed adaption of leaps, turns, jumps, partner work, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC 10_____
Use of all athletes within the routine. Moving together as one with the music

UNIFORMITY OF MOVEMENT 10_____
Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise

SPACING 10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY 10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS 10_____
Formations and transitions, use of all athletes within the routine, visual impact of group work, levels, opposition, poms, etc.

DEGREE OF DIFFICULTY 10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE 10_____
APPEAL & APPROPRIATENESS
Use of all athletes within the routine; Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance

TOTAL POINTS (100) _____

PARACHEER UNIFIED HIP HOP SCORE SHEET

TECHNIQUE

STRENGHT OF MOVEMENT 10_____
Strength and presence in movement

EXECUTION OF HIP HOP STYLE(S)- PLACEMENT & CONTROL   10_____
Demonstrate a clear intention to perform correct placement & levels of arms/torso/hips/legs/feet, body control in the execution of hip hop, popping, locking, waving, lyrical, etc.

EXECUTION OF SKILLS / ATHLETIC INCORPORATION   10_____
Proper execution or well executed adaption of floor work, lifts, tricks, jumps, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Use of all athletes within the routine. Moving together as one with the music

UNIFORMITY / CLARITY OF MOVEMENT   10_____
Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, use of all athletes within the routine, visual impact of group work, levels, opposition, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE APPEAL & APPROPRIATENESS   10_____
Use of all athletes within the routine; Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance   **TOTAL POINTS (100)**   _____

FREESTYLE POM SCORE SHEET

TECHNIQUE

EXECUTION OF POM MOTION TECHNIQUE   10_____
Clean arm lines, levels, placement, movement is sharp, strong and precise

EXECUTION OF DANCE TECHNIQUE   10_____
Correct placement & levels of arms/torso/hips/legs/feet, body control, extension

EXECUTION OF TECHNICAL SKILLS   10_____
Proper execution of leaps, turns, jumps, partner work, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY OF MOVEMENT   10_____
Movements are the same on each person, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, visual impact of group work. levels, opposition, poms, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE APPEAL & APPROPRIATENESS   10_____
Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance   **TOTAL POINTS (100)**   _____

HIP HOP SCORE SHEET

TECHNIQUE

STRENGTH OF MOVEMENT   10_____
Strength and presence in movement

EXECUTION OF HIP HOP STYLE(S)-PLACEMENT & CONTROL   10_____
Correct Placement & Levels of arms/torso/hips/legs/hands/feet and body control in the execution of style of hip hop; tutting, popping, locking, waving, lyrical, etc.

EXECUTION OF SKILLS / ATHLETIC INCORPORATION   10_____
Execution of floor work. Freezes, partner work, lifts, tricks, jumps, etc.

GROUP EXECUTION

SYNCHONIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY / CLARITY OF MOVEMENT   10_____
Movements are the same on each person, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, visual impact of group work. levels, opposition, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE APPEAL & APPROPRIATENESS   10_____
Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance   **TOTAL POINTS (100)**   _____

JAZZ SCORE SHEET

TECHNIQUE

EXECUTION OF TECHNICAL SKILLS   10_____
Proper execution of leaps, turns, jumps, lifts, partner work, etc.

PLACEMENT / CONTROL / EXTENSION   10_____
Correct placement & levels of arms/torso/hips/legs/feet, body control, extension, balance

STYLE / STRENGTH OF MOVEMENT   10_____
Style, strength, and presence in movement

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY OF MOVEMENT   10_____
Movements are the same on each person, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   **10_____**
Formations and transitions, visual impact of group work.
levels, opposition, etc.

DEGREE OF DIFFICULTY   **10_____**
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   **10_____**
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (100)**   _____

DOUBLES SCORE SHEET

TECHNIQUE

EXECUTION OF SKILLS/STYLE (POM-HIP HOP)   **10_____**
Execution of movements and skills in the style of the category

PLACEMENT / CONTROL   **10_____**
Exhibits control, proper levels and placement (in pom motions), arm
movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps,
Turns, etc. control of torso and body parts throughout movements and skills

STRENGTH OF MOVEMENT   **10_____**
Intensity, strength and presence in movements

EXTENSION / FLEXIBITY   **10_____**
Exhibits full extension (in arms, legs, feet, etc.) and when applicable stretch
and flexibility in movement

CHOREOGRAPHY

MUSCIALITY   **10_____**
Use of music accents, rhythms, lyrics and style

DIFFICULTY   **10_____**
Level of difficulty of skills, movement, weight changes, tempo, etc.

CREATIVITY / STYLE   **10_____**
Exhibiting creative and original movement in accordance with the style of
the category

ROUTINE STAGING   **10_____**
Utilization of floor space, transitions, partner & group work, interaction of
the pair while allowing for a seamless flow of routine

EXECUTION

SYNCHONIZATION   **10_____**
Uniformity in all movement, moving together and with the music

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   **10_____**

APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (100)**   _____

XV. FINALITY OF DECISIONS
By participating in this championship, each team agrees that decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

XVI. SEMI-FINALS AND FINALS
ICU reserves the right to determine if a semi-final or final round will be necessary. All divisions with one round of competition prior to the finals will be classified as a semi-final. Ten (10) of the teams in each semi-final round will advance to the finals. In the event of a tie for the final team advancing, both teams that are tied will advance. Tournament officials will have the full authority to make the final determination of the number of teams selected to advance to the next round.

XVII. APPEARANCES, ENDORSEMENTS AND PUBLICITY
All teams winning titles or awards agree to have all appearances, endorsements and publicity approved through the ICU office.

XVIII. PENALTIES
A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please contact the ICU Office.

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE ICU PERFORMANCE CHEER COMPETITION AND ROUTINES RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES

_____   _____

Team Name   *Date*

_____   _____

City/State/Country   *Coach/Director's Signature*

_____   _____

Division   *Captain's Signature*

Retain a copy of these rules for your files