



INTERNATIONAL CHEER UNION (ICU) Disciplines Overview

ALL DISCIPLINES INCLUDE:

Club, All Star, Recreational (Rec), Scholastic (School & University), Masters, Special Abilities, ParaCheer/Adaptive Abilities, National Team - *all respective age levels, team sizes and gender groupings within each category*

CHEERLEADING:

- Team Cheer Beginner (L0) - Premier (L6) Divisions
- Urban Cheer Beginner (L0) - Premier (L6) Divisions
- Partner Stunt
- Group Stunt
- Team STUNT
- Game Day

PERFORMANCE CHEER:

- Team Cheer Freestyle Pom (*also known as "Pom" or "Pom-pon"/term variations of "Pom"*)
- Team Cheer Hip Hop
- Team Cheer Jazz
- Team Cheer High Kick (*also known as "Kick"*)
- Game Day