



# 2013 ICU WORLD CHAMPIONSHIPS TEAM CHEER DIVISIONS RULES & REGULATIONS

Items in **Black Bold** are the differences from last rules cycle

**Bold Text denotes change from 11-12**

## I. GENERAL RULES

1. The ICU has the full support of the IASF.
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 (2013 ICU World Cheerleading Championships) will take place on Thursday and Friday (25-26 April 2013) before the IASF/USASF Worlds Championship in Orlando Florida (27-29 April 2013)
2. The competition is scheduled to be held at the ESPN Wide World of Sports @ hp Field House.
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 medical professional, even with a waiver from a parent or legal guardian.

## 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. 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, gyms, 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 legal whether adhered to the uniform or the skin.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. 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 harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
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. Shushinovs 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.

## ICU ELITE DIVISION RULES

### ELITE DIVISION GENERAL TUMBLING

NOTE: The IASF no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer’s discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The IASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

Example 1: If an athlete in Elite receives a spot on a back tuck, this would be considered legal under L4 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

Example 2: In Elite if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 “spotted” back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire

- A. All tumbling must originate from and land on the performing surface.

Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

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 levels 1-5. 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 performed in a swan/arched position are not 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/RUNNING TUMBLING

- A. Skills are allowed up to **1 flipping and 1 twisting rotations.**
- B. **Tumbling skills involving flipping and twisting immediately into a twisting tumbling skill are not allowed.**
- C. **Twisting skills immediately out of a twisting tumbling skill are not allowed.**

### LEVEL 5 STUNTS

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 2 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 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, they may continue to walk the stunt in additional rotation.*
- D. Free flipping mounts and transitions are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- F. Single based split catches are not allowed.
- G. Single based double cupies require a separate spotter for each top person.

## H. ELITE DIVISION Stunts-Release Moves

1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.

Example: tic-tocks are allowed.

Clarification: If the release move exceeds more than 18 inches above 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, 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.
3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel.
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.

## I. ELITE DIVISION Stunts-Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two 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: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*

Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.  
Exception: In side rotating downward inversions, 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)
  - 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.*

- J. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

## ELITE DIVISION PYRAMIDS

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- 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 one person at prep level or below.
  2. Primary weight may not be borne at second level.  
*Clarification: The transition must be continuous.*
  3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
    - a. In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), 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.
    - b. The top person must be caught by at least 2 catchers. 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.)

## D. ELITE DIVISION Pyramids-Inversions

1. Must follow Elite 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 throughout entire transition with either the top person(s) or the base(s).

*Clarification: Top person(s) bracing the inversion must show a concerted effort to maintain contact with the inverted top person until they are safely caught by the bases.*

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, flatback, prone) and doesn't exceed one twisting rotation.  
Clarification: LEGAL - 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 one 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) must be caught by at least 3 catchers.  
Exception: Brace flips that land in an extended upright position (see #7 below).
  - a. The 3 catchers must be stationary.
  - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers 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 land in an extended upright position require at least one base and 2 additional spotters.
  - a. The base(s) and spotter(s) must be stationary.
  - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
  - c. The base(s) and spotter(s) 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.)

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

### **ELITE DIVISION DISMOUNTS**

- A. Cradles from single based stunts must have a separate spotter with at least one 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 two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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.*
- D. Up to a 2-¼ twisting rotations 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. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

### **ELITE 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.
- 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.  
Clarification: no intentional traveling tosses  
Exception: A ½ turn is allowed by bases as in a kick full basket.

- C. Flipping, inverted or traveling tosses are not allowed.
- D. 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.
- E. Up to 2-½ twisting rotations allowed.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. 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: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS 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. Assisted or connected tumbling is not allowed.  
*Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.*
- E. Dive rolls are allowed:  
Exception: Dive rolls performed in a swan/arched position are not 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 extended, one-arm stunts other than an cupies or liberties.
  2. When the load/transition involves a twist or flip.
- B. Twisting stunts and transitions are allowed up to 2 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,*

*would be illegal if the resulting cumulative rotation of the top person exceeds 2 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, they may continue to walk the stunt in additional rotation.*

- C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.  
Exception 1: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (Example: a flip that lands in a straddle position)  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double cupies 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 eighteen inches above extended arm level.  
*Clarification: If the release move exceeds more than 18 inches above 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, 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.
  3. Release moves must return to original bases.  
Exception: 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.  
*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 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.

#### H. PREMIER DIVISION STUNTS -Inversions

1. Downward inversions from above prep level must be assisted by at least 2 bases. 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 a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.
- C. Free-flying mounts must originate from ground level and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Exception: Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
- D. **PREMIER DIVISION Pyramids–Release Moves**
  1. During a pyramid transition, a top person may pass above 2-½ high while in direct physical contact with at least one person at prep level or below.
- E. **PREMIER DIVISION Pyramids-Inversions**
  1. Inverted stunts are allowed up to 2-½ persons high and must be braced by at least 1 person at prep level or below.
  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.

#### PREMIER DIVISION DISMOUNTS

- A. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. 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 3 catchers. 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:
  1. Are allowed up to 1-¼ flipping and 0 twisting rotations.
  2. To the performance surface are not allowed.
- F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- G. Flips that originate above prep level are not allowed.  
Exception: ¾ front flip may occur from a 2-½ high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### 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.

- 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 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).
- C. Flipping tosses are allowed up to 1-¼ flipping rotation and 2 additional skills ~~twists~~. 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)**

Tuck flip, X-Out, Full Twist  
 Double Full-Twisting Layout  
 Kick, Full-Twisting Layout  
 Pike, Open, Double Full-Twist  
 Arabian Front, Full-Twist

**Illegal (Three Skills)**

Tuck flip, X-Out, Double Full Twist  
 Kick, Double Full-Full Twisting Layout  
 Kick, Full-Twisting Layout, Kick  
 Pike, Split, Double 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.**

- D. 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.
- E. Non-flipping tosses may not exceed 3-½ twists.
- F. 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. The bases involved in the toss must be stationary while tossing.  
 Exception: ¾ front flips with no twists are allowed.
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.

**X. TIME LIMITATIONS/ MUSIC / ENTRANCES**

- Each team will have a maximum of 2 minutes 30 seconds for music and a recommended 30 seconds for cheer which must be performed in the beginning or middle of the routine.
- Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- 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.
- 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.**
- 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.

- 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.
- All music must be on a CD. The ICU recommends that you bring both in case sound systems have trouble reading your CD.
- 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.
- Teams may not use Disney Themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

**XI. COMPETITION AREA**

- The performance floor will be approximately 42 feet x 54 feet. **(12.8 meters x 16.5 meters)** The surface will be traditional foam mat.
- Teams may line up anywhere inside the competition area.
- No penalty for stepping outside the area.

**XII. JUDGING CRITERIA**

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

**ALL GIRL ELITE**

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



**ALL GIRL PREMIER****CHEER CRITERIA 10 POINTS**

Crowd leading ability/ability to lead the crowd for teams  
 Nation, use of signs, poms, or megaphone, 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 ELITE****CHEER CRITERIA 10 POINTS**

Crowd leading ability/ability to lead the crowd for teams  
 Nation, use of signs, poms, or megaphone, 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, or megaphone, 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)\_\_\_\_\_**

**ALL GIRL GROUP STUNT****A). STUNTS AND TOSSES- 75 POINTS****1). EXECUTION OF TECHNIQUE 30 POINTS**

Execution of proper technique to perform stunts, making the stunts appear  
 to be easy.

**2). DIFFICULTY 25 POINTS**

Difficulty, and the ability to perform stunts in the routine.  
 Also includes not setting out of the stunts, continual transitions, one arm  
 stunts, toss stunts, etc. (Difficulty based on progressions)

**3). FORM AND APPEARANCE OF STUNTS 20 POINTS**

This includes not moving on stunts, arms straight,  
 flexibility of stunts in good position, straight line with  
 base and top, comfortable facial expressions, etc.

**B). OVERALL PERFORMANCE- 25 POINTS****1). TRANSITIONS 15 POINTS**

Pace of transitions, visual effect and creativity of the  
 transitions, matching specific points in music, difficulty  
 and technique maintained during transitions.

There should be as few 'breaks' in the routine as possible.

**2). SHOWMANSHIP 10 POINTS**

Excitement level of routine, routine is choreographed to music, and stunts  
 hit to beats of music, creative stunts and/or visuals, quick pace, facials, and  
 energy.

**TOTAL POINTS (100)\_\_\_\_\_**

**COED PARTNER STUNT****A). STUNTS- 75 POINTS****1). EXECUTION OF TECHNIQUE 30 POINTS**

Execution of proper technique to perform stunts, making the stunts appear  
 to be easy.

**2). DIFFICULTY 25 POINTS**

Difficulty, and the ability to perform stunts in the routine.  
 Also includes not setting out of the stunts, continual transitions,  
 one arm stunts, toss stunts, etc. (Difficulty based on progressions)

**3). FORM AND APPEARANCE OF STUNTS 20 POINTS**

This includes not moving on stunts, arms straight, flexibility of stunts in  
 good position, straight line with base and top, comfortable facial  
 expressions, etc.

**B). OVERALL PERFORMANCE- 25 POINTS****1). TRANSITIONS 15 POINTS**

Pace of transitions, visual effect and creativity of the  
 transitions, matching specific points in music, difficulty  
 and technique maintained during transitions.

There should be as few 'breaks' in the routine as possible.

**2). SHOWMANSHIP 10 POINTS**

Excitement level of routine, routine is choreographed  
 to music, and stunts hit to beats of music, creative stunts  
 and/or visuals, quick pace, facials, and energy.

**TOTAL POINTS (100)\_\_\_\_\_**

### **XIII. 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.

### **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.

### **XV. 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.

### **XV. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

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

### **XVI. 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.**

***We have reviewed the 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*