

The World Championship event for National Teams of all countries!



International Cheer Union World Cheerleading Championships

**23-24 April 2015 at the *Walt Disney* World Resort
Orlando, Florida USA**



INFORMATION AND REGISTRATION PACKET



2015 ICU World Cheerleading Championships

General Information

Bold denotes change

The International Cheer Union (ICU) will host the 2015 ICU World Cheerleading Championships on Thursday and Friday, 23-24 April 2015 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 teams perform at the IASF Cheerleading Worlds Saturday, Sunday & Monday.

I. Tentative Schedule of Events

Thursday, 23 April 2015

- ICU World Championship Opening Ceremonies
- ICU World Championship Competition
- ICU VIP Reception & Athlete Cultural Exchange

Friday, 24 April 2015

- ICU World Championship Competition
- ICU Closing Ceremonies

Saturday-Monday, 25-27 April 2015

- Club Worlds Championships
- Club Worlds Block Party (Monday)

II. Divisions (8 total):

A). Team Cheer (4 divisions)

Based on the objectives of growth for existing and emerging nations, the 2015 ICU World Cheerleading Championships will offer 2 levels of cheerleading for the Coed & All Girl divisions.

Note: 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)

Note: 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)

B). Team Cheer (2 divisions)

Based on the idea of participation and global representation, the 2015 ICU World Cheerleading Championships will offer the following divisions:

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.

D). 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)

Each nation can only have 1 entry per nation per division.

III. Time of Routine

A. Team Cheer (Coed & All Girl):

1. Cheer portion: can be placed in the beginning or middle of routine. Time minimum requirement thirty seconds (details below).
2. **Maximum time between Cheer and Music portion: 20 seconds**
3. Music portion:
 - a. Coed & All Girl: Two minutes, thirty seconds (2:30)
 - b. Team Cheer (Hip Hop & Freestyle Pom): Two minutes, thirty seconds (2:30)
 - c. Doubles: One minute, thirty seconds (1:30)

IV. Cheer Portion of Routine

(Team Cheer Coed & All Girl Divisions 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 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, and practical use of stunt/ pyramids to lead the crowd. Video examples will be provided; again, native language is encouraged.

V. Team Size/Number of athletes per team

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) - Minimum **16** athletes, maximum 24 people
2. Team Cheer (Hip Hop & Freestyle Pom Divisions) - Minimum 12 athletes, maximum 24 people.
3. Doubles (Hip Hop & Freestyle Pom Divisions) - 2 athletes

VI. Age of Athlete

1. **Elite/Level 5 divisions:**
14 years or older within the year of the World Championship
2. **Premier/Level 6 division:**
15 years or older within the year of the World Championship
3. **Team Cheer (Hip Hop & Freestyle Pom Divisions):** 14 years or older within the year of the World Championship.
4. **Doubles (Hip Hop & Freestyle Pom Divisions):**
14 years or older within the year of the World Championship

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 (older) than the World Championship parameters as needed. Each participant must be a minimum of 14 years of age within the year of competition. There is no set maximum age. Any team proven to be in violation of the age requirements will be automatically disqualified.

VII. Performance Surface

1. **Team Cheer (Hip Hop, Freestyle Pom & Doubles Divisions):** Marley dance 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 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 Coed & All Girl Divisions, and Partner & Group Stunt Performances.

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

Based on the number of national teams anticipated in the 2015 ICU World Cheerleading Championships, crossovers between divisions will only be allowed in the ICU (cross-overs will not be allowed for the IASF Worlds).

IX. Residence of Athletes

All athletes are required to be permanent residents of their respective nation on the 2015 World Championship date. Federation to determine status.

X. ICU World Anti-Doping Code:

Guidelines and Operations Procedures

The ICU is committed to doping free sport, and strictly follow 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://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Guidelines_Drug-Testing.pdf

XI. 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

REGISTRATION DEADLINES & PAYMENT POLICIES

- 1 ➤ REGISTRATIONS RECEIVED AFTER YOUR DEADLINE WILL BE ACCEPTED BASED ON HOTEL AVAILABILITY. HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINE DATES.**
- 2 ➤ All of the items are due with Registration by March 11, 2015.**
All changes will result in a \$200 per change fee after March 18, 2015.
FOR CANCELLATIONS RECEIVED ON OR BEFORE April 9, 2015.
All monies will be refunded with the exception of two hundred dollars (\$200.00) per person that will apply to cover hotel and entertainment guarantees. Cancellations received **after** April 9, 2015 will result in a **FULL FORFEITURE** of all monies paid. All cancellations must be in writing to ICU World Cheerleading Championships. We will not accept cancellations by phone.
- 3 ➤ TEAM PAYMENT MUST BE IN THE FORM OF A CREDIT CARD, CASHIER'S CHECK, MONEY ORDER, OR WIRE TRANSFER!! NO GYM/BOOSTER/PERSONAL CHECKS!**

PARTICIPANT BIRTH CERTIFICATES

Teams will no longer be required to submit a picture and a copy of each participants birth certificate with their registration. However, a copy of each participants birth certificate or passport must be made readily available upon request of a ICU Official. Copies of your athlete's birth certificates on a USB/Zip drive is acceptable.

AIRPORT TRANSPORTATION

Disney's Magical Express



If you need transportation to and from the Orlando International Airport (MCO), you must read this information carefully. We will be sending you a transportation packet of important instructions for setting up your transportation to and from the airport. This packet should arrive about 4 weeks prior to the event. Teams with 2nd deadline will receive this information with the return packet.

- ★ Transportation between Orlando International Airport (MCO) and the **Walt Disney World®** Resort will be provided by **Disney's Magical Express**. Attendees utilizing another airport will need to find alternate transportation.
- ★ **Disney's Magical Express** provides motorcoach transportation to/from the **Walt Disney World®** Resort and special luggage delivery service.
- ★ **Disney's Magical Express** requires a reservation. Each guest must be registered at a **Walt Disney World®** Resort prior to contacting **Disney's Magical Express**.
- ★ After registering for the event, each team will be provided with specific details to book their **Disney's Magical Express** reservation. Reservations need to be completed 14 days prior to arrival. Guests will be asked to provide a mailing address and inbound/outbound flight information.
- ★ **Disney's Magical Express** will mail Airport Transportation Booklets which include detailed arrival instructions and special luggage tags.

Disney's Magical Express Reservation Form
RESERVATIONS REQUIRED

Mailing Information:

Attention To:

Email Address	City, State & Zip
---------------	-------------------

Page ____ of ____

Please Fax This Form To 407-938-4629
or email wdw.dme.reservations@disney.com

Contact (866) 599-0951 with questions

[illegible]

THE ICU WORLD CHEERLEADING CHAMPIONSHIPS PARTICIPANTS/COACHES/SPECTATORS REGISTRATION FORM

2015 ICU WORLD CHEERLEADING CHAMPIONSHIPS



• PLEASE FILL IN BOTH ADDRESSES (PRINT OR TYPE IN BLUE OR BLACK INK) •

☐ PLEASE SEND INFO TO OUR GYM/TEAM ADDRESS BELOW:

Team Name/Country Representing

Person to Receive Information

Gym/Team Address

Gym/Team City/State/Zip or City/Country

() ()

Gym/Team Phone

Gym/Team Fax

☐ PLEASE SEND INFO TO THE HOME ADDRESS BELOW:

Person to Receive Information

Home Address

Home City/State/Zip or City/Country

()

Home Phone

E-mail Address

()

Cell Phone

LIST YOUR FEDEX SHIPPING ADDRESS BELOW (NO P.O. BOXES, PLEASE):

Person to Receive Information

Street Address

City/State/Zip or City/Country

() ()

Daytime Phone

Alternate Phone

PLEASE CHECK ALL THE APPLY.

TEAM CHEER

- ☐ All Girl Elite (equivalent to Level 5)
- ☐ All Girl Premier (equivalent to Level 6)
- ☐ Coed Elite (equivalent to Level 5)
- ☐ Coed Premier (equivalent to Level 5)

TEAM CHEER

- ☐ Hip Hop
- ☐ Freestyle Pom

DOUBLES

- ☐ Doubles Hip Hop
- ☐ Doubles Freestyle Pom

Flight Information:

Arrival Date

Airline/Flight #

Flight Time

Departure Date

Airline/Flight #

Flight Time

Note: Transportation between Orlando International Airport (MCO) and the *Walt Disney World®* Resort will be provided by *Disney's Magical Express*. Attendees utilizing another airport will need to find alternate transportation.

- Please Read and Sign Cancellation Policy! •
- HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES •

THE ICU WORLD CHEERLEADING CHAMPIONSHIPS PARTICIPANTS/COACHES (COMMUTER PACKAGES) REGISTRATION FORM



• PLEASE COMPLETE THE SECTION BELOW **ONLY** IF YOU ARE NOT PURCHASING THE TRAVEL PACKAGE! •

☐ Our team will **NOT** be attending on the travel package. We will be making our own arrangements. Listed below is information regarding where we will be staying in Orlando, including a phone number.

Hotel Name

Name Registered Under

Hotel Address

() / /2015

Hotel Phone

Date of Check-in

Advisor's Signature

of Coaches

of Participants

COMMUTER REGISTRATION FEES:

For those participants and coaches not purchasing the travel package, there are non-refundable Commuter packages available. (These fees do not include Worlds transportation or entry into the Private Block Party at *Disney's Hollywood Studios*® on Sunday night.)

COMMUTER PACKAGES	Qty.
3 Day package – \$310 <u>Includes:</u> Three day Walt Disney World® PARK HOPPER® Pass that also provides entry into all Worlds Competition Venues	
4 Day package – \$340 <u>Includes:</u> Four day Walt Disney World® PARK HOPPER® Pass that also provides entry into all Worlds Competition Venues	
5 Day package – \$370 <u>Includes:</u> Five day Walt Disney World® PARK HOPPER® Pass that also provides entry into all Worlds Competition Venues	
Total number of Private Block Party tickets I would like to purchase. * The Private Block Party at <i>Disney's Hollywood Studios</i> ® is an additional \$40 per person (this does not include transportation).	

**PLEASE DO NOT
INCLUDE
FAMILY MEMBERS.
THEY SHOULD USE
THE EXTRA TICKET
ORDER FORM.**

• Please Read and Sign Cancellation Policy! •
• HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES •

ACCOMMODATIONS

2015 ICU WORLD CHEERLEADING CHAMPIONSHIPS



Gym/Team Name _____

City, State/Country _____

Event Producer that awarded the bid _____

DIRECTIONS:

1. Choose the package type and Resort you wish to purchase.
2. Choose the type of room you wish to stay in (quad, triple, double or single).
3. Return with a **full payment** to The ICU World Cheerleading Championships office.

• **HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES.**

• All **Walt Disney World®** Theme Park tickets are valid April 18 – May 3, 2015

MAILING ADDRESS:

International Cheer Union
6745 Lenox Center Court • Suite 300
Memphis, TN 38115

☐ TWO NIGHTS

PLEASE CHOOSE ONE:

- ☐ **DISNEY'S POP CENTURY RESORT**
☐ **DISNEY'S ALL STAR RESORT**
☐ **DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for the two nights of April 25 (check-in) through April 27 (check-out) includes:

- Two nights and three days hotel accommodations
- Round trip airport transfers provided by **Disney's Magical Express**
- Three day **Walt Disney World® PARK HOPPER®** Pass
- Three day admission into **ESPN Wide World of Sports® Complex**
- Transportation to all events that are directly related with ICU
- Celebration Party at **Disney's Hollywood Studios®**
- All taxes and gratuities

ALL STAR RESORT OR POP CENTURY RESORT

CARIBBEAN RESORT

Quad (4 per room).....	\$477.00 per person	\$543.00 per person
Triple (3 per room)	\$498.00 per person	\$585.00 per person
Double (2 per room).....	\$545.00 per person	\$665.00 per person
Single (1 per room).....	\$703.00 per person	\$903.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

☐ THREE NIGHTS

PLEASE CHOOSE ONE:

- ☐ **DISNEY'S POP CENTURY RESORT**
☐ **DISNEY'S ALL STAR RESORT**
☐ **DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for any **three nights stay** between April 24 (check-in) through April 29 (check-out) includes:

- Three nights and four days hotel accommodations
- Round trip airport transfers provided by **Disney's Magical Express**
- Three day **Walt Disney World® PARK HOPPER®** Pass
- Three day admission into **ESPN Wide World of Sports® Complex**
- Transportation to all events that are directly related with ICU
- Celebration Party at **Disney's Hollywood Studios®**
- All taxes and gratuities

ALL STAR RESORT OR POP CENTURY RESORT

CARIBBEAN RESORT

Quad (4 per room).....	\$525.00 per person	\$607.00 per person
Triple (3 per room)	\$560.00 per person	\$665.00 per person
Double (2 per room).....	\$636.00 per person	\$785.00 per person
Single (1 per room).....	\$867.00 per person	\$1132.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

☐ EXTRA NIGHTS

(AVAILABLE ONLY WITH FIVE NIGHT TRAVEL PACKAGES)

I would like to stay an extra night on:

- ☐ **Wednesday, April 22, 2015** ☐ **Thursday, April 23, 2015** ☐ **Monday, April 27, 2015** ☐ **Tuesday, April 28, 2015**

Optional Extra Nights: Since the hotel has very limited space available for these nights, reservations for the extra nights will be accepted on a first come-first served basis.

All rooms at the All Star Resort or Pop Century (regardless of occupancy)\$159.00 per room, includes tax

All rooms at the Caribbean Beach Resort (regardless of occupancy)\$259.00 per room, includes tax

You may upgrade your Four Day PARK HOPPER® to a 5 Day PARK HOPPER® for an additional \$30 per person.
Please indicate this on your rooming list by filling in the ☐.

☐ FOUR NIGHTS

PLEASE CHOOSE ONE:

- ☐ **DISNEY'S POP CENTURY RESORT**
☐ **DISNEY'S ALL STAR RESORT**
☐ **DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for any **four night stay** between April 24 (check-in) through April 29 (check-out) includes:

- Four nights and five days hotel accommodations
- Round trip airport transfers provided by **Disney's Magical Express**
- Four day **Walt Disney World® PARK HOPPER®** Pass
- Three day admission into **ESPN Wide World of Sports® Complex**
- Transportation to all events that are directly related with ICU
- Celebration Party at **Disney's Hollywood Studios®**
- All taxes and gratuities

ALL STAR RESORT OR POP CENTURY RESORT

CARIBBEAN RESORT

Quad (4 per room).....	\$581.00 per person	\$697.00 per person
Triple (3 per room)	\$637.00 per person	\$782.00 per person
Double (2 per room)	\$763.00 per person	\$972.00 per person
Single (1 per room).....	\$1084.00 per person	\$1440.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

☐ FIVE NIGHTS

PLEASE CHOOSE ONE:

- ☐ **DISNEY'S POP CENTURY RESORT**
☐ **DISNEY'S ALL STAR RESORT**
☐ **DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for any **five night stay** between April 23 (check-in) through April 29 (check-out) includes:

- Five nights and six days hotel accommodations
- Round trip airport transfers provided by **Disney's Magical Express**
- Five day **Walt Disney World® PARK HOPPER®** Pass
- Three day admission into **ESPN Wide World of Sports® Complex**
- Transportation to all events that are directly related with ICU
- Celebration Party at **Disney's Hollywood Studios®**
- All taxes and gratuities

ALL STAR RESORT OR POP CENTURY RESORT

CARIBBEAN RESORT

Quad (4 per room).....	\$604.00 per person	\$729.00 per person
Triple (3 per room).....	\$688.00 per person	\$863.00 per person
Double (2 per room)	\$845.00 per person	\$1087.00 per person
Single (1 per room).....	\$1245.00 per person	\$1674.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

PLEASE MAKE CHECKS PAYABLE TO
ICU WORLD CHEERLEADING CHAMPIONSHIPS

NO GYM/BOOSTER/PERSONAL CHECKS WILL BE ACCEPTED

Gym/Team Name _____ City _____ State _____ Country _____

Event where team received bid _____ Sponsoring Event _____

Producer _____

Medical Forms needed: Total # of Adults _____ Total # of Minors _____

★ Medical Release forms are required for coaches and participants only!

ROOMING LIST**IMPORTANT:** This form must be completed in order for your registration to be accepted. Reservations will be entered according to the dates below and charged as such. List below names in full of people staying in either quad (4), triple (3), double (2), or single (1), rooms.

In parenthesis, specify one of the following for each person: (P) = Participant (C) = Coach (F) = Family/Friend

PLEASE NOTE: Rollaway beds are not available. (PLEASE PRINT OR TYPE) ☐ Upgrade to 5 Day Park Hopper (Please color for upgrades only)**SINGLES (ONE IN EACH ROOM)**

	AGE	P/C/F	Arrival Date	Depart Date	Ticket Upgrade
1.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>

SINGLES (ONE IN EACH ROOM)

	AGE	P/C/F	Arrival Date	Depart Date	Ticket Upgrade
1.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>
1.	()	()	()	()	<input type="radio"/>
2.	()	()	()	()	<input type="radio"/>
3.	()	()	()	()	<input type="radio"/>
4.	()	()	()	()	<input type="radio"/>

2015 ICU WORLD CHEERLEADING CHAMPIONSHIPS

City _____ State/Country _____

CREDIT CARD TYPE: ☐ VISA ☐ MC ☐ AMEX ☐ DISC **Total Amount Charged: \$** _____

Account Number: **Exp. Date:** ____/____/____ **Security Code:** _____

Name (Print) _____ Signature _____

Billing Address*	Daytime Telephone Number
------------------	--------------------------

City/State/Zip or City/Country

Email Address _____ Cell Phone Number _____

If this credit card payment is NOT for your entire group, please list person(s) and amounts to be paid with this credit card.

List person(s) and amounts to be paid with this credit card.

	Person(s)	Amount
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

* In order for credit cards to be processed, we MUST have the billing address for the credit card being charged.
This address MUST include the zip code for the billing address.

THIS FORM MAY BE DUPLICATED.

TICKET ORDER FORM

2015 ICU WORLD CHEERLEADING CHAMPIONSHIPS

NOTE: THIS IS AN OPTIONAL FORM. If you are not purchasing The ICU World Cheerleading Championships packet, but would still like to order tickets, please complete this form.

Team Name _____

Name _____

(All tickets will be distributed at the same time to the person listed above. Photo ID required for pickup.)

Address _____

City/State/Zip or City/Country

Phone Number (Home) _____ (Work) _____

Email _____ Cell () _____

WALT DISNEY WORLD® TICKETS AVAILABLE FOR PURCHASE

Pick up at ☐ All Star Resort ☐ Pop Century Resort ☐ Caribbean Beach

☐ THREE DAY PARK HOPPER® - \$230.00 each

(Transportation is not included)

Number Needed _____

☐ FOUR DAY PARK HOPPER® - \$260.00 each

(Transportation is not included)

Number Needed _____

☐ FIVE DAY PARK HOPPER® - \$290.00 each

(Transportation is not included)

Number Needed _____

☐ WDW WATER PARK - \$43.00 each

(One Day Admission into any WDW Water Park)

Number Needed _____

☐ COUNTER SERVICE MEAL VOUCHER - \$16.00 each

(One entrée and beverage per voucher-at designated Theme Park dining locations. Lunch or Dinner Only.)

Number Needed _____

☐ PRIVATE BLOCK PARTY AT DISNEY'S HOLLYWOOD STUDIOS®

- \$40.00 each (Transportation is not included)

Number Needed _____

METHOD OF PAYMENT

Enclosed is check number _____ for \$ _____

I authorize The ICU World Cheerleading Championships to charge my:

☐ VISA ☐ MC ☐ AMEX ☐ DISC in the amount of \$ _____ for tickets.

Account Number

Expiration Date _____

Security Code: _____

Name on Credit Card _____

Card Holder Billing Address* _____

Card Holder City/State/Zip or City/Country _____

Card Holder Daytime Phone () _____

Card Holder Signature _____

Card Holder Email Address _____

* In order for credit cards to be processed, we MUST have the billing address for the credit card being charged. This address MUST include the zip code for the billing address.

• **FORM MAY BE COPIED** • Tickets valid April 19 - May 4, 2014 •

You may also order these tickets online.



This form and full payment are due in the ICU World Cheerleading Championships Office by April 9, 2015.

Credit Card orders may be faxed to: 1-901-387-4357

Checks and forms are to be mailed to:

**ICU World
CHEERLEADING CHAMPIONSHIPS
- TICKET ORDERS
6745 LENOX CENTER COURT
SUITE 300
MEMPHIS, TN 38115**

PLEASE SUBMIT ONE FORM PER FAMILY OR PICKUP.

No orders will be accepted after April 9, 2015.

Tickets may be purchased in Orlando at Celebrity Hall while supplies last.

NO GYM/BOOSTER/PERSONAL CHECKS WILL BE ACCEPTED!

ORDERS NOT PAID IN FULL WILL NOT BE PROCESSED.

TEAM ROSTER

Gym/Team Name _____

City _____ State _____ Country _____



Please list the names of all participants that are performing on the floor at The ICU World Cheerleading Championships. Athlete and/or team crossovers are allowed at the ICU.

TEAM CHEER

- ☐ All Girl Elite
- ☐ All Girl Premier
- ☐ Coed Elite
- ☐ Coed Premier

TEAM CHEER

- ☐ Hip Hop
- ☐ Freestyle Pom

DOUBLES

- ☐ Doubles Hip Hop
- ☐ Doubles Freestyle Pom

I declare that all participants below:

Please print or type the names so they are legible. It must be the name that is printed on their Driver's License or Official Identification. (NO NICKNAMES)

Participant's Name	Alternates M- Male F- Female	Participant's Name	Alternates M- Male F- Female
1. _____	<input type="checkbox"/> _____	21. _____	<input type="checkbox"/> _____
2. _____	<input type="checkbox"/> _____	22. _____	<input type="checkbox"/> _____
3. _____	<input type="checkbox"/> _____	23. _____	<input type="checkbox"/> _____
4. _____	<input type="checkbox"/> _____	24. _____	<input type="checkbox"/> _____
5. _____	<input type="checkbox"/> _____	25. _____	<input type="checkbox"/> _____
6. _____	<input type="checkbox"/> _____	26. _____	<input type="checkbox"/> _____
7. _____	<input type="checkbox"/> _____	27. _____	<input type="checkbox"/> _____
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10. _____	<input type="checkbox"/> _____	30. _____	<input type="checkbox"/> _____
11. _____	<input type="checkbox"/> _____	31. _____	<input type="checkbox"/> _____
12. _____	<input type="checkbox"/> _____	32. _____	<input type="checkbox"/> _____
13. _____	<input type="checkbox"/> _____	33. _____	<input type="checkbox"/> _____
14. _____	<input type="checkbox"/> _____	34. _____	<input type="checkbox"/> _____
15. _____	<input type="checkbox"/> _____	35. _____	<input type="checkbox"/> _____
16. _____	<input type="checkbox"/> _____	36. _____	<input type="checkbox"/> _____
17. _____	<input type="checkbox"/> _____	ALTERNATES ATTENDING	
18. _____	<input type="checkbox"/> _____	37. _____	<input type="checkbox"/> _____
19. _____	<input type="checkbox"/> _____	38. _____	<input type="checkbox"/> _____
20. _____	<input type="checkbox"/> _____	39. _____	<input type="checkbox"/> _____
		40. _____	<input type="checkbox"/> _____

* Review all Rules & Guidelines *

Director

Team Coach

Director/Coaches names you would like listed on the video screen at the event
(LIMIT OF THREE PLEASE)

Team Name _____

City _____ State _____ Country _____



CANCELLATION POLICY

For cancellations received **on or before** April 9, 2015, all monies will be refunded with the exception of two hundred dollars (\$200.00) per person that will apply to cover hotel and entertainment guarantees. Cancellations received **after** April 9, 2015 will result in a **FULL FORFEITURE** of all monies paid. All cancellations must be in writing to The ICU World Cheerleading Championships. We will not accept cancellations by phone.

All changes will result in a \$200 per change fee.

I have read the cancellation policy and understand and accept its contents. I have also advised all participants, parents and chaperones of my group of this cancellation policy.

Coach Signature

Date

Each adult traveling on the travel package and each participant's parent must sign below. Your application will not be entered without **ALL** signatures.

We have read the cancellation policy and understand and accept its contents.

1. _____	11. _____	21. _____	31. _____
2. _____	12. _____	22. _____	32. _____
3. _____	13. _____	23. _____	33. _____
4. _____	14. _____	24. _____	34. _____
5. _____	15. _____	25. _____	35. _____
6. _____	16. _____	26. _____	36. _____
7. _____	17. _____	27. _____	37. _____
8. _____	18. _____	28. _____	38. _____
9. _____	19. _____	29. _____	39. _____
10. _____	20. _____	30. _____	40. _____

• HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES •

• NO GYM CHECKS WILL BE ACCEPTED •



2015 ICU World Championships

TEAM CHEER DIVISIONS RULES & REGULATIONS

Bold Text denotes change from 13-14

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 (2015 ICU World Cheerleading Championships) will take place on Thursday and Friday (23-24 April 2015) before the IASF/USASF Worlds Championship in Orlando Florida (25-27 April 2015)
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 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. 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 once it is removed from the body.
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

- 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 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 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.

ELITE DIVISION 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 above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 2 ¼ 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 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, they may continue to walk the stunt in additional rotation.
- D. Free flipping mounts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based double cupies 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 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. Release moves inverted to non-inverted positions may not twist. Exception: Front handspring half up (1/2 twist) to extended stunt. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Dismount "C".
Exception: Dismounting True Double Cupies.
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. Exception: Dismounting True Double Cupies.

H. 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. Clarification: Downward inversion originating from prep level or below do not require three bases.
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: 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 power pressing of an extended inverted stunt (example: needle or 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.
- 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. *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 second level.
Clarification: The transition must be continuous.
 3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - 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 one catcher and one 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.)

D. ELITE DIVISIOIN 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: 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, 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. Braced inversions (including braced flips) must be caught by at least 3 catchers. Exception: Brace flips that land in an **upright position at prep level or above** (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 upright position at prep level or above 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.
 9. Braced flips may not come in contact with each other.

ELITE 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 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. Dismounts must return to original base(s).
- H. Dismounts may not intentionally travel.
- I. Top persons in dismounts may not come in contact with each other while released from the bases.
- J. Tension drops/rolls of any kind are not allowed.
- K. 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. 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 extended, one-arm stunts other than an cupies or liberties. *Clarification: A on-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.*
 - 2. When the load/transition involves a twist greater than 360 degrees or an inversion.
 - 3. During stunts in which the top person is in an extended inverted position.
 - 4. When the top person is released from above ground level to a 1 arm stunt.
- 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. 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 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.

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.

D. Single based split catches are not allowed.

E. Single based double cupies require a separate spotter for each top person

F. 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.

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.

G. 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 at least two spotters, one providing additional pyramid support, and both designated for each person who is above two persons high and whose primary support does not have at least one 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 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 the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the 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 "2-1-1 thigh stand tower" pyramids, there must be a spotter who is in 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 (¾ maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Free-flying mounts originating from above ground level are permitted, may not originate in a handstand position, and are allowed up to 1 flipping (¾ maximum free flip between release and catch) and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations. 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

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. 2-1-1 thigh stand 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.

- G. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

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 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,

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, one 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 pyramid.)

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 pyramid.)

- 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 the dismount.

- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one 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).

- 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.

- 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. Tosses may not be directed so that the bases must move to catch the top person.
- C. 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)

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 or ¾ front flips with 0 twists. 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 minimum 30 seconds for cheer which must be performed in the beginning or middle of the routine. **Maximum time between Cheer and Music portion: 20 seconds**
- 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

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)_____

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



2015 International Cheer Union Team Cheer Rules and Regulations Hip Hop, Freestyle Pom & Doubles

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 action plan in the event of an injury.

II. TOURNAMENT

1. The event (2015 ICU World Cheerleading Championships) will take place on Thursday and Friday (**23-24 April 2015**) before the IASF/USASF Worlds Championship in Orlando Florida (**25-27 April 2015**)
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. PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES** -Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/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 throughout the entire event. 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. 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. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
4. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
5. 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.
6. Tights should be worn under briefs, hot pants or excessively short shorts.
7. 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.
8. Jewelry as a part of a costume is allowed.
9. All male performers' costumes must include a shirt that is fastened, however it can be sleeveless.
10. No cheers or chants are allowed.

B. TIME LIMIT/MUSIC/ENTRANCES

1. Each **Team** will have a maximum of (2:30) two minutes and 30 seconds.
2. Each **Doubles** will have a maximum of (1:30) one minute and 30 seconds.
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 and end with the last choreographed movement or note of music.

5. If a team exceeds the time limit, a penalty will be assessed for each violation. **One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.**
6. 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.
7. All music must be on a CD. The ICU recommends that you bring multiple copies in case sound systems have trouble reading your CD.
8. Teams must enter the performance floor as quickly as possible. Choreographed entrances / exits will not be allowed.
9. 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 as part of your choreography that is not attached to your costume.
2. Wearable and handheld items/props that compliment the choreography will be allowed in the Jazz and Hip Hop Categories. They may be removed and discarded from the body.
3. The Freestyle Pom Category will not allow props, as 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 2 Separate Categories – Hip Hop & Freestyle Pom.**
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 one 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 **12 performers 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 to the cheer divisions at the coaches' discretion as scheduling conflicts may occur.
8. Each country's federation will need to provide proof of permanent residency for each member of its team.
9. Each participant must be a minimum of 14 years of age within the year of competition. There is no set maximum

age. Any team proven to be in violation of the age requirements will be automatically disqualified.

10. Males and females are allowed to participate on the team.

E. COMPETITION AREA

1. The performance floor will be approximately 42 feet x 42 feet. **(12.8016 meters x 12.8016 meters)** The surface will be professional grade material (Marley floor or a wooden parquet floor).
2. Teams may line up anywhere inside the competition area.
3. No penalty for stepping outside the area.

F. CATEGORY DEFINITIONS

- **POM – Poms are required to be used throughout the routine. Important characteristics of pom routine include synchronization and visual effects, along with proper pom placement and dance 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” theme. See scoresheet for more information.**
- **HIP HOP – Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. No props. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See scoresheet for more information.**

IX. 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.

FREESTYLE POM

A. Tumbling and Aerial Skills Executed by Individuals:

1. **Tumbling** - Skills that emphasize acrobatic or gymnastic ability, executed by an individual without contact, assistance or support of another individual(s) that begin and end on the performance surface. Tumbling as a dance skill is allowed but not required
2. **Hip Over Head Rotation Skills with Hand Support** – exhibited by continuous movement where an individual's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel) **are not allowed while holding poms in supporting hand(s)**
****EXCEPTION:** Forward rolls and backwards rolls are allowed

3. **Airborne Hip Over Head Rotation Skills Without Hand Support** - where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (Example: Round off or back handspring) **are not allowed**
****EXCEPTION:** Front Aerial and Aerial Cartwheels (an airborne tumbling skill which emulates a front walkover or cartwheel - executed without placing hands on the ground) are allowed
 4. **Simultaneous tumbling over or under another individual** that includes Hip Over Head Rotation by both individuals **is not allowed**
 5. **Airborne Drops** where the individual is free from the performance surface and returns to the performance surface landing to the knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual **first bears weight on the hand(s) or foot/feet**
 6. **Landing in a push up position** on to the performance surface from an Airborne Skill, in which the individual is free of contact with the performance surface, **is not allowed**
- B. Lifts and Partnering Executed by Pairs or Groups:**
1. **Lifts and Partnering-** either where an individual is elevated from the performance surface by one or more individuals and set down, or where two individuals use support from one another- **allowed but not required with the following limitations:**
 - a. **A Supporting Individual does not have to maintain contact with the performance surface** provided the height of the skill **does not exceed shoulder level**
 - b. **A Single Supporting Individual may Release,** An action in which the Executing Individual becomes free of contact from Supporting Individual(s) and are unassisted to the performance surface, **above shoulder level providing all of the following:**
 - i. The Executing Individual **does not Invert**, where the individual's waist/hips/feet are higher than his/her head and shoulders, **after the release**
 - ii. The Executing Individual is **supported to the performance surface** by one or more Supporting Individuals
 - iii. The Executing Individual is **not caught in a Prone position** where the front of the individuals' body is facing the ground, and the back of the body is facing up
 - iv. **No Supporting Individual may hold poms during the release or catch/assistance** upon return to the performance surface
****CLARIFICATION:** Executing Individual may only be released by one Supporting Individual
 2. **Hip Over Head Rotation of the Executing Individual(s)** is allowed provided: A Supporting Individual maintains contact until the Executing

Individual returns to the performance surface or is returning to the upright position

3. **Vertical Inversion**, where the Executing Individual is inverted and bears direct weight on the Supporting Individual by a stop, stall (freeze) or change in momentum, is allowed if:
 - 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 exceed shoulder level there is **at least one additional Individual to spot** who does not bear weight
4. **Unassisted Dismounts to the Performance Surface:**
 - a. **An Executing Individual may jump, leap, step or push off of a Supporting Individual(s)** provided all of the following:
 - i. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level
 - ii. The Executing Individual may not pass through the Prone or Inverted position after the release
 - b. **A Supporting Individual may Toss-** where the supporting individual (s) performs a throwing motion to increase the height of the executing individual (who is free from the performance surface when the toss is initiated) **an Executing Individual if:**
 - i. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level
 - ii. The Executing Individual is not Supine, where the back of the individuals' body is facing the ground and the front is facing up, or Inverted when released
 - iii. The Executing Individual does not pass through a Prone or Inverted position after release

HIP HOP

A. Tumbling and Aerial Skills Executed by Individuals:

1. **Tumbling** - Skills that emphasize acrobatic or gymnastic ability, executed by an individual without contact, assistance or support of another individual(s) that begin and end on the performance surface. Tumbling as a dance skill is allowed but not required
2. **Inverted Skills:**
 - a. Non Airborne Skills are allowed Example Head stand, Freezes, etc
 - b. Airborne Skills with hand support that land in a Perpendicular Inversion are allowed
3. **Tumbling skills with Hip Over Head Rotation:**
 - a. Non Airborne Skills are allowed
 - b. Airborne Skills with hand support 1) Are allowed (example- back handspring) 2) Are limited to two Consecutive, meaning the individual connects skills immediately, without step, pause or break in between.
****CLARIFICATION:** both skills must have hand support

- c. Airborne Skills without hand support are allowed provided all of the following: 1) Involves no more than one twisting transition 2) May not connect to another skill that is Airborne with Hip Over Head Rotation with or without hand support

4. **Simultaneous Tumbling Over or Under** another Individual that includes Hip Over Head Rotation by both Individuals is not allowed
 5. **Airborne Drops** to the shoulder, back, or seat are permitted provided the height of the airborne Individual does not exceed hip level (clarification: drops to the knee, thigh, front or head are not allowed)
 6. **Landing in a push up position** may involve any jump
 7. **Hip Over Head Rotation Skills with Hand Support** are not allowed while holding props in supporting hand(s)
****EXCEPTION:** Forwards rolls and backwards rolls are allowed
 8. Aerial street skills should remain consistent with the style of hip hop and not appear gymnastic or cheerleading in nature
- B. Lifts and Partnering Executed by Pairs or Groups:**
1. **Lifts and Partnering-** either where an individual is elevated from the performance surface by one or more individuals and set down, or where two individuals use support from one another- **allowed but not required with the following limitations:**
 2. **A Supporting Individual does not have to maintain contact with the performance surface** provided the height of the skill does not exceed shoulder level
 3. **A Single Supporting Individual may Release,** An action in which the Executing Individual becomes free of contact from Supporting Individual(s) and is unassisted to the performance surface, providing all the following:
 - a. The Executing Individual may not pass through an **Inverted Position**, where the individual's waist/hips/feet are higher than his/her head and shoulders, after the release
 - b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals
 - c. The Executing Individual is not caught in a **Prone** position where the front of the individuals' body is facing the ground, and the back of the body is facing up
****CLARIFICATION:** Executing Individual may only be released by one Supporting Individual
 4. **Hip Over Head Rotation of the Executing Individual(s)** is allowed provided: A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position
 5. **Vertical Inversion**, where the Executing Individual is inverted and bears direct weight on the Supporting Individual by a stop, stall (freeze) or change in momentum is allowed if:

- 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 exceed shoulder level there is at least one additional individual to spot who does not bear weight of the Executing Individual
- 6. Unassisted Dismounts to the Performance Surface:**
- a. **An Executing Individual may jump, leap, step or push off of a Supporting Individual(s)** provided all of the following:
 - i. At least one part of the Executing Individual's body is at or below shoulder level at the highest point of the released skill
 - ii. The Executing Individual may not pass through the Prone or Inverted position after the release
 - b. **A Supporting Individual may Toss-** where the supporting individual (s) performs a throwing motion to increase the height of the executing individual (who is free from the performance surface when the toss is initiated) **an Executing Individual if:**
 - i. At least one part of the Executing Individual's body is at or below shoulder level at the highest point of the released skill
 - ii. The Executing Individual may be Supine, where the back of the individuals' body is facing the ground and the front is facing up, or Inverted when released but s/he must land on their foot/feet
 - iii. The Executing Individual does not pass through an Inverted position after release

V. GLOSSARY OF TERMS:

1. **Airborne Drops** where the individual is free from the performance surface and returns to the performance surface
2. **Airborne Hip Over Head Rotation** (executed by individual) - An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (Example: Round off or a Back handspring).
3. **Airborne Skill** (executed by individual) - A skill in which the individual is free of contact with the performance surface. (Example: Tour Jetté or Butterfly.)
4. **Aerial Cartwheel** - An airborne tumbling skill which emulates a cartwheel, executed without placing hands on the ground.
5. **Consecutive Skills** - An action in which the individual connects skills immediately, without step, pause or break in between. (Example: Double Pirouette or Double Toe Touch)
6. **Executing Individual** – The individual who performs a skill and uses support from another individual (s) when partnering. Refer to the ICU Rules for Lifts and Partnering for safety guidelines.
7. **Front Aerial** - An airborne tumbling skill which emulates a front walk over, executed without placing hands on the ground.
8. **Hip Level** - A designated 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.)
9. **Hip Over Head Rotation** - (executed by individuals): An action where an individual's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel).
10. **Inversion** - A position in which the individual's waist/hips/feet are higher than his/her head and shoulders.
11. **Lifts** (executed as partners or in a group) - An action in which an individual is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of "Lifting" individuals and "Elevated" Individuals. Refer to the ICU Rules for Lifts and Partnering for safety guidelines.
12. **Lifting Individual** – An individual, who is part of a lift and lifts the Elevated Individual as part of a Lift. Refer to the ICU Rules for Lifts and Partnering for safety guidelines. The supporting individual may also be considered a lifting individual.
13. **Partnering** (executed in pairs) – A skill in which two individuals use support from one another. Partnering can involve both "Supporting" and "Executing" skills Refer to the ICU Rules for Lifts and Partnering for safety guidelines.
14. **Prone** - A position in which the front of the individuals' body is facing the ground, and the back of the individuals' body is facing up.
15. **Release Move** (executed in groups or pairs) - An action in which the Executing Individual becomes free of contact from Supporting Individual(s) and are unassisted to the performance surface.
16. **Shoulder Level** - A designated height; the height of a standing individual'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.)
17. **Supporting Individual** – An individual(s), who is part of a trick and bears the primary weight of a lifted individual. A Supporting Individual(s) holds or tosses and/or maintains contact with an Executing Individual as a part of a Trick or Partnering skill. The Supporting Individual may also be considered a Lifting Individual. Refer to the ICU Rules for Lifts and Partnering for safety guidelines
18. **Supine** - A position in which the back of the individuals' body is facing the ground, and the front of the individuals' body is facing up.
19. **Toss** - A release move where Supporting Individual(s) execute a throwing motion to increase the height of the

- Executing Individual. Executing Individual is free from the performance surface when toss is initiated
20. **Tumbling** – A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface. (Clarification: tumbling skills do not have to include hip overhead rotation).
21. **Vertical Inversion** (executed in groups or pairs) - A position in which the Executing Individual is inverted and bears direct weight on the Supporting Individual by a stop, stall (freeze) or change in momentum.

VI. JUDGING CRITERIA

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

FREESTYLE POM SCORE SHEET

TECHNIQUE	
Execution of Pom Motion Technique Clean arm lines, levels, placement, movement is sharp, strong and precise	10 _____
Execution of Dance Technique Correct placement & levels of arms/ torso/ hips /legs/ hands/ feet, body control, extension, balance, style in movement	10 _____
Execution of Technical Skills Proper execution of leaps, turns, jumps, lifts, partner work, etc	10 _____
GROUP EXECUTION	
Synchronization / Timing with Music Moving together as one with the music	10 _____
Uniformity of Movement Movements are the same on each person, clear, clean and precise	10 _____
Spacing Equal/correct spacing between individuals on the performance surface during the routine and transitions	10 _____
CHOREOGRAPHY	
Musicality / Creativity / Originality Use of the music accents, style, creative, original movement	10 _____
Routine Staging/ Visual Effects Formations and transitions, visual impact of group work, levels, opposition, poms, etc.	10 _____
Degree of Difficulty Level of difficulty of skills, movement, weight changes, tempo, etc.	10 _____
OVERALL EFFECT	
Communication / Projection / Audience Appeal & Appropriateness Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10 _____
TOTAL 100 PTS _____	

DOUBLES SCORE SHEET

TECHNIQUE	
Execution of Skills/Style (Pom- Hip Hop) Execution of movements and skills in the style of the category	10 _____
Placement/Control 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	10 _____
Strength of Movement Intensity, strength and presence in movements	10 _____
Extension/Flexibility Exhibits full extension (in arms, legs, feet etc), and when applicable, stretch and flexibility in movement	10 _____
CHOREOGRAPHY	
Musicality Use of the music accents, rhythms, lyrics and style	10 _____
Difficulty Level of difficulty of skills, movement, weight changes, tempo, etc.	10 _____
Creativity/Style Exhibiting creative and original movement in accordance with the style of the category	10 _____
Routine Staging Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine	10 _____
EXECUTION	
Synchronization Uniformity of all movement, moving together and with the music	10 _____
OVERALL EFFECT	
Communication / Projection / Audience Appeal & Appropriateness Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10 _____
TOTAL 100 PTS _____	

HIP HOP SCORE SHEET

TECHNIQUE	
Strength of Movement Strength and presence in movement	10 _____
Execution of Hip Hop Style(s) - Placement / Control 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.	10 _____
Execution of Skills / Athletic Incorporations Execution of floor work, freezes, partner work, lifts, tricks, jumps, etc.	10 _____
GROUP EXECUTION	
Synchronization / Timing with Music Moving together as one with the music	10 _____
Uniformity / Clarity of Movement Movements are the same on each person, clear, clean and precise	10 _____
Spacing Equal/correct spacing between individuals on the performance surface during the routine and transitions	10 _____
CHOREOGRAPHY	
Musicality / Creativity / Originality Use of the music accents and style, creative, original movement	10 _____
Routine Staging/ Visual Effects Formations and transitions, visual impact of group work, levels, opposition, etc.	10 _____
Degree of Difficulty Level of difficulty of skills, movement, weight changes, tempo, etc.	10 _____
OVERALL EFFECT	
Communication / Projection / Audience Appeal & Appropriateness Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10 _____
TOTAL 100 PTS _____	

VII. 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.

VIII. 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.

IX. 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.

X. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

XI. 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 to the ICU Office.

This must be submitted by email - clearly labeled with school/team name, contact person name, number and email.

**It must be received by April 1st. Please send to:
lrifino@cheerunion.org**

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(Team Name)

(Date)

(City/State/Country)

(Director's / Coach's Signature)

(Division/Category)

(Administrator's Signature)

• Retain a copy of these rules for your files •



CHECKLIST

- **All of the items listed below are due with Registration by March 11, 2015.**

No changes will be accepted after March 18, 2015.

Please read the Registration Deadlines & Payment Policy Page.

Any Changes (Name Changes, Spelling Corrections, Rooming Changes, etc.) made after the above dates will result in a \$200 charge per change.

- ☐ Registration Form (with full payment)
- ☐ Accommodations Page
- ☐ Team Roster

NOTE: Applicants will not be entered or processed without this signed form!

- ☐ Rooming List
- ☐ Cancellation Policy
(signed by everyone attending on the travel package)
- ☐ Ticket Order Form (if necessary)
- ☐ Credit Card payment sheet (if necessary)
- ☐ Signed copy of the Rules and Regulations
- ☐ Original, signed medical release forms (one for each participant & coach).
We **MUST** have the originals! Please do not tear apart copies.