

**The World Championship event for National Teams of all countries!**



# **International Cheer Union World Cheerleading Championships**

**21-22 April 2016 at the *Walt Disney* World Resort  
Orlando, Florida USA**



**INFORMATION AND REGISTRATION PACKET**



# **2016 ICU World Cheerleading Championships**

## **General Information**

*Bold denotes change*

The International Cheer Union (ICU) will host the 2016 ICU World Cheerleading Championships on Thursday and Friday, 21-22 April 2016 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 Cheerleading Worlds Saturday, Sunday & Monday.

### **I. Tentative Schedule of Events**

#### **Thursday, 21 April 2016**

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

#### **Friday, 22 April 2016**

- ICU World Championship Competition
- ICU Closing Ceremonies

#### **Saturday-Monday, 23-25 April 2016**

- 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 2016 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 (a):** Each nation can enter one (1) All Girl Division (Elite or Premier) and one (1) Coed Division (Elite or Premier)

**Note (b):** The 2016 World Champions in the Team Cheer All Girl Elite and Team Cheer Coed will be required to advance to the Premier Division in the 2017 ICU World Cheerleading Championships.

#### **B). Team Cheer (2 divisions)**

Based on the idea of participation and global representation, the 2016 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 2016 ICU World Cheerleading Championships, crossovers between divisions will only be allowed in the ICU (cross-overs will not be allowed for the USASF Club Worlds on 23-25 April 2016).

## IX. Residence of Athletes

All athletes are required to be permanent residents of their respective nation on the 2016 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](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](http://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Rules_Competition-Fixing.pdf)

# REGISTRATION DEADLINES & PAYMENT POLICIES

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**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 10, 2016.  
All changes will result in a \$200 per change fee after March 17, 2016.

**FOR CANCELLATIONS RECEIVED ON OR BEFORE April 8, 2016.**

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 8, 2016 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*



Registration available online @ [www.cheerunion.org](http://www.cheerunion.org)

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.

- ★ 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.



# THE ICU WORLD CHEERLEADING CHAMPIONSHIPS

## PARTICIPANTS/COACHES

### REGISTRATION FORM



#### 2016 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

Email 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 THAT 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 •

# ACCOMMODATIONS

## 2016 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 17 – May 7, 2016

**MAILING ADDRESS:**  
 International Cheer Union  
 6745 Lenox Center Court  
 Suite 300  
 Memphis, TN 38115

### TWO NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT
- DISNEY'S CORONADO SPRINGS RESORT

The travel package price for the two nights of April 23 (check-in) through April 25 (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	CORONADO SPRINGS RESORT
Quad (4 per room).....	\$500.00 per person.....	\$565.00 per person
Triple (3 per room).....	\$525.00 per person.....	\$605.00 per person
Double (2 per room).....	\$570.00 per person.....	\$685.00 per person
Single (1 per room).....	\$735.00 per person.....	\$925.00 per person

**(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)**

### THREE NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT
- DISNEY'S CORONADO SPRINGS RESORT

The travel package price for any three nights stay between April 22 (check-in) through April 27 (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	CORONADO SPRINGS RESORT
Quad (4 per room).....	\$545.00 per person.....	\$625.00 per person
Triple (3 per room).....	\$585.00 per person.....	\$685.00 per person
Double (2 per room).....	\$665.00 per person.....	\$800.00 per person
Single (1 per room).....	\$905.00 per person.....	\$1145.00 per person

**(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)**

### FOUR NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT
- DISNEY'S CORONADO SPRINGS RESORT

The travel package price for any four night stay between April 22 (check-in) through April 27 (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	CORONADO SPRINGS RESORT
Quad (4 per room).....	\$605.00 per person.....	\$715.00 per person
Triple (3 per room).....	\$665.00 per person.....	\$805.00 per person
Double (2 per room).....	\$795.00 per person.....	\$995.00 per person
Single (1 per room).....	\$1130.00 per person.....	\$1455.00 per person

**(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)**

### FIVE NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT
- DISNEY'S CORONADO SPRINGS RESORT

The travel package price for any five night stay between April 21 (check-in) through April 27 (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	CORONADO SPRINGS RESORT
Quad (4 per room).....	\$635.00 per person.....	\$755.00 per person
Triple (3 per room).....	\$725.00 per person.....	\$895.00 per person
Double (2 per room).....	\$885.00 per person.....	\$1105.00 per person
Single (1 per room).....	\$1295.00 per person.....	\$1695.00 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 21, 2016
- Thursday, April 22, 2016
- Monday, April 25, 2016
- Tuesday, April 26, 2016

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 regardless of occupancy) .....	\$169.00 per room, includes tax
All rooms at the Coronado Springs 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 .



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. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○

### SINGLES (ONE IN EACH ROOM)

	AGE	P/C/F	Arrival Date	Depart Date	Ticket Upgrade
1. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○

### DOUBLES (TWO IN EACH ROOM)

1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○

### DOUBLES (TWO IN EACH ROOM)

1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○

### TRIPLES (THREE IN EACH ROOM)

1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○

### TRIPLES (THREE IN EACH ROOM)

1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○

### QUADS (FOUR IN EACH ROOM)

1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
4. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
4. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
4. _____	( )	( )	( )	( )	○

### QUADS (FOUR IN EACH ROOM)

1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
4. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
4. _____	( )	( )	( )	( )	○
1. _____	( )	( )	( )	( )	○
2. _____	( )	( )	( )	( )	○
3. _____	( )	( )	( )	( )	○
4. _____	( )	( )	( )	( )	○



# EXTRA TICKET ORDERS

## 2016 ICU WORLD CHEERLEADING CHAMPIONSHIPS

NOTE: Transportation is **NOT** included with purchase of these tickets.



***Extra tickets may ONLY be ordered on [www.cheerunion.org](http://www.cheerunion.org).***

If you purchase the ICU World Cheerleading Championships hotel package, or commuter package, a Walt Disney World® PARK HOPPER® pass will be included and will include admission into all competition venues.

If you wish to purchase additional PARK HOPPER® passes (with admission into all competition venues) you must order online at: [www.cheerunion.org](http://www.cheerunion.org).

1. Select the Championships Tab.
  2. Select ICU World Cheerleading Championships REGISTRATION/EVENT INFO.
  3. Select EXTRA TICKET ORDER.
  4. Follow prompts as indicated.
- Pre-Purchased PARK HOPPER® passes will be available for pick up at the ICU World Cheerleading Championships registration/merchandise tents located at the team hotels beginning Wednesday, April 20, 2016
  - All PARK HOPPER® passes are valid April 17 - May 7, 2016.
  - Extra ticket orders are due April 7, 2016
  - Tickets also may be purchased at the merchandise tents located at the team hotels while supplies last.

**THREE DAY PARK HOPPER® - \$240.00 each**

Includes Three Days admission to ESPN Wide World of Sports®. All Walt Disney World® Theme Park Tickets are valid April 17 - May 7, 2016.

**FOUR DAY PARK HOPPER® - \$270.00 each**

Includes Four Days admission to ESPN Wide World of Sports®. All Walt Disney World® Theme Park Tickets are valid April 17 - May 7, 2016.

**FIVE DAY PARK HOPPER® - \$300.00 each**

Includes Five Days admission to ESPN Wide World of Sports®. All Walt Disney World® Theme Park Tickets are valid April 17 - May 7, 2016.

**COUNTER SERVICE MEAL VOUCHERS - \$16.00 each**

(One entrée, dessert and beverage per voucher - at designated Theme Park dining locations. Lunch or Dinner Only. Does not include dessert.)

**SUNDAY EVENING CELEBRATION PARTY AT DISNEY'S HOLLYWOOD STUDIOS® - \$40.00 each\*\***

(Included in the ICU World Cheerleading Championship Hotel Packages.)

**TICKETS ARE VALID APRIL 17, 2016 through MAY 7, 2016.**

# CREDIT CARD PAYMENTS

## 2016 ICU WORLD CHEERLEADING CHAMPIONSHIPS

Gym/Team Name \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_

If any family members wish to charge their payment on a credit card, we accept VISA, MasterCard, Discover or American Express. Below list the person wishing to charge, their credit card number, expiration date and amount to be charged along with their signature. Please send this information along with your registration. **(One form per family group.)**

**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.**

Team Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_



# CANCELLATION POLICY

For cancellations received **on or before** April 8, 2016, 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 8, 2016 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 •

# 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 Mr. Male F. Female	Participant's Name	Alternates Mr. 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"/> _____
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11. _____	<input type="checkbox"/> _____	31. _____	<input type="checkbox"/> _____
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16. _____	<input type="checkbox"/> _____	36. _____	<input type="checkbox"/> _____
17. _____	<input type="checkbox"/> _____	<b>ALTERNATES ATTENDING</b>	
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)



# 2016 ICU World Championships

## TEAM CHEER DIVISIONS RULES & REGULATIONS

**Bold Text denotes change from 2015**

### 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 2016 ICU World Cheerleading Championships will take place on Thursday and Friday, 21-22 April 2016, before the USASF Club World Championship in Orlando Florida, 23-25 April 2016.
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. **Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses.**
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.  
*Clarification: A tumbler may rebound from his/her feet into a stunt transition. **If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.***  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Novice/L1 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up

the pass.

### ELITE DIVISION STANDING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting 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 **the bases'** extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of*

*the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, 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 3 **catchers**, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.  
*Clarification: 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: 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: 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.  
*Clarification: A person standing on the ground is not considered a top person.*

#### ELITE DIVISION PYRAMIDS

- A. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. **ELITE DIVISION PYRAMIDS - Release Moves**
  1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be **maintained with the same bracer** throughout the entire transition.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  2. Primary weight may not be borne at 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*

3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter).
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases. When changing bases:
  - a. The top person must maintain physical contact with a person at prep level or below.
 

*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  - b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

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

D. **ELITE DIVISION Pyramids-Inversions**

1. Must follow Elite Division stunt inversions rules.

E. **ELITE DIVISION Pyramids-Release moves w/ braced inversions**

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

*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and

doesn't exceed one twisting rotation.

*Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with one bracer.*

4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) **that do not twist** must be caught by at least 3 catchers.
 

**Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.**

  - a. The 3 catchers/**spotters** must be stationary.
  - b. The 3 catchers/**spotters** must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers/**spotters** may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. **All braced inversions (including braced flips) that twist (including ¼ and higher) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.**
  - a. The **catchers** must be stationary.
  - b. The **catchers** must maintain visual contact with the top person throughout the entire transition.
  - c. The **catchers** may not be involved with any other skill or choreography when the transition is initiated. (The 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 **other stunt/pyramid release moves.**
10. **Braced inversions (including braced flips) may not be braced / connected to top persons above prep level.**

## ELITE DIVISION DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. **Dismounts to the performing surface must be assisted by an original base or spotter.**  
***Exception: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.***  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a 2-¼ twisting rotations 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. **The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.**
- D. Flipping, inverted or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 2-½ twisting rotations allowed.
- G. Top persons in separate basket tosses may not come in contact with each other **and must become free of all contact from bases, bracers and/or top persons.**
- H. Only a single top person is allowed during a basket toss.

## ICU PREMIER DIVISION RULES

### PREMIER DIVISION GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.  
**Exception 1: Tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.**  
**Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.**
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
**Exception: Dive rolls that involve twisting are not allowed.**

### PREMIER DIVISION STANDING/RUNNING TUMBLING

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

## PREMIER DIVISION STUNTS

### A. A spotter is required:

1. During extended, one-arm stunts other than cupies or liberties.  
*Clarification: An 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 **with a stationary top person**, 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 back handsprings 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 **the bases'** extended arm level, it will be considered a toss **or a dismount**, and must follow the appropriate "Toss" **or "Dismount"** rules.*

2. Release moves may not land in an inverted position.
3. Release moves must return to original bases. Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

**Exception 2: Toss Double Cupies are allowed without returning to original base(s).**

*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.

**Exception: Double Cupies**

### G. PREMIER DIVISION STUNTS -Inversions

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

## PREMIER DIVISION PYRAMIDS

### A. Pyramids are allowed up to 2-½ high.

- ### B. For 2-½ high pyramids, there must be at least 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 (3/4 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, but may not originate in a handstand position, and are allowed up to 1 flipping (3/4 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.

**Exception 1: Braced inversions to 2 ½ high pyramids may be caught by 1 person.**

3. **All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:**

- a. **The base/spotter must be stationary.**
- b. **The base/spotter must maintain visual contact with the top person throughout the entire transition.**
- c. **The base/spotter may not be involved with any other skill or choreography when the transition is initiated.**

- G. Free released **moves** from 2 ½ high pyramids:
1. May not land in a prone or inverted position.
  2. **Are limited to 0 flipping and 1 twisting rotation.**
- H. **One are extended Paper Dolls require a spotter for each top person.**

**PREMIER DIVISION DISMOUNTS**

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

- A. Single based cradles that exceed 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 must be assisted by an original base or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.**

*Clarification: An individual may not land on the performing surface from above waist level without assistance.*

- C. Up to a 2-¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-½ high pyramids

are allowed up to 1-½ twist and require 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).  
**Exception: Double Cupies do not need to return to original base(s)**
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

## PREMIER DIVISION TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.  
**Exception 1: Fly away tosses that would go over the back person.**  
**Exception 2: Arabians in which the 3<sup>rd</sup> person would need to start in front to be in position to catch a cradle.**
  - B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 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. **The top person in a toss must have both feet in/on hands of bases when the toss is initiated.**
  - D. Flipping tosses are allowed up to 1-¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.
- | <b>Legal (Two Skills)</b>     | <b>Illegal (Three Skills)</b>           |
|-------------------------------|---|
| Tuck flip, X-Out, Full Twist  | Tuck flip, X-Out, Double Full Twist     |
| Double Full-Twisting Layout   | Kick, Double Full-Full Twisting Layout  |
| Kick, Full-Twisting Layout    | Kick, Full-Twisting Layout, Kick        |
| Pike, Open, Double Full-Twist | Pike, Split, Double Full-Twist          |
| Arabian Front, Full-Twist     | Full-Twisting Layout, Split, Full-Twist |
- NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.**
- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
  - F. Non-flipping tosses may not exceed 3-½ twists.
  - G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1-½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
  - H. Top persons in separate basket tosses may not come in contact with each other **and must become free of all contact from the bases, bracers and /or other top persons.**
  - I. Only a single top person is allowed during a basket toss.

## X. TIME LIMITATIONS/ MUSIC / ENTRANCES

1. 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
2. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
  1. 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.
  2. 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.
  3. 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.
  4. 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.
  5. All music must be on a CD. The ICU recommends that you bring both in case sound systems have trouble reading your CD.
  6. 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.
  7. Teams may not use Disney Themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

## XI. COMPETITION AREA

1. 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.
2. Teams may line up anywhere inside the competition area.
3. 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)\_\_\_\_\_

## 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*



# 2016 ICU World Championships

## TEAM CHEER DIVISIONS RULES & 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. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

#### II. TOURNAMENT

1. The 2016 ICU World Cheerleading Championships will take place on Thursday and Friday, 21-22 April 2016, before the USASF Club World Championship in Orlando Florida, 23-25 April 2016.
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 and should be made exclusively by the advisor/coach.

#### IV. SPORTSMANSHIP

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

conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

#### V. INTERRUPTION OF PERFORMANCE

##### A. UNFORSEEN CIRCUMSTANCES

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

##### B. FAULT OF TEAM

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

##### C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the

re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

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

## **VI. INTERPRETATIONS AND / OR RULINGS**

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

## **VII. DISQUALIFICATION**

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

## **VIII. 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 the 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 minutes and 30 seconds (2:30).
2. Each **Doubles** will have a maximum of 1 minute and 30 seconds (1:30).
3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4. Timing will begin with the first choreographed movement or note of the music.
5. Timing will end with the last choreographed movement or note of the music.
6. If a performance (Team or Doubles) exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 second and three (3) point deduction for 11 seconds and over.
7. All music must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the Team or Doubles performance.

8. All music must be on a CD. The ICU recommends that you bring multiple copies in case the sound system(s) has difficulties reading your CD.
9. Teams must enter the performance floor as quickly as possible. Choreographed entrances/exits will not be allowed.
10. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

### C. PROPS

1. A prop is defined as anything that is used as part of your choreography that is not attached to your costume.
2. Wearable and/or handheld items are allowed in the Hip Hop categories. They can 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 1 category, it is permissible, but not compulsory for each individual team member to compete as part of the National Team in each category.
5. Each National Team may be comprised of as many individual team members as desired; however, the National Team may only participate in a category with a minimum of 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 into the National Team Cheer Divisions at the coaches' discretion as scheduling conflicts may occur.
8. Each country's federation will need to provide proof of permanent residency for each member of its team.

9. Each athlete must be a minimum of 14 years of age within the year of the competition. There is no maximum age. Any team proven to be in violation of the age requirements will be automatically disqualified.
10. Females and males are allowed to participate on the team

### E. COMPETITION AREA

1. The performance floor will be approximately 42 x 42 feet / 12.8 x 12.8 meters.
2. The surface will be professional grade material (e.g. Marley floor or a wooden parquet floor)
3. There is no penalty for stepping outside the performance floor area.

### F. CATEGORY DEFINITIONS

**FREESTYLE POM** – Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and 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 cheerleading theme, while incorporating the concepts of Jazz and Hip Hop. See scoresheet for more information.

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

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

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

**B. EXECUTED BY GROUPS OR PAIRS**

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

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. A single Supporting Individual may release contact at any level with a single Executing Individual provided: (*Clarification: Executing Individual may only be released by one Supporting Individual*):
  - a. The Executing Individual does not pass through an inverted position after the release.
  - b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
  - c. The Executing Individual is not caught in a prone position.
  - d. No Supporting Individual may hold poms during the release or catch/assistance upon return to the performance surface.
3. Hip over head rotation of the Executing Individual(s) is allowed provided:
  - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
  - a. The Supporting Individual(s) maintains contact

until the Executing Individual returns to the performance surface or returns to the upright position.

- b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual.

**C. UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE**

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

**HIP HOP**

**A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)**

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

1. Inverted Skills:
  - a. Non airborne skills are allowed.
  - b. Airborne skills with hand support that land in a perpendicular inversion are allowed.
2. Tumbling skills with hip over-head rotation:
  - a. Non airborne skills are allowed.
  - b. Airborne skills with hand support:
    - i. Are allowed (Example: Back Handspring)
    - ii. Are limited to two consecutive hip over-head rotation skills (*Clarification: both skills must have hand support*)
  - c. Airborne skills without hand support are allowed provided all of the following:
    - i. Involves no more than one twisting transition.
    - ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.

3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. (*Clarification: drops directly to the knee, thigh, front or head are not allowed*)
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support are not allowed while holding props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).

## B. EXECUTED BY GROUPS OR PAIRS

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

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

## C. UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE

1. An Executing Individual may jump, leap, step or

push off a Supporting Individual (s) provided:

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

## X. GLOSSARY OF TERMS

1. **Airborne (executed by Individuals, Groups or Pairs)**: A state or skill in which the performer is free of contact from a person and/or the performing surface.
2. **Airborne Hip Over Head Rotation (executed by Individuals)**: An action where hips rotate over the head in a tumbling skill while the individual is free of contact with the performance surface. (Example with hand support: Back Handspring. Example without hand support: Aerial Cartwheel).
3. **Aerial Cartwheel**: An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.
4. **Connected/Consecutive Skills**: An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)
5. **Contact (executed by Groups or Pairs)**: The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
6. **Dance Lift (executed by Groups or Pairs)**: A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Dance Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).
7. **Dive roll**: An airborne tumbling skill in which the individual does a forward roll where the hands and feet are off of the performing surface simultaneously.
8. **Drop**: An action in which the airborne individual lands on a body part other than his/her hand(s) or feet without first bearing weight on the hands/feet.
9. **Elevated**: An action in which an individual is

moved to a higher position or place from a lower one.

10. **Executing Individual:** An individual who performs a skill as a part of “Groups or Pairs” who use(s) support from another individual(s).
11. **Head Level:** A designated height; the crown of the head of a standing performer while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*)
12. **Hip Level:** A designated height; the height of a standing performer’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.*)
13. **Hip Over Head Rotation (executed by Individuals):** An action characterized by continuous movement where an individual’s hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).
14. **Hip Over Head Rotation (executed by Groups or Pairs):** An action characterized by continuous movement where the Executing Individual’s hips rotate over his/her own head in a lift or partnering skill.
15. **Inversion/Inverted:** A position in which the Individual’s waist and hips and feet are higher than his/her head and shoulders.
16. **Inverted Skills (executed by Individuals):** A skill in which the individual’s waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.
17. **Partnering (executed by pairs):** A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.
18. **Perpendicular Inversion (executed by Individuals):** An inverted position in which the individual’s head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.
19. **Prop:** An object that can be manipulated. (*Clarification: A glove is part of the costume and not considered a prop.*)
20. **Prone:** A position in which the front of the individual’s body is facing the ground, and the back of the individual’s body is facing up.
21. **Shoulder Level:** A designated height; the height of a standing performer’s shoulders while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*)
22. **Supporting Individual:** An individual who performs a skill as a part of “Groups or Pairs” who

supports or maintains contact with an Executing Individual.

23. **Supine:** A position in which the back of the individual’s body is facing the ground, and the front of the individual’s body is facing up.
24. **Toss:** A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual is free from the performance surface when the toss is initiated.
25. **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface. (*Clarification: tumbling skills do not have to include hip over head rotation.*)
26. **Unassisted Dismount (executed in Groups or Pairs):** An action in which the Executing Individual becomes free of contact from Supporting Individual(s) and is unassisted to the performance surface.
27. **Vertical Inversion (executed by Groups or Pairs):** A skill in which the Executing Individual’s waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual by a stop, stall or change in momentum.

## XI. JUDGING PROCEDURES

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

## XII. 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.



## FREESTYLE POM SCORE SHEET

TECHNIQUE	
<b>EXECUTION OF POM MOTION TECHNIQUE</b>	10 _____
Clean arm lines, levels, placements, movement is sharp, strong and precise	
<b>EXECUTION OF DANCE TECHNIQUE</b>	10 _____
Correct placement & levels of arms/torso/hips/legs/feet, body control, extension	
<b>EXECUTION OF TECHNICAL SKILLS</b>	10 _____
Proper execution of leaps, turns, jumps, partner work, etc.	
GROUP EXECUTION	
<b>SYNCHRONIZATION / TIMING WITH MUSIC</b>	10 _____
Moving together as one with the music	
<b>UNIFORMITY OF MOVEMENT</b>	10 _____
Movements are the same on each person, clear, clean and precise	
<b>SPACING</b>	10 _____
Equal/correct spacing between individuals on the performance surface during the routine and transitions	
CHOREOGRAPHY	
<b>MUSICALITY / CREATIVITY / ORIGINALITY</b>	10 _____
Use of the music accents, style, creative, original movement	
<b>ROUTINE STAGING / VISUAL EFFECTS</b>	10 _____
Formations and transitions, visual impact of group work. levels, opposition, poms, etc.	
<b>DEGREE OF DIFFICULTY</b>	10 _____
Level of difficulty of skills, movement, weight changes, tempo, etc.	
OVERALL EFFECT	
<b>COMMUNICATION / PROJECTION / AUDIENCE</b>	10 _____
<b>APPEAL &amp; APPROPRIATENESS</b>	
Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance	
<b>TOTAL POINTS</b>	_____

## DOUBLES SCORE SHEET

TECHNIQUE	
<b>EXECUTION OF SKILLS/STYLE (POM-HIP HOP)</b>	10 _____
Execution of movements and skills in the style of the category	
<b>PLACEMENT / CONTROL</b>	10 _____
Exhibits control, proper levels and placement (in pom motions), arm movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps, Turns, etc. control of torso and body parts throughout movements and skills	
<b>STRENGTH OF MOVEMENT</b>	10 _____
Intensity, strength and presence in movements	
<b>EXTENSION / FLEXIBILITY</b>	10 _____
Exhibits full extension (in arms, legs, feet, etc.) and when applicable stretch and flexibility in movement	
CHOREOGRAPHY	
<b>MUSICALITY</b>	10 _____
Use of music accents, rhythms, lyrics and style	
<b>DIFFICULTY</b>	10 _____
Level of difficulty of skills, movement, weight changes, tempo, etc.	
<b>CREATIVITY / STYLE</b>	10 _____
Exhibiting creative and original movement in accordance with the style of the category	
<b>ROUTINE STAGING</b>	10 _____
Utilization of floor space, transitions, partner & group work, interaction of the pair while allowing for a seamless flow of routine	
EXECUTION	
<b>SYNCHRONIZATION</b>	10 _____
Uniformity in all movement, moving together and with the music	

OVERALL EFFECT	
<b>COMMUNICATION / PROJECTION / AUDIENCE</b>	10 _____
<b>APPEAL &amp; APPROPRIATENESS</b>	
Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance	
<b>TOTAL POINTS</b>	_____

## HIP HOP SCORE SHEET

TECHNIQUE	
<b>STRENGTH OF MOVEMENT</b>	10 _____
Strength and presence in movement	
<b>EXECUTION OF HIP HOP STYLE(S)-PLACEMENT &amp; CONTROL</b>	10 _____
Correct Placement & Levels of arms/torso/hips/legs/hands/feet and body control in the execution of style of hip hop; tutting, popping, locking, waving, lyrical, etc.	
<b>EXECUTION OF SKILLS / ATHLETIC INCORPORATION</b>	10 _____
Execution of floor work. Freezes, partner work, lifts, tricks, jumps, etc.	
GROUP EXECUTION	
<b>SYNCHRONIZATION / TIMING WITH MUSIC</b>	10 _____
Moving together as one with the music	
<b>UNIFORMITY / CLARITY OF MOVEMENT</b>	10 _____
Movements are the same on each person, clear, clean and precise	
<b>SPACING</b>	10 _____
Equal/correct spacing between individuals on the performance surface during the routine and transitions	
CHOREOGRAPHY	
<b>MUSICALITY / CREATIVITY / ORIGINALITY</b>	10 _____
Use of the music accents, style, creative, original movement	
<b>ROUTINE STAGING / VISUAL EFFECTS</b>	10 _____
Formations and transitions, visual impact of group work. levels, opposition, etc.	
<b>DEGREE OF DIFFICULTY</b>	10 _____
Level of difficulty of skills, movement, weight changes, tempo, etc.	
OVERALL EFFECT	
<b>COMMUNICATION / PROJECTION / AUDIENCE</b>	10 _____
<b>APPEAL &amp; APPROPRIATENESS</b>	
Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance	
<b>TOTAL POINTS</b>	_____

## XIII. 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.

**XIV. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

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

**XV. PENALTIES**

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

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

\_\_\_\_\_  
*Team Name*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*City/State/Country*

\_\_\_\_\_  
*Coach/Director's Signature*

\_\_\_\_\_  
*Division*

\_\_\_\_\_  
*Captain's Signature*

\*Retain a copy of these rules for your files\*

# FRIENDS AND FAMILY REGISTRATION



## 2016 ICU WORLD CHEERLEADING CHAMPIONSHIPS

ICU encourages Friends and Family to attend! We want to offer you the same great travel packages that teams are offered. We HIGHLY recommend that you set up your own registration by filling out all portions of the front and back of these forms.

Please list the one main contact person for this reservation. This person will receive all correspondence from the office and pass along the information to the rest of the people in this group. **Only send 1 form per group.**

- Disney's All-Star Resort     Disney's Coronado Springs Resort

Gym/Team that You are Supporting \_\_\_\_\_ City / State / Country \_\_\_\_\_

Your Name \_\_\_\_\_

Your Address (No P.O. Boxes Please) \_\_\_\_\_

City, State, Zip \_\_\_\_\_

( ) ( ) ( ) \_\_\_\_\_

Home Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**ROOMING LIST: IMPORTANT:** This form must be filled out completely 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 (A) = Advisor (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)

**ONLY ONE FORM PER ROOM – PLEASE PICK ONE CONTACT PERSON**

### SINGLES (ONE IN EACH ROOM)

	Age	P/A/F	Arrival Date	Depart Date	Ticket Upgrade
1. _____	( )	( )	( )	( )	<input type="radio"/>
1. _____	( )	( )	( )	( )	<input type="radio"/>

### SINGLES (ONE IN EACH ROOM)

	Age	P/A/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"/>

### DOUBLES (TWO IN EACH ROOM)

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

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"/>

### QUADS (FOUR IN EACH ROOM)

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

## AIRPORT TRANSPORTATION

If you need transportation to and from the Orlando International Airport, you must read this information carefully. We will be emailing you a transportation form with important instructions for setting up your transportation to and from the airport. This form will be included in your registration confirmation email. We will also send you an email reminding you when it is time to send this information to Disney.

- ★ Transportation between Orlando International Airport 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*



# FRIENDS AND FAMILY REGISTRATION

## 2016 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 17 - May 7, 2016

### MAILING ADDRESS:

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

### TWO NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CORONADO SPRINGS RESORT**

The travel package price for the two nights of April 23 (check-in) through April 25 (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

	<u>ALL STAR RESORT</u>	<u>CORONADO SPRINGS RESORT</u>
Quad (4 per room).....	\$500.00 per person.....	\$565.00 per person
Triple (3 per room).....	\$525.00 per person.....	\$605.00 per person
Double (2 per room).....	\$570.00 per person.....	\$685.00 per person
Single (1 per room).....	\$735.00 per person.....	\$925.00 per person

**(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)**

### THREE NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CORONADO SPRINGS RESORT**

The travel package price for any three nights stay between April 22 (check-in) through April 27 (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

	<u>ALL STAR RESORT</u>	<u>CORONADO SPRINGS RESORT</u>
Quad (4 per room).....	\$545.00 per person.....	\$625.00 per person
Triple (3 per room).....	\$585.00 per person.....	\$685.00 per person
Double (2 per room).....	\$665.00 per person.....	\$800.00 per person
Single (1 per room).....	\$905.00 per person.....	\$1145.00 per person

**(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)**

### FOUR NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CORONADO SPRINGS RESORT**

The travel package price for any four night stay between April 22 (check-in) through April 27 (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

	<u>ALL STAR RESORT</u>	<u>CORONADO SPRINGS RESORT</u>
Quad (4 per room).....	\$605.00 per person.....	\$715.00 per person
Triple (3 per room).....	\$665.00 per person.....	\$805.00 per person
Double (2 per room).....	\$795.00 per person.....	\$995.00 per person
Single (1 per room).....	\$1130.00 per person.....	\$1455.00 per person

**(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)**

### FIVE NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CORONADO SPRINGS RESORT**

The travel package price for any five night stay between April 21 (check-in) through April 27 (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

	<u>ALL STAR RESORT</u>	<u>CORONADO SPRINGS RESORT</u>
Quad (4 per room).....	\$635.00 per person.....	\$755.00 per person
Triple (3 per room).....	\$725.00 per person.....	\$895.00 per person
Double (2 per room).....	\$885.00 per person.....	\$1105.00 per person
Single (1 per room).....	\$1295.00 per person.....	\$1695.00 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 21, 2016**
- Thursday, April 22, 2016**
- Monday, April 25, 2016**
- Tuesday, April 26, 2016**

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 regardless of occupancy) .....\$169.00 per room, includes tax  
All rooms at the Coronado Springs 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 .

## CREDIT CARD PAYMENT:

If any family members wish to charge their deposit or balance of payment on a credit card, we accept VISA, MasterCard, Discover or American Express. Below list the person wishing to charge, their credit card number, expiration date and amount to be charged along with their signature. Please send this information along with your registration. **(One form per family group.)**

Disney's All-Star Resort     Disney's Coronado Springs Resort

CREDIT CARD TYPE:  VISA     MC     AMEX     DISC    Exp. Date: \_\_\_/\_\_\_/\_\_\_ cvv: \_\_\_\_\_

Account Number:

Total Amount Charged: \$ \_\_\_\_\_  Deposit or  Balance of Payment\*

Gym/Team You are Supporting

City / State / Country

Name (Print)

Signature

Billing Address\*

(    )

(    )

Daytime Telephone Number

Cell Phone Number

City, State Zip

Email Address

If this credit card payment is not for your entire group, please 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. _____	_____

\*Please complete this form for each charge (i.e. charge your deposit in March and then complete another charge form in April to charge your balance).

**ALL ITEMS ARE DUE BY MARCH 10, 2016.**

**\*Family is subject to the same due dates as National Teams.\*  
YOU MAY ALSO REGISTER AND PAY ONLINE.**

## CANCELLATION POLICY:

For cancellations received on or before April 8, 2016, 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 8, 2016 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.

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.

\_\_\_\_\_  
Main Contact Signature

\_\_\_\_\_  
Date

**Each adult traveling on the travel package and each participant's parent must sign below. "We have read the cancellation policy and understand and accept its contents." Your application will not be entered without all signatures.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# CHECKLIST

- **All of the items listed below are due with Registration by March 10, 2016.**  
No changes will be accepted after March 17, 2016.  
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.