

RULE BOOK

Team Cheer & Partner Stunt Divisions

CONTENTS

1	General Rules	2
2	Tournament	2
3	How to Handle Procedural Questions	2
4	Sportsmanship	2
5	Interruption of Performance.....	3
6	Interpretations and/or Rulings	4
7	Disqualification	4
8	Safety Spotter Policy	4
9	Choreography and Music	5
10	Time Limit and Music Control.....	5
11	Floor Entrances and exits.....	6
12	Competition Area.....	6
13	Safety and Technical Rules.....	7
14	Judging Criteria	7
15	Penalties.....	7
16	Judging Procedures.....	7
17	Banding System	8
18	Scores and Rankings	8
19	Finality of Decisions.....	8
20	Appearances, Endorsements and Publicity.....	8
21	Appendix	9

1 GENERAL RULES

- 1-1 2014 Asia Cheerleading Open Championships will have the full support of Chinese-Taipei Cheerleading Association, (CTCA), who is a member of the International Cheer Union (ICU) and Asian Cheer Union (ACU).
- 1-2 All teams must be supervised during all official functions by a qualified director / advisor / coach.
- 1-3 All directors, advisors and coaches should have an emergency response plan in the event of an injury.

2 TOURNAMENT

- 2-1 The event, 2014 Asia Cheerleading Open Championships will take place on Sunday, 7th December 2014.
- 2-2 The competition is scheduled to be held at University of Taipei (Tianmu Campus), Taipei, Taiwan (R.O.C).
- 2-3 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.

3 HOW TO HANDLE PROCEDURAL QUESTIONS

- 3-1 **Rules and Procedures:** Any questions concerning the rules and procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
- 3-2 **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.

4 SPORTSMANSHIP

- 4-1 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.
- 4-2 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.
- 4-3 Severe cases of unsportsmanlike conduct are grounds for disqualification.

5 INTERRUPTION OF PERFORMANCE

5-1 Unforeseen Circumstances

- (a) 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.
- (b) 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.
- (c) If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

5-2 Fault of Team

- (a) 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.
- (b) 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.
- (c) If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

5-3 Injury

- (a) The only persons that may stop a routine for injury are: a) competition officials, b) administrator/coach from the team performing, or c) an injured individual.
- (b) 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 performance is to take place is at the sole discretion of the competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
- (c) If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
- (d) The injured participant that wishes to perform may not return to the competition floor unless:
 - (i) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the coach/advisor of the competing team.
 - (ii) 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.
 - (iii) In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.

6 INTERPRETATIONS AND/OR RULINGS

- 6-1** 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.
- 6-2** 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.
- 6-3** The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

7 DISQUALIFICATION

- 7-1** 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.

8 SAFETY SPOTTER POLICY

- 8-1** In an effort to promote a higher level of safety for competing athletes, the event producer will provide spotters for all rehearsal and competition floors.
- 8-2** Coaches may choose to use the competition provided safety spotters OR their own safety spotters.
- 8-3** Teams are allowed to provide up to three [3] safety spotters during the competition.
- 8-4** **Definition of Safety Spotter:** Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.
- 8-5** **Guidelines:**
Safety spotters:
- (a) Should only be used during the stunt, pyramid and/or basket toss sections. Safety spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
 - (b) Should not touch, assist, or save skills being performed. Safety spotters should only be used to prevent a fall to the competition floor. Any touch, assist or saved skill where the top is not returned to the performance surface will be given a five [5] point penalty per judge. Exception: In Coed Partner Stunt division in which the Safety Spotter is required to assist in catching a cradle. The spotter may not then assist in tossing the Flyer from the cradle catch to another skill.
 - (c) Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes, Teams provided safety spotters should not wear similar clothing similar to the performing team’s uniform. No jewellery is to be worn.
 - (d) Should not dress or act in a manner that distracts from the athletes and their performance and conduct any form of verbal coaching during the routine.
 - (e) Should be at least seventeen [17] years old (within the year) and familiar with spotting the skills of the performing team.
- 8-6** To provide the safest competitive environment, teams should not attempt skills beyond their level.

9 CHOREOGRAPHY AND MUSIC

- 9-1** Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences, and therefore lack crowd appeal.
- 9-2** All facets of a performance / routine, including both choreography and music selection, should be age appropriate, entertaining and suitable for all audience members.
- 9-3** Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or replaying lewd or profane gestures or implications. Examples of inappropriate choreography may include, but not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.
- 9-4** Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members. Music or words unsuitable for family listening, which includes, but is not limited to, swear words and connotations of any type of sexual act or behavior are examples of inappropriate choreography.
- 9-5** Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'.
- 9-6** Music or movement in which appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed so as not to put the team in an unfortunate situation.

10 TIME LIMIT AND MUSIC CONTROL

- 10-1** Each team in Team Cheer divisions will have a maximum of two minutes and thirty seconds [2:30] for music and a recommended thirty [30] seconds for cheer which must be performed in the beginning or middle of the routine.
- 10-2** Each team in Partner Stunt divisions will have a maximum of one minute [1:00] for the routine.
- 10-3** 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.
- 10-4** If a team exceeds the time limit, a penalty will be assessed for each violation. One [1] point deduction for five to ten [5 – 10] seconds and three [3] point deduction for eleven [11] seconds and over per judge.
- 10-5** 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.
- 10-6** Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team and must report to the sound console before the start of the routine.
- 10-7** All music must be on a CD. It is recommended that you bring a duplicate CD in case sound systems have trouble reading your CD.

11 FLOOR ENTRANCES AND EXITS

- 11-1** Athletes are expected to exhibit the utmost of sportsmanship, respect and support throughout the entire event.
- 11-2** **Entrance:** In order to keep the competition on time, teams must enter the performance floor as quickly as possible. When teams are introduced, teams are expected to take the floor within a thirty [30] second window and assume the starting position for their routine. Elaborate choreographed entrances will not be allowed.
- 11-3** **Exit:** At the conclusion of the routine, teams are expected to exit the performance floor immediately, within a thirty [30] second window.
- 11-4** Although teams are allowed to show spirit briefly to the crowd, any skill performed before or after the allotted routine time is not allowed and will be assessed a penalty of five [5] point deduction to overall score.
- 11-5** Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, unprofessional behavior, etc, may be assessed a penalty of five [5] point deduction to overall score. These actions may include, but not limited to, things such as
- Taunting another team. Taunting may be defined as the use of baiting or taunting acts of words that engender ill will between teams;
 - An athlete calling unnecessary attention to her/himself;
E.g. High five's, chest bumps, etc.
 - Excessive pre or post competition team rituals (team bonding traditions must take place behind the stage area);
 - Displays of public affection;
 - Running the perimeter of the performance floor (like a "victory" lap);
 - Stepping outside of the floor bounds to approach coaching staff, crowd members and/or other members of the audience;
 - Excessive celebration; any prolonged, excessive, or premeditated celebration by individual athletes or a group of athletes while on the competition floor;
E.g. Athletes wrapping their legs around coaches and/or each other, victory dances, etc.
 - Coaching staff, parents, fans and/or other members of the performing team taking the performance floor before, during or after a performance (unless in direct response to an obvious athlete injury). The only people allowed on the performance floor are the competitors and competition personnel;
 - Athletes collapsing to the floor following a performance when an injury does not seem apparent.

12 COMPETITION AREA

- 12-1** The performance floor will be approximately 42 feet x 54 feet / 9 strips (12.8 metres x 16.5 metres). The surface will be traditional foam mat.
- 12-2** Teams may line up anywhere inside the competition area.
- 12-3** No penalty for stepping outside the area.

13 SAFETY AND TECHNICAL RULES

- 13-1** Please refer to the appendix section for the following rules:
- (a) ICU General Safety Rules
 - (b) IASF Level 4 Rules
 - (c) ICU Elite Rules
 - (d) ICU Premier Rules
 - (e) ICU Cheer Glossary
- 13-2** The ICU General Safety Rules is applicable across all divisions.
- 13-3** Please refer to the ICU Cheer Glossary for terms definition.

14 JUDGING CRITERIA

- 14-1** The judges will score the teams according to the judging criteria on a hundred [100] point system.
- 14-2** Please refer to the appendix section for the judging criteria (score sheets).

15 PENALTIES

- 15-1** A five [5] point deduction per judge penalty will be assessed to any team violating any of the specific rules stated above (including those in the appendix section). This deduction does not apply to violations mentioned above that are designated a lesser point value.
- 15-2** A five [5] point deduction to the overall score will be assessed to violations of floor entrances and exits rules.
- 15-3** One [1] point deduction for five to ten [5 – 10] seconds and three [3] point deduction for eleven [11] seconds and over per judge for exceeding routine time limit.
- 15-4** If you have any questions concerning the legality of a move or trick, please send a video link of your skills to asiacheeropen@gmail.com

16 JUDGING PROCEDURES

- 16-1** The judges for the event will be appointed at the sole discretion of CTCA.
- 16-2** As the teams make their presentations, judges will score the teams using a 100 point system.
- 16-3** The highest and lowest score given for each team will be dropped and the remaining judges scored will be totaled to determine the team score.
- 16-4** In the event of a 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.

17 BANDING SYSTEM

- 17-1** All teams will be awarded Gold, Silver, Bronze or Merit award based on their final score.
- 17-2** The banding score range is as follows:
- (a) Gold: 80% and above
 - (b) Silver: 70% and above to below 80%
 - (c) Bronze: 50% and above to below 70%
 - (d) Merit: Below 50%

18 SCORES AND RANKINGS

- 18-1** Individual judges 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.
- 18-2** Scores and rankings will be available only to coaches or administrators after the conclusion of the competition. No scores or rankings will be given over the telephone.
- 18-3** 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.

19 FINALITY OF DECISIONS

- 19-1** By participating in this championship, each team agrees that decision by the judges will be final and will not be subject for review.
- 19-2** 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.

20 APPEARANCES, ENDORSEMENTS AND PUBLICITY

- 20-1** All teams winning titles or awards agree to have all appearances, endorsements and publicity approved through the CTCA office.
- 20-2** 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.

21 APPENDIX

CONTENTS

ICU General Safety Rules

IASF Level 4 Rules

ICU Elite Rules

ICU Premier Rules

ICU Cheer Glossary

Partner & Group Stunt Division Score Sheet

Team Cheer Division Score Sheet

ICU GENERAL SAFETY RULES

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. Clarification: Rhinestones are legal whether adhered to the uniform or the skin.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
15. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
16. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

IASF LEVEL 4 RULES

GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Level 4 were to do a round off – toe touch – back handspring – whip – layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for Level 4.

STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck-back tuck, back tuck-punch front.
- D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips.
Clarification: Jumps connected to 3/4 front flips are also not allowed.
Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.

RUNNING TUMBLING

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

STUNTS

- A. A spotter is required for each top person **above prep level**.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
 - 1. Twisting mounts and transitions to prep level and below are allowed up to 1-1/2 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 1-1/2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may

IASF LEVEL 4 RULES

continue to walk the stunt in additional rotation.

2. Twisting mounts and transitions to an extended position are allowed and must meet the following conditions:

- a. Extended skills up to 1/2 twist are allowed.

Example: 1/2 up to extended liberty is legal.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1/2 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- b. Extended skills exceeding 1/2 and up to 1 twist must land in a two leg stunt.

Example: full up to immediate extended liberty is illegal, full up to extension is legal.

Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt.

Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.

- D. During transitions, at least one base must remain in contact with the top person.

Exception: See "Release Moves"

- E. Free flipping mounts and transitions are not allowed.

- F. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual.

Example: A shoulder sit walking under a prep is illegal.

Exception 1: An individual may jump over another individual.

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

- G. Single based split catches are not allowed.

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

- I. **Stunts – Release Moves**

1. Release moves are allowed but must not exceed extended arm level.

Clarification: If the release move passes above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, 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 from inverted to non-inverted positions may not twist. 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 L4 Dismount "C".

Exception: Dismounting True Double Cupies.

4. Release moves that land in extended position must originate from ground-level and may not involve any twisting or flipping.

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

IASF LEVEL 4 RULES

6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
8. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting True Double Cupies.

J. Stunts – Inversion

1. Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
2. Downward inversions are allowed at prep level and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area.

Clarification 1: The stunt may not pass above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.)

Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Clarification 3: Downward inversions originating from below prep level do not require three bases.

Exception: Two leg “Pancake” stunts must start at shoulder level or below and are allowed to pass through the extended position during the skill.

Clarification: Two Leg Pancakes cannot stop or land inverted.

3. Downward inversions must maintain contact with an original base.
Exception: Side rotating downward inversions
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. **Downward inversions may not come in contact with each other.**

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

PYRAMIDS

- A. Pyramids must follow Level 4 “Stunts” and “Dismounts” rules and are allowed up to 2 high.
Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other **single leg** extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Example: shoulder sits walking under a prep
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt.
- E. Any skill legal as a Level 4 Pyramid Release Move is also legal if it remains connected to a base and a bracer (or two bracers when required).
Example 1: Twisting mounts and transitions to extended skills are allowed up to 1-1/2 twist, if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill or transition.
Example 2: An extended pancake would be required to remain connected to two bracers.
- F. **Pyramids – Release Moves**
 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.

IASF LEVEL 4 RULES

Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for Level 4, the same skill is legal in Level 4 Pyramid Release Moves if it is braced by at least one person at prep level or below. The top person performing the tic-tock must be braced the entire time he/she is released from the bases.

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
4. Non-inverted transitional pyramids may involve changing bases.
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (minimum of one catcher and one spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of one catcher and one spotter).
 - a. Both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.

G. Pyramids – Inversions

1. Must follow Level 4 Stunt Inversions rules.

H. Pyramids – Release Moves with Braced Inversions

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

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

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

2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Braced flips that land in an **upright position at prep level or above** (see #6 below).
 - a. All 3 catchers must be stationary
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. All braced inversions (including braced flips) that land in an **upright position at prep level or above** require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.
 - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
 - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.

IASF LEVEL 4 RULES

8. Braced flips may not come in contact with each other.

DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-1/4 twisting rotations allowed from all two leg stunts. Twisting from a platform position may not exceed 1-1/4 rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1-1/4 twisting rotation allowed from all single leg stunts. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. **Dismounts must return to original base(s).**
- J. **Dismounts may not intentionally travel.**
- K. **Top persons in dismounts may not come in contact with each other while released from the bases.**
- L. Tension drops/rolls of any kind are not allowed.
- M. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

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.
Example: No intentional traveling tosses.
Exception: A 1/2 turn is allowed by bases as in a kick full basket.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 tricks allowed during a toss.
Example: Kick full, full up toe touch.

IASF LEVEL 4 RULES

- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed.
Example: No kick double tosses.
- G. Tosses may not exceed 2-1/4 twisting rotations.
- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.

ICU ELITE RULES

GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for **Elite Level**. 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.

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.**

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 2-1/4 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 2-1/4 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. **Stunts-Release Moves**
 - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
Example: tic-tocks are allowed.
Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be

ICU ELITE RULES

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. Stunts-Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
 2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.
Clarification: Downward inversion originating from prep level or below do not require three bases.
Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.
 3. Downward inversions must maintain contact with an original base.
Exception: The original base may lose contact with the top person when it becomes necessary to do so (example: cartwheel-style transition dismounts).
 4. Downward inversions from above prep level:
 - a. May not stop in an inverted position. (Example: A cartwheel roll off would be legal because the top person is landing on their feet) Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.
 - b. May not land on or touch the ground while inverted.
Clarification: Prone or supine landings from an extended stunt must visibly stop in a non- inverted position and be held before any inversion to the ground.
 5. Downward inversions may not come in contact with each other.
- I. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

PYRAMIDS

- A. Pyramids must follow **Elite** "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.

ICU ELITE RULES

C. Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
3. Non-inverted pyramid release moves must be caught by at least 2 catchers (**minimum of one catcher and one spotter**).
 - a. **Both catchers must be stationary.**
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases. When changing bases:
 - a. The top person must maintain physical contact with a person at prep level or below.
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
 - b. The top person must be caught by at least 2 catchers (**minimum of one catcher and one spotter**). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

D. Pyramids-Inversions

1. Must follow Elite stunt inversions rules.

E. Pyramids-Release moves with braced inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations and 1/2 twisting rotations.
3. Braced inversions (including braced flips) that exceed 1/2 twisting rotations are only allowed up to a 3/4 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 3/4 rotation to a prone position while in contact with one bracer.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. Braced inversions (including braced flips) must be caught by at least 3 catchers.
Exception: Brace flips that land in an **upright position at prep level or above** (see #7 below).
 - a. The 3 catchers must be stationary.
 - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. All braced inversions (including braced flips) that land in an **upright position at prep level or above** require at least one base and 2 additional spotters.
 - a. The base(s) and spotter(s) must be stationary.

ICU ELITE RULES

- b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
- c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- 8. Braced inversions (including braced flips) may not travel downward while inverted.
- 9. **Braced flips may not come in contact with each other.**

DISMOUNTS

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

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.
- D. Up to a 2-1/4 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.

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 1/2 turn is allowed by bases as in a kick full basket.
- 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 2-1/4 twisting rotations allowed.
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.

ICU PREMIER RULES

GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.

STANDING/RUNNING TUMBLING

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

STUNTS

- A. A spotter is required:
 - 1 During extended, one-arm stunts other than cupies or liberties.
Clarification: A on-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - 2 When the load/transition involves a twist **greater than 360 degrees or an inversion.**
 - 3 **During stunts in which the top person is in an extended inverted position.**
 - 4 **When the top person is released from above ground level to a 1 arm stunt.**
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- C. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1-1/4 twisting rotations.
Exception 1: Rewinds to a cradle position are 1-1/4 flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a straddle position)
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.
Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.
- D. Single based split catches are not allowed.
- E. Single based double cupies require a separate spotter for each top person
- F. **Stunts-Release Moves**
 - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.

ICU PREMIER RULES

Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules.

2. Release moves may not land in an inverted position.
3. Release moves must return to original bases.

Exception: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

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

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

G. Stunts -Inversions

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

PYRAMIDS

- A. Pyramids are allowed up to 2-1/2 high.
- B. For 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-1/2 high level. Spotters may not be a primary support of the pyramid.

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. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.

- C. Free-flying mounts must originate from ground level and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations, 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. Pyramids-Release Moves

1. During a pyramid transition, a top person may pass above 2-1/2 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 2-1/2 high pyramids may not land in a prone or inverted position.

E. Pyramids-Inversions

1. Inverted stunts are allowed up to 2-1/2 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. Pyramids-Release Moves with Braced Inversions

ICU PREMIER RULES

1. Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
 2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
- G. Free released dismounts from 2-1/2 high pyramids may not land in a prone or inverted position.

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 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance
- C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/2 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 2-1/2 high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts to a cradle:
 1. Are allowed up to 1-1/4 flipping and 1/2 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 2-1/2 pyramid.)
Exception: 3/4 front flip to cradle may occur from a 2-1/2 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, 3/4 front flip to cradle from 2-1/2 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 2-1/2 high pyramid.)
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.

ICU PREMIER RULES

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

TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. Flipping tosses are allowed up to 1-1/4 flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist

Double Full-Twisting Layout

Kick, Full-Twisting Layout

Pike, Open, Double Full-Twist

Arabian Front, Full-Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist

Kick, Double Full-Full Twisting Layout

Kick, Full-Twisting Layout, Kick

Pike, Split, Double Full-Twist

Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1-1/2 twist is considered to be a legal skill.

- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 3-1/2 twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1-1/2 twisting rotations or 3/4 front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
Exception: 3/4 front flips with no twists are allowed.
- G. Top persons in separate basket tosses may not come in contact with each other.
- H. Only a single top person is allowed during a basket toss.

ICU CHEER GLOSSARY

CONTENTS

Aerial	4	Entrance Skill.....	6
Airborne/Aerial	4	Extended Arm Level	6
Airborne Tumbling Skill	4	Extended Position	6
Assisted-Flipping Mount	4	Extended Stunt	6
Assisted Tumbling	4	Extension Prep	6
Awesome.....	4	Flat Back.....	6
Back Walkover.....	4	Flip.....	7
Backward Roll.....	4	Flipping Toss	7
Ball – X.....	4	Flyer	7
Barrel Roll.....	4	Forward Roll.....	7
Base.....	4	Free-Flipping Mount	7
Basket Toss.....	4	Front Limber	7
Block.....	4	Front Spot	7
Block Cartwheel	5	Front Tuck	7
Brace	5	Front Walkover	7
Braced Flip.....	5	Full.....	7
Cartwheel	5	Full-Up Toe Touch	7
Catcher	5	Ground Level.....	7
Chorus Line Flips	5	Half.....	7
Coed Style	5	Hand/Arm Connection.....	7
Connected Tumbling.....	5	Handspring.....	7
Cradle	5	Handstand.....	8
Cupie	5	Hanging Pyramid.....	8
Dirty Bird (D-Bird).....	5	Helicopter Toss	8
Dismount.....	5	Inversion	8
Dive Roll	5	Inverted.....	8
Double-Leg Stunt.....	5	Jump.....	8
Double Cartwheel	5	Kick Arch	8
Downward Inversion	5	Kick Double Full.....	8
Downward Motion	6	Kick Full	8
Drop	6	Knee (Body) Drop.....	8
Eighteen Inches [18"] above Extended Arm Level	6	Layout	8

ICU CHEER GLOSSARY

Layout Step Out	8	Show and Go	11
Leap Frog.....	8	Shoulder Level.....	11
Log Roll.....	9	Shoulder Stand Level	11
Mount	9	Shushunova.....	11
Multi-based Stunt	9	Single-Based Double Awesome/Cupie.....	11
New Base(s).....	9	Single-Based Split Catch.....	11
Non-Inverted Position.....	9	Single-Based Stunt	11
One-Half (½) Twist Toe Touch.....	9	Single-Leg Stunt	11
Onodi.....	9	Somersault	11
Original Base(s)	9	Split Catch	11
Paper Dolls	9	Sponge Dismount.....	11
Partner	9	Sponge Toss	11
Pendulum/Pendulum Style	9	Spotted Tumbling	11
Pike.....	9	Spotter	12
Power Press.....	9	Squishy (Toss)	12
Prep	9	Standing Tumbling	12
Prep-Level	9	Straight Cradle	12
Primary Support	9	Straight Ride.....	12
Prone Position	9	Stunt.....	12
Prop.....	10	Stunt Levels.....	13
Punch	10	Suspended Flip/Roll	13
Punch Front.....	10	Tension Roll/Drop	13
Pyramid	10	Three Quarter [¾] Front Flip (Stunt)	13
Rebound.....	10	Three Quarter [¾] Front Flip (Tumble)	13
Release Move.....	10	Tick-Tock	14
Reload	10	Toe/Leg Pitch	14
Retake	10	Toss	14
Rewind	10	Top Person	14
Round Off.....	10	Transitional Pyramid	14
Running Tumbling	10	Transitional Stunt.....	14
Scooper	10	Travelling Toss	14
Scrunch Toss.....	10	Tuck Arch	14
Second Level	10	Tuck Position.....	14
Second Level Leap Frog.....	10	Tumbling	14
Series Front and/or Back Handsprings.....	11	Twist.....	14

ICU CHEER GLOSSARY

Twisting Mount	14
Twisting Toss	15
Two – High Pyramid	15
Two and One-Half [2½] High Pyramid.....	15
Two-Leg Stunt	15
Vertical Axis of the Stunt Group	15
Waist Level	15
Walkover	15
Whip.....	15
Wolf Wall Transition	15
X-Out	15

ICU CHEER GLOSSARY

- 1 **Aerial** Cartwheel or walkover executed without placing hands on the ground.
- 2 **Airborne/Aerial** To be free of contact with a person or the performing surface.
- 3 **Airborne Tumbling Skill** An aerial manoeuvre involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

 Example: Front and back handsprings
- 4 **Assisted-Flipping Mount** An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position.

 See "Suspended Flip", "Braced Flip"
- 5 **Assisted Tumbling** Any form of physical assistance to an individual performing a tumbling skill.

 This does not apply to gymnastic oriented "stunts" permitted at each level.
- 6 **Awesome** A stunt where a top person has both feet together in the hand(s) of the base(s).

 Also referred to as a "Cupie"
- 7 **Back Walkover** A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.
- 8 **Backward Roll** A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball rolling across the floor.
- 9 **Ball – X** A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position.
- 10 **Barrel Roll** See "Log Roll".
- 11 **Base** A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt.

 New bases – See "New Base(s)"
- 12 **Basket Toss** A toss with no more than four bases, two of which use their hands to interlock wrists.
- 13 **Block** A gymnastic term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

ICU CHEER GLOSSARY

14	Block Cartwheel	A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.
15	Brace	A physical connection that helps to provide stability to a top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.
16	Braced Flip	A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).
17	Cartwheel	A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
18	Catcher	One of the person(s) responsible for the safe landing of a top person during a stunt.
19	Chorus Line Flips	A skill in which a cheerleader back flips between two other cheerleaders with locked arms and/or wrists.
20	Coed Style	A single base grabs the top person at the waist and tosses the top person while unassisted from ground level.
21	Connected Tumbling	Physical contact between two or more individuals performing tumbling skills simultaneously. Connected tumbling is illegal across all levels. <i>Exception: A double forward roll or cartwheel would be defined as a stunt.</i>
22	Cradle	A release move in which catchers, with palms up, catch the top person by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a pike position.
23	Cupie	See "Awesome".
24	Dirty Bird (D-Bird)	Toss to a laid out X-position to the back of the base, through the base's legs and typically transitioning to a scooper.
25	Dismount	The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.
26	Dive Roll	A forward roll where the feet leave the ground before the hands reach the ground.
27	Double-Leg Stunt	See "Stunt".
28	Double Cartwheel	A partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.
29	Downward Inversion	A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.

ICU CHEER GLOSSARY

- 30 **Downward Motion** The movement of one’s center of gravity towards the performing surface.
- 31 **Drop** Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
- 32 **Eighteen Inches [18”] above Extended Arm Level** The maximum distance allowed between the highest point of a base’s extended arm and the lowest point of a top person’s body during a release move in Level 5 / Cheer Elite Level only.
- 33 **Entrance Skill** The beginning or mounting phase of a tumbling skill or stunt.
- 34 **Extended Arm Level** The distance from the performing surface to the highest point of a base’s arm(s) when standing upright with the arm(s) fully extended over the head.

Extended arms do not necessarily define an “extended stunt”.
See “Extended Stunt” and “Stunt Levels” for further clarification.
- 35 **Extended Position** A top person supported by a base(s) with fully extended arms.

Extended arms do not necessarily define an “extended stunt”.
See “Extended Stunt” and “Stunt Levels” for further clarification.
- 36 **Extended Stunt** When the entire body of the top person is extended in an upright position over the base(s).

Examples of stunts that are not considered extended stunts:

Chairs, torches, flat backs, arm-n-arms and straddle lifts.

These are stunts where the bases arms are extended overhead, but are NOT considered to be “extended stunts” since the height of the body of the top person is similar to a shoulder/prep level stunt.

Clarification: If the primary bases go to their knees and extend their arms, the stunt would be considered extended.

See “Stunt Levels” for further clarification.
- 37 **Extension Prep** When the top person is being held at shoulder level by the base(s).

Also known as “Prep” and “Half”
- 38 **Flat Back** A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

ICU CHEER GLOSSARY

39	Flip	An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position. <i>Also known as "Somersault"</i>
40	Flipping Toss	A toss where the top person rotates through an inverted position.
41	Flyer	See "Top Person".
42	Forward Roll	A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball rolling across the floor.
43	Free-Flipping Mount	Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.
44	Front Limber	A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.
45	Front Spot	A person positioned in front of a stunt that may also add additional support or height to that stunt. <i>Also known as "fourth base"</i>
46	Front Tuck	A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. <i>Also known as "punch front"</i>
47	Front Walkover	A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.
48	Full	A three hundred and sixty degree [360°] twisting rotation.
49	Full-Up Toe Touch	A non-flipping skill (<i>typically performed in a dismount or toss</i>) in which one performs a three hundred and sixty degrees [360°] turn before executing a toe touch.
50	Ground Level	To be at the height of or supported by the performing surface.
51	Half	See "Extension Prep".
52	Hand/Arm Connection	The physical contact between two or more individuals using the hand(s)/arm(s).
53	Handspring	Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

ICU CHEER GLOSSARY

54	Handstand	A straight body inverted position where the arms are extended straight by the head and ears.
55	Hanging Pyramid	A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a two and one-half [2½] high pyramid due to the weight of the top person being borne at the second level. This would be illegal in all cheer levels except Level 6 / Premier Level.
56	Helicopter Toss	A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (<i>like helicopter blades</i>) before being caught by original bases.
57	Inversion	See "Inverted"; It is the act of being inverted.
58	Inverted	When the athlete's shoulders are below her/his waist and at least one foot is above her/his head. Arch-back dismounts to a cradle are not considered inverted.
59	Jump	An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.
60	Kick Arch	Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.
61	Kick Double Full	Skill, typically in a toss, that involves a kick and a seven hundred and twenty degree [720°] twisting rotation. A one quarter [¼] turn performed by the top person during the kick portion is customary and permitted to initiate the twists.
62	Kick Full	Skill, typically in a toss, that involves a kick and a three hundred and sixty degree [360°] twisting rotation. A one quarter [¼] turn performed by the top person during the kick portion is customary and permitted to initiate the twist.
63	Knee (Body) Drop	Dropping to the knees, seat, thigh or splits from an airborne position without first bearing the majority of the weight on the hands or feet.
64	Layout	A stretched body position, straight, hollow, or slightly arched.
65	Layout Step Out	Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.
66	Leap Frog	A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning. Second Level Leap Frog: Same as above but performed at any level above ground level.

ICU CHEER GLOSSARY

67	Log Roll	<p>A release move whereby the top person's body rotates at least three hundred and sixty degree [360°] while remaining parallel to the performing surface.</p> <p><i>Also known as "barrel roll"</i></p> <p>An assisted log roll would be the same skill, with assistance from an additional base that maintains contact throughout the transition.</p>
68	Mount	See "Stunt".
69	Multi-based Stunt	A stunt having two or more bases not including the spot.
70	New Base(s)	Bases previously not in direct contact with the top person of a stunts.
71	Non-Inverted Position	The body is upright. The top person's shoulders are at or above the waist.
72	One-Half (½) Twist Toe Touch	A non-flipping skill in which one performs a one hundred and eighty degree [180°] twist before executing a toe touch.
73	Onodi	Starting from a back hand-spring position after pushing off, the tumbler performs a one-half [½] twist to the hands, ending the skill as a front handspring step out.
74	Original Base(s)	A base which is in contact with the top person during the initiation of the stunt.
75	Paper Dolls	Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.
76	Partner	See "Top Person".
77	Pendulum/Pendulum Style	When the top person falls away from the vertical axis (usually landing in a flat-bodied position) and is caught by additional bases.
78	Pike	Body bent forward at the hips while the legs are kept straight.
79	Power Press	When bases bring the top person from an extended position, down to prep level or below, and then re-extend.
80	Prep	See "Extension Prep".
81	Prep-Level	<p>The height of the bases hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height).</p> <p>Chairs, torches, flatbacks, arm-n-arms and straddle lifts will be considered prep level stunts.</p> <p><i>See "Stunt Levels" for further clarification.</i></p>
82	Primary Support	Supporting a majority of the weight of the top person.
83	Prone Position	A face down, flat body position.

ICU CHEER GLOSSARY

84	Prop	An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
85	Punch	See "Rebound".
86	Punch Front	See "Front Tuck"
87	Pyramid	A grouping of connected stunts. Individuals standing at ground level may be incorporated into the grouping.
88	Rebound	<p>A position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill.</p> <p><i>Also known as "Punch"</i></p>
89	Release Move	When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. This interpretation applies to "stunts" only, not "pyramids."
90	Reload	Returning to the loading position with both feet of the top person in the hands of the bases.
91	Retake	Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.
92	Rewind	A free-flipping release move used as an entrance skill into a stunt.
93	Round Off	The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.
94	Running Tumbling	Tumbling that is performed with a running start and/or involves a step or a hurdle (etc,) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."
95	Scooper	An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base).
96	Scrunch Toss	See "Sponge Toss".
97	Second Level	Any person being supported away from the performing surface by one or more bases.
98	Second Level Leap Frog	See "Leap Frog".

ICU CHEER GLOSSARY

99	Series Front and/or Back Handsprings	Multiple front and/or back handsprings performed consecutively by an individual.
100	Show and Go	A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.
101	Shoulder Level	See "Stunt Levels"
102	Shoulder Stand Level	A stunt in which the top person's hips are at the same height they would be if in a shoulder stand. <i>Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and extend their arms, the stunt would NOT be shoulder stand level, but rather extended.</i>
103	Shushunova	A straddle jump (toe touch) landing in a prone support (<i>push up position</i>).
104	Single-Based Double Awesome/Cupie	A single base supporting two top persons who have both feet in each hand of the base. <i>See definition of "Awesome" or "Cupie"</i>
105	Single-Based Split Catch	A single base extending a top person (<i>who is in an upright position having knees forward</i>) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.
106	Single-Based Stunt	A stunt using a single base for support.
107	Single-Leg Stunt	See "Stunt".
108	Somersault	See "Flip".
109	Split Catch	An extended stunt where the top person is held in an upright straddle/x position and supported on the thighs by the base(s).
110	Sponge Dismount	Dismounting to the loading position with both feet of the top person in the hands of the bases.
111	Sponge Toss	A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.
112	Spotted Tumbling	See "Assisted Tumbling".

ICU CHEER GLOSSARY

113 **Spotter**

A person whose primary responsibility is the protection of the head and shoulders area of a top person during the performance of a stunt/toss. The spotter must be positioned to the side or the back of the stunt/toss.

Must be in direct contact with the performing surface.

Must be attentive to the skill being spotted.

Spotter is required for each extended stunt.

Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.

Cannot stand so that their torso is under a stunt.

A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.

The spotter may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.

The spotter may have one hand under the foot as long as the other hand is placed either at the back wrist of a base or at the back side of the ankle of the top person.

All "Spotters" must be your own team's members and be trained in proper spotting techniques.

Spotters may also be counted as a base in some cases

Example: Transitional stunts

114 **Squishy (Toss)**

See "Sponge Toss".

115 **Standing Tumbling**

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

116 **Straight Cradle**

A release move from a stunt to a catching position where no skill (*example: turn, kick, twist, etc.*) is performed.

117 **Straight Ride**

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

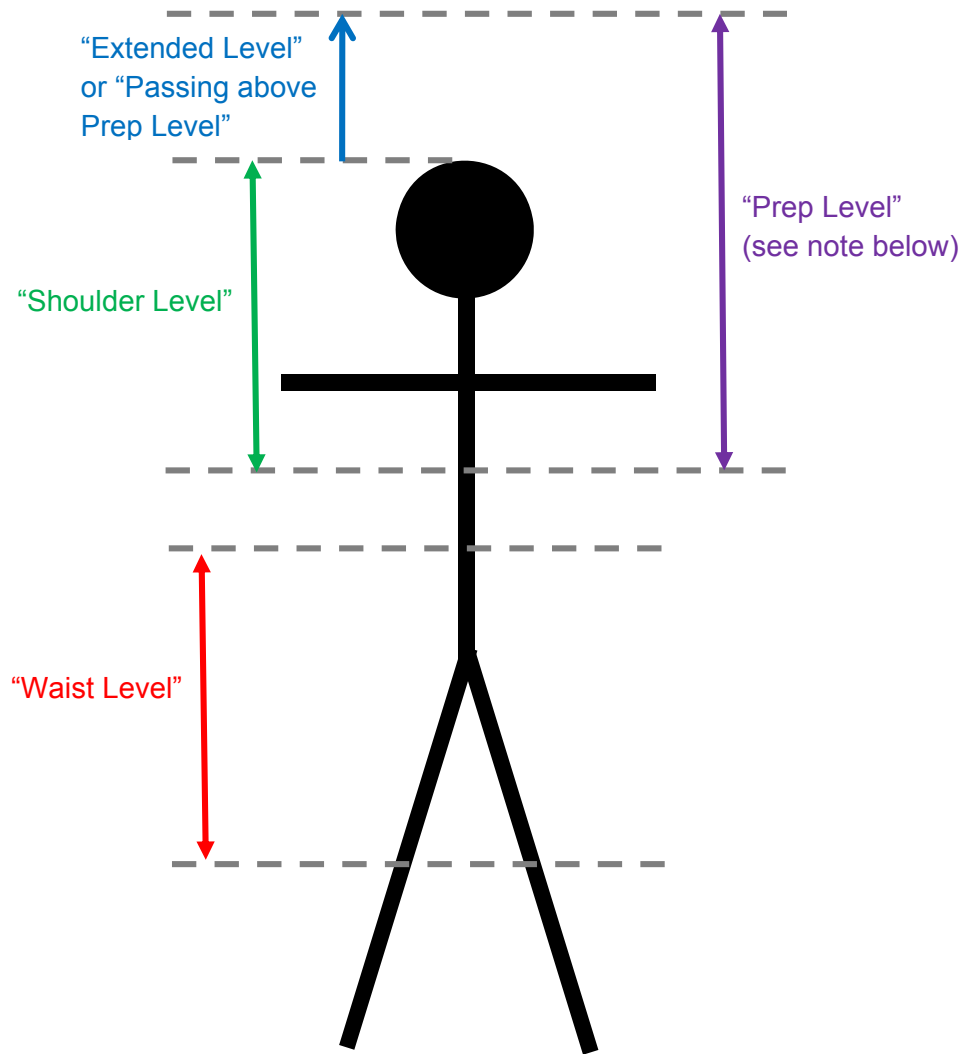
118 **Stunt**

Any skill in which a top person is supported above the performance surface by one or more persons.

Also referred to as a "mount."

A stunt is determined to be "Single" or "Double" leg by the number of feet that the top person has being supported by a base(s).

ICU CHEER GLOSSARY



NOTE: Holding a stunt above the head may also be considered Prep Level (not Shoulder Level) if the top person is being held in a non-upright vertical position such as an extended flat back or extended prone (face down) position or in a seated position such as an extended “V” sit .

- | | | |
|-----|--|--|
| 120 | Suspended Flip/Roll | A stunt in which a top person performs a hip over head rotation while in constant physical contact with a person(s) who is in direct weight bearing contact with the performing surface. |
| 121 | Tension Roll/Drop | A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance. |
| 122 | Three Quarter [¾] Front Flip (Stunt) | A forward hip-over-head rotation from an upright position to a cradle position. |
| 123 | Three Quarter [¾] Front Flip (Tumble) | A forward hip-over-head rotation from an upright position to the ground, with the hands and feet landing first. |

ICU CHEER GLOSSARY

- 124 **Tick-Tock** A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before release.
- 125 **Toe/Leg Pitch** A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.
- 126 **Toss** An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated.
- Example: basket toss or sponge toss*
- Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.*
- See "Release Moves"*
- 127 **Top Person** The person(s) on top of a stunt or toss.
- Also referred to as the "Flyer" or "Partner."*
- 128 **Transitional Pyramid** A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person.
- 129 **Transitional Stunt** Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt.
- 130 **Travelling Toss** A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person.
- This does not include a one quarter [1/4] turn by the bases in tosses such as kick full.
- 131 **Tuck Arch** Similar to kick arch, except instead of kick it is an arch out of a tuck position.
- 132 **Tuck Position** A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.
- 133 **Tumbling** Any gymnastic or acrobatic skill that begins and ends on the performing surface.
- 134 **Twist** Rotation around the body's vertical axis.
- 135 **Twisting Mount** Mounts that begin with a twisting motion of the top person within the vertical axis (*can be as few as a one quarter [1/4] twist up to two [2] twisting rotations*) that end up either in a:
- Prep level stunt;
 - Loading position prior to the execution of a stunt; or
 - Fully extended stunt.

ICU CHEER GLOSSARY

- 136 **Twisting Toss** Any type of toss that involves the top person rotating at least a one quarter [$\frac{1}{4}$] rotation around the vertical axis of the body.
- 137 **Two – High Pyramid** All top persons must be primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface.
- Any time a top person is released from their base(s) in a “Pyramid Release Move”, regardless of the height of the release, this top person would be considered “passing above two persons high”. “Passing above two persons high” does not relate to the actual height of the top person but to the number of layers they are connected to.
- 138 **Two and One-Half [$2\frac{1}{2}$] High Pyramid** For Cheer Level 6 / Premier Level Only: Pyramids higher than two and one-half [$2\frac{1}{2}$] body lengths are prohibited.
- Pyramid height for a “Two and One-Half High Pyramid” is measured by body lengths as follows:
- a) Chairs, thigh stands and shoulder straddles are one and one-half [$1\frac{1}{2}$] body lengths;
 - b) Shoulder stands are two [2] body lengths; and
 - c) Extended stunts (example: extension, liberty, etc.) are two and one-half [$2\frac{1}{2}$] body lengths.
- Exception: An extended stunt on top of a thigh stand is allowed*
- 139 **Two-Leg Stunt** Stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).
- 140 **Vertical Axis of the Stunt Group** The up and down direction of a top person with a stationary stunt group during stunts and pyramids.
- 141 **Waist Level** See “Stunt Levels”.
- 142 **Walkover** A non-aerial acrobatic skill involving hip-over-head rotation in which a person rotates forward/backward (*usually performed with the legs in a split position*) with support from one or both hands.
- 143 **Whip** Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (*not tucked and not in layout position*). A whip has the look of a back handspring without the hands contacting the ground.
- 144 **Wolf Wall Transition** Transition that involves the main top person travelling over (*front to back, back to front, or side to side*) a bracing top person’s (*at prep level*) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level.
- 145 **X-Out** Flip or somersault skill performed that involves spreading the arms and legs into an “x” fashion during the rotation of the flip.



PARTNER / GROUP STUNT DIVISION SCORE SHEET



Date: _____ Judge #: _____ Division: _____

Team #: _____ Team Name: _____

A) STUNTS AND TOSSES – 75 POINTS

- | | |
|---|-------------------------------|
| <p>1) EXECUTION OF TECHNIQUE</p> <p>Execution of proper technique to perform stunts, making the stunts appear to be easy.</p> | <p>30 POINTS _____</p> |
| <p>2) DIFFICULTY</p> <p>Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)</p> | <p>25 POINTS _____</p> |
| <p>3) FORM AND APPEARANCE OF STUNTS</p> <p>This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.</p> | <p>20 POINTS _____</p> |

B) OVERALL PERFORMANCE – 25 POINTS

- | | |
|--|-------------------------------|
| <p>1) TRANSITIONS</p> <p>Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few “breaks” in the routine as possible.</p> | <p>15 POINTS _____</p> |
| <p>2) SHOWMANSHIP</p> <p>Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.</p> | <p>10 POINTS _____</p> |

TOTAL **100 POINTS POSSIBLE** _____

COMMENTS



TEAM CHEER DIVISION SCORE SHEET



Date: _____ Judge #: _____ Division: _____

Team #: _____ Team Name: _____

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, crowd effect, dance (for All Girls divisions only)

TOTAL **100 POINTS POSSIBLE** _____

COMMENTS
