



**WORLD<sup>TM</sup>  
SCHOOL**

**&**

**PERFORMANCE CHEER  
CHAMPIONSHIPS**

**2-4 February 2018**

**DIVISIONS, RULES & REGULATIONS INFORMATION**

# 2018 WORLD SCHOOL & PERFORMANCE CHEER CHAMPIONSHIPS (WSPC)

## PERFORMANCE CHEER TEAM RULES AND REGULATIONS

### I. GENERAL RULES

- A. SCHOOL TEAMS- The competition is open to School Teams for primary/elementary school, junior/middle school, high school/secondary school teams, and equivalent institutions that are compliant with the WSPC's eligibility guidelines. School teams must follow the School team rules.

*(Note: School team routines are maximum 2 minutes)*

- B. PARACHEER & SPECIAL ABILITIES UNIFIED: The competition is open to both School & Non-School teams within the ParaCheer Unified and Special Abilities Unified Divisions that are compliant with the WSPC eligibility requirements. ParaCheer & Special Abilities teams must follow the School team rules, with the added division specific criteria.

*(Note: ParaCheer & Special Abilities routines are maximum 2 minutes)*

- C. ALL STAR TEAMS- The competition is open to non-school teams within the Tiny, Mini, Youth, Junior, Senior and Open categories that are compliant with the WSPC's eligibility guidelines. All Star teams must follow the All Star team rules.

*(Note: All Star team routines are maximum 2 minutes, 30 seconds)*

### II. ELIGIBILITY GUIDELINES

- A. SCHOOL TEAMS (including ParaCheer & Special Abilities):

1. All Non-USA Participants must be compliant with their country's official School sports eligibility requirements, as it pertains to standard school international competition.
2. All USA participants must be students and official members of their respective school's team.
3. All USA School Teams competing in the 2018 WSPC must comply with the eligibility guidelines of the 2018 NDTC, and must have finished 10<sup>th</sup> place or higher at the 2017 NDTC (regardless of the division) and must be actively competing in the 2018 NDTC.

- B. ALL STAR TEAMS (including ParaCheer & Special Abilities):

1. All Non-USA Participants must be 6 consecutive month legal residents of the country where their team is located.
2. All USA participants must comply with the eligibility guidelines of the 2018 NDTC, and must be actively competing in the 2018 NDTC.

- C. ALL TEAMS:

1. Any interpretations or decisions of eligibility for the 2018 WSPC will be rendered by the Championships Rules Committee. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the Championships.

### III. DIVISIONS/CATEGORIES

The World School & Performance Cheer Championships (WSPC) will consist of the following Performance Cheer Team divisions:

#### SCHOOL

- Primary/Elementary School Tiny (PS): Pom, Hip Hop, High Kick, Open  
*The PS Tiny Division is open to all primary/elementary school teams. (Ages: 6 years and younger only) Team size is 5 athletes or more: male/female athletes.*
- Primary/Elementary School Mini: Pom, Hip Hop, High Kick, Open  
*The PS Mini Division is open to all primary/elementary school teams. (Ages: 9 years and younger only) Team size is 5 athletes or more: male/female athletes.*
- Junior High (JH): Pom, Hip Hop, High Kick, Open  
*The JH Division is open to all primary/elementary school teams through junior/middle school teams. Team size is 5 athletes or more: male/female athletes.*
- Junior Varsity (JV): Pom, Hip Hop, High Kick, Open  
*The JV Division is open for secondary/high schools with a 2<sup>nd</sup>/Preparatory Team or a 2<sup>nd</sup> Varsity School Team at the competition. Team size is 5 athletes or more: male/female athletes.*
- Small Varsity: Pom, Hip Hop, High Kick, Open  
*7 to 12 athletes- male/female*
- Medium Varsity: Pom, Hip Hop, High Kick, Open  
*13 to 16 athletes- male/female*
- Large Varsity: Pom, Hip Hop, High Kick, Open  
*17 athletes or more- male/female*

#### PARACHEER/SPECIAL ABILITIES UNIFIED:

- ParaCheer Unified: Pom, Hip Hop, High Kick, Open  
*The ParaCheer Unified Division is open to all School and non-School teams. (Ages: 8 years and older) Team size is 5 athletes or more: male/female athletes. Team composition must be comprised of 25% or more athletes with disabilities (see ParaCheer Criteria) per team.*
- Special Abilities Unified: Pom, Hip Hop, High Kick, Open

The Special Abilities Unified Division is open to all School and non-School teams. (Ages: 8 years and older) Team size is 5 athletes or more: male/female athletes. Team composition must be comprised of 50% or more athletes with intellectual disabilities per team.

### **ALL STAR**

- Tiny: Pom, Hip Hop, High Kick, Open 6 years and younger-male/female
- Mini\*: Pom, Hip Hop, High Kick, Open 9 years and younger-male/female
- Youth\*: Pom, Hip Hop, High Kick, Open 12 years and younger-male/female
- Junior\*: Pom, Hip Hop, High Kick, Open 15 years and younger-all female
- Junior Coed\*: Pom, Hip Hop, High Kick, Open 15 years and younger-male/female
- Senior\*: Pom, Hip Hop, High Kick, Open 18 years and younger-all female
- Sr. Coed\*: Pom, Hip Hop, High Kick, Open 18 years and younger-male/female
- Open\*: Pom, Hip Hop, High Kick, Open 14 years and older-all female
- Open Coed\*: Pom, Hip Hop, High Kick, Open 14 years and older-male/female

\*Note: The Mini through Open Coed All Star divisions will comprise of team sizes 4 or more athletes. Should a respective category/division (e.g. Mini Pom) have 3 or more teams within both "Small" (4-14 athletes) and "Large" (15 + athletes) possible divisions, then the WSPC will split these divisions into "Small" and "Large" accordingly.

### **IV. CROSSOVERS/ENTRY ELIGIBILITY**

- A. Cross-overs are only allowed for non-USA teams/athletes under the following conditions:
- SCHOOL: A School Team athlete may only compete with her/his official school's teams (one school) at WSPC within the WSPC eligibility requirements.
  - ALL STAR: An All Star Team athlete may only compete within her/his gym/studio/program's teams (one program) at WSPC within the WSPC eligibility requirements.
  - PARACHEER/SPECIAL ABILITIES: A ParaCheer/Special Abilities Team athlete may only compete with her/his School or non-School Team (one school or program) at WSPC within the WSPC eligibility requirements.
- B. Category entry eligibility: Qualified USA Schools (top 10 US Nationals finisher – of any division- in 2017) may only enter 1 category/division. All other teams

non-USA School, non-USA All Star, and USA All Star teams are eligible to enter 2 category/division.

### **V. HOW TO HANDLE PROCEDURAL QUESTIONS**

#### **A. RULES & PROCEDURES**

Any questions concerning the rules or procedures of the competition will be handled exclusively by the director/coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

#### **B. PERFORMANCE**

Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

### **VI. SPORTSMANSHIP**

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

### **VII. INTERRUPTION OF PERFORMANCE**

#### **A. UNFORSEEN CIRCUMSTANCES**

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

#### **B. FAULT OF TEAM**

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

### **C. INJURY**

1. The only persons that may stop a routine for injury are:
  - a. competition officials
  - b. the advisor/coach from the team performing or
  - c. an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
  - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
  - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity on that day or a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
  - d. In addition to the WSPC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

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

### **IX. DISQUALIFICATION**

Any team that does not adhere to the terms and procedures of these “Rules and Regulations” will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

### **X. AWARDS AND PRIZES**

All teams in the final round of competition will receive a trophy. Teams who rank first (1<sup>st</sup>), second (2<sup>nd</sup>), or third (3<sup>rd</sup>) place will additionally receive a gold, silver, or bronze medallion.

### **XI. GENERAL SAFETY GUIDELINES**

- A. All teams must be supervised during all official functions by a qualified coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete and team skill level with regard to proper performance placement.
- C. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
- D. All programs should have, and review, an emergency action plan in the event of an injury.
- E. Coaches must recognize the entire team’s particular ability level and limit the team’s activities accordingly.
- F. No technical skills should be performed when a coach is not present or providing direct supervision.
- G. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.
- H. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.

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

- I. The performance surface should be taken into consideration before engaging in any technical aspect of Performance Cheer. The performance area should be reasonably free of obstructions. Athletes should not perform technical skills on:
  1. Concrete, asphalt, or any other hard or uncovered surface
  2. Wet surfaces
  3. Uneven surfaces
  4. Surfaces with obstructions
- J. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

## **XII. COMPETITION ROUTINE GUIDELINES**

- A. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
- B. Formal entrances which involve Performance Cheer, technical skills, and all traditions/chants are not permitted. Athletes should enter the performance area in a timely fashion.
- C. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc.).
- D. Teams may perform off of the performance floor; however, all routine choreography for the entire team must begin and end on the performance surface. Jumping on or off the performance surface is prohibited.
- E. Time limit is as follows:
  1. SCHOOL Teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit by more than three (3) seconds, the team will be assessed a penalty.
  2. PARACHEER & SPECIAL ABILITIES Teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit by more than three (3) seconds, the team will be assessed a penalty.
  3. ALL STAR Teams will have a minimum of (1:45) one minute forty five seconds and a maximum of (2:30) two minutes thirty seconds to demonstrate their style and expertise. If a team exceeds the time limit over or under three (3) seconds, the team will be assessed a penalty.
- F. Timing will begin with the first choreographed movement or note of music, whichever is first.

Timing will end with the last choreographed movement or note of music, whichever is last.

- G. All team mascots, props, center markers, etc. are prohibited. All performance surfaces will have a center marker throughout the competition.

## **XIII. MUSIC GUIDELINES**

- A. For the 2018 WSPC, teams will have the choice of following the USA National Governing Body “USA Cheer” guidelines ([www.usacheer.net](http://www.usacheer.net)) or ICU ([www.cheerunion.org](http://www.cheerunion.org)) Music Copyrights Educational Initiative.
- B. I have read and understand the USA Cheer or ICU Music Copyrights Educational Initiative and all sound recordings used in our team’s music shall only be used with written license from the owners(s) of the sound recordings.
- C. Teams must be able to provide proof of licensing during registration at the event they are attending.
- D. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by WSPC).
- E. If a team does not have proof of licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by the WSPC) or can count verbally.
- F. If there are concerns regarding a certain team’s use of music, a Challenge Form must be completed immediately following the team’s performance.
- G. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
- H. Challenge Process:
  1. All music challenges must be submitted in writing to the event director.
  2. There will be \$100 USD fee to request a music challenge and must be in the form of a check made out to St Jude Children’s Research Hospital.
  3. Fees collected will be voided if challenge is correct.
  4. If the team challenged can provide documentation during the event or be verified, the fees will be donated to St. Jude.
  5. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.

- I. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched so there is no skip while playing.

#### **XIV. CHOREOGRAPHY AND COSTUMING**

- A. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.
- B. Teams may NOT use Disney themes nor may they have costumes that resemble a Disney character.
- C. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
- D. Jewelry as part of the costume is allowed.
- E. Footwear criteria is as follows:
  1. ALL: Shoes with wheels are not allowed (e.g. roller skates, roller blades, etc.)
  2. SCHOOL: Shoes must be worn throughout the routine; performance "paws" are allowed; socks and/or footed tights are not allowed.
  3. PARACHEER/SPECIAL ABILITIES: For any foot to surface contact throughout the routine- shoes must be worn, performance "paws" are allowed, socks and/or footed tights are not allowed.
  4. ALL STAR: Footwear is recommended but not required; socks and/or footed tights are not allowed.

#### **XV. PROPS**

- A. SCHOOL: Props are not allowed. A Prop is defined as anything that is not attached to the costume. Articles of clothing may be removed; however, once removed- the article of clothing becomes a Prop and cannot be part of the performance in anyway or this is considered a violation. Poms used in Pom routines are not considered Props and therefore are allowed.
- B. PARACHEER & SPECIAL ABILITIES: Props are not allowed. A Prop is defined as anything that is not attached to the costume; *however; all mobility equipment, prosthesis, and braces are considered part*

*of the athlete unless they are removed, in which they are then considered legal props, until replaced or returned to the athletes.* Articles of clothing may be removed; although, once removed- the article of clothing becomes a Prop and cannot be part of the performance in anyway or this is considered a violation. Poms used in Pom routines are not considered Props and therefore are allowed.

#### **C. ALL STAR:**

1. Wearable and/or handheld items are allowed in all categories and may be removed and discarded from the body.
2. Standing props that are used to bear the weight of the athlete are not allowed. (*Examples: Chairs, stools, etc.*)

#### **XVI. HIGH KICK CATEGORY SPECIFICS**

Each routine must have a minimum of 50 kicks. WSPC suggests that each High Kick routine have more than 50 kicks to ensure compliance with the minimum requirement. A kick is defined as 1 foot or equivalent (e.g. for ParaCheer, etc.) remaining on the performance surface while the other foot (or equivalent) lifts with force at least 1 inch/.39 cm from the performance surface. At minimum, ½ of the team must execute a kick in order for the kick to be counted. Passe, flicks, turn sequences, toe taps, etc. will not be counted as kicks.

*EXCEPTION: Any time the leg (or equivalent) extends at or above 90 degrees (of at minimum ½ of the team), it will be defined as separate kicks.*

#### **XVII. CATEGORIES**

- POM- Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and performance cheer skill technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one". A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Pom routines follow a more "traditional" theme. See score sheet for more information.
- HIP HOP – Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. The uniformity of all movement

throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on athletic incorporations such as jumps, freezes, floor work and other skills. Distinctive clothing and accessories reflecting Hip Hop Culture must be worn. See score sheet for more information.

- KICK/HIGH KICK – A kick routine incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. The choreography shall display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information.
- OPEN - Incorporates and exhibits traditional or stylized movements and combinations with strength, attack and presence, formation changes, group work, visual effect and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style, musical interpretation, continuity of movement and team uniformity. The overall impression of the routine should be uptempo, lively, energetic and motivating, while allowing for texture of movement to utilize musicality. See score sheet for more information.

## **XVIII. SPECIFIC CRITERIA – SPECIAL ABILITIES UNIFIED (ALL CATEGORIES)**

- All WSPC general rules and guidelines, as well as routine requirements apply.
- All Special Abilities Unified Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
- Up to 3 Coach(es) and/or Assitant(s) are allowed to signal from the front of the floor and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
- Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a light colored t-shirt and pants in contrast to the Athletes' darker colored costume/uniform (or

vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer costume/ uniform during the routine.

- Assistants shall wear athletic/performance style shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.

## **XIX. SCHOOL DIVISIONS - ROUTINE RULES AND GUIDELINES**

### **A. WEIGHT BEARING SKILLS**

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed.

### **B. TUMBLING AND TRICKS (*Executed by Individuals*)**

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Aerial Cartwheels	Front Aerials
Forward/Backward Rolls	Front/Back Handsprings
Shoulder Rolls	Front/Back Tucks
Cartwheels	Side Somi
Headstands	Layouts
Handstands	Shushunova
Backbends	Headsprings (w/out hand support)
Front/Back Walkovers	Dive Rolls (In any position)
Stalls/Freezes	Continuous double (partner)-cartwheels
Head spins	Toe Pitch Back Tucks
Windmills	
Kip up	
Round Off	
Headsprings (with hand support)	

- Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
- Aerial cartwheels are not allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule.
- Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
- Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
- Landing in a push-up position onto the performance surface from a jump in which

the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.

7. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" /"bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand freeze).

### **C. LIFTS AND PARTNERING**

#### ***(Executed in pairs or groups)***

1. The Executing Athlete must receive support from a Supporting Athlete who is in direct contact with the performance surface throughout the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. Swinging lifts and tricks are allowed provided the Executing Athlete's body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).
4. Hip over-head rotation of the Executing Athlete(s) may occur as long as a Supporting Athlete maintains contact until the Executing Athlete returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed as long as:
  - a. The Supporting Athlete(s) maintain contact until the Executing Athlete returns to the performance surface or returns to the upright position.
  - b. When the height of the Executing Athlete's shoulders exceeds shoulder level of the Supporting Athlete(s), there is at least one additional athlete to spot who does not bear weight.

### **D. RELEASE MOVES (*Unassisted Dismounts to the performance surface*)**

1. An Executing Athlete may jump, leap, step, or push off a Supporting Athlete if:
  - a. The highest point of the released skill does not elevate the Executing Athlete's feet above head level.

- b. The Executing Athlete may not pass through the prone or inverted position after the release.
  - c. Toe pitch back tucks are not allowed.
2. A Supporting Athlete may release/toss an Executing Athlete if:
    - a. The highest point of the release/toss does not elevate the Executing Athlete's hips above head level.
    - b. The Executing Athlete is not supine or inverted when released.
    - c. The Executing Athlete does not pass through a prone or inverted position after release.
    - d. Toe Pitch back tucks are not allowed.

## **XX. ALL STAR DIVISIONS–TINY & MINI: ROUTINE RULES AND GUIDELINES**

### **A. INDIVIDUAL SKILLS (*Executed by individuals*)**

#### ALL CATEGORIES:

1. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed
2. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performance surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet
3. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind the body is not allowed

#### POM (SPECIFICS)

*Note: Tumbling as a skill in the Pom category is allowed but not required in all divisions with the limitations listed in XX.A, and below:*

1. Airborne inverted skills with or without hand support are not allowed
2. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s)  
*(Exception: forward rolls and backward rolls are allowed)*
  - b. Non airborne skills are allowed
  - c. Airborne skills with or without hand support are not allowed  
*(Exception: Aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation)*



### HIGH KICK, OPEN (SPECIFICS):

*Note: Tumbling as a skill in the High Kick/Open categories is allowed but not required with the limitations listed in XX.A, and below:*

1. Airborne inverted skills with or without hand support are not allowed
2. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding props in supporting hand(s) (*Exception: forward rolls and backward rolls are allowed*)
  - b. Non airborne skills are allowed
  - c. Airborne skills with or without hand support are not allowed (*Exception: Aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation*)

### HIP HOP (SPECIFICS):

*Note: Tumbling and Aerial Street Style Skills as a skill in the Hip Hop category are allowed but not required with the limitations listed in XX.A, and below:*

1. Inverted Skills:
  - a. Non airborne skills are allowed (*Example: Headstand*)
  - b. Airborne skills with or without hand support that land in a perpendicular inversion or shoulder inversion are not allowed (*Clarification: may not have airborne backward momentum in the approach*)
2. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding props in supporting hand(s) (*Exception: forward rolls and backward rolls are allowed*)
  - b. Non airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided:
    - i. The skills are limited to 2 consecutive hip-over-head rotation skills
    - ii. It is not airborne in the approach but may be airborne in the decent (*Clarification: In the approach, the hands must touch the ground before the feet leave the ground*)
  - d. Airborne skills without hand support are not allowed (*Exception: An aerial cartwheel that is not connected to any other skill with hip over head rotation*)

## **B. LIFTS AND PARTNERING** ***(Executed in pairs or groups)***

### ALL CATEGORIES:

*Note: Lifts and Partnering are allowed, but not required with the following limitations enclosed for all categories:*

1. The Executing Individual must maintain contact with a Supporting Individual who is in direct contact with the performance surface (*Exception for Pom, High Kick and Open categories only: Kick line leaps*)
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder level
3. Hip-over-head rotation of the Executing Individual(s) is allowed provided:
  - a. Contact between the Executing Individual and at least 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position
  - b. The Executing Individual is limited to 1 continuous (hip-over-head) rotation
4. A Vertical Inversion is allowed provided:
  - a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or is returning to an upright position
  - b. When the height of the Executing Individual's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes- an additional spot is not required*).

## **C. RELEASE MOVES (Groups & Pairs: Dismounts to the performance surface)** *Clarification: May be assisted but not required*

### ALL CATEGORIES:

1. An Executing Individual may jump, leap, step, or push off a Supporting Individual provided:
  - a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level
  - b. The Executing Individual may not pass through the prone or inverted position after the release
2. A Supporting Individual may toss an Executing Individual provided:
  - a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder-level

- b. The Executing Individual is not supine or inverted when released
- c. The Executing Individual does not pass through a prone or inverted position after release

## **XXI. ALL STAR DIVISIONS – YOUTH & JUNIOR: ROUTINE RULES AND GUIDELINES**

### **A. INDIVIDUAL SKILLS (*Executed by individuals*)**

#### ALL CATEGORIES:

1. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed

#### POM (SPECIFICS)

*Note: Tumbling as a skill in the Pom category is allowed but not required in all divisions with the limitations listed in XXI.A, and below:*

1. Airborne inverted skills with hand support are not allowed while holding poms
2. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s) (*Exception: forward rolls and backward rolls are allowed*)
  - b. Non airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills
  - d. Airborne skills without hand support are not allowed (*Exception: Front aerials and aerial cartwheels are allowed*)
3. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performance surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet
4. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind the body is not allowed

#### HIGH KICK, OPEN (SPECIFICS):

*Note: Tumbling as a skill in the High Kick/Open categories is allowed but not required with the limitations listed in XXI.A, and below:*

1. Inverted skills:
  - a. Non airborne skills are allowed (*Example: Headstand*)
  - b. Airborne skills with hand support that land in a perpendicular or shoulder inversion are allowed.

2. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding props in supporting hand(s) (*Exception: forward rolls and backward rolls are allowed*)
  - b. Non airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills (*Clarification: Both skills must have hand support*)
  - d. Airborne skills without hand support are not allowed (*Exception: Front aerials and aerial cartwheels are allowed*)
3. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performance surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet
4. Landing in a push up position may involve any jump

#### HIP HOP (SPECIFICS):

*Note: Tumbling and Aerial Street Style Skills as a skill in the Hip Hop category are allowed but not required with the limitations listed in XXI.A, and below:*

1. Inverted Skills:
  - a. Non airborne skills are allowed (*Example: Headstand*)
  - b. Airborne skills with hand support that land in a perpendicular inversion of shoulder inversion are allowed
2. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding props in supporting hand(s) (*Exception: forward rolls and backward rolls are allowed*)
  - b. Non airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills (*Clarification: Both skills must have hand support*)
  - d. Airborne skills without hand support are allowed under the following conditions:
    - i. The skills involve no more than 1 twisting transition
    - ii. The skills may not connect to another skill that is airborne with hip-over-head rotation with or without hand support

3. Only drops to the shoulder, back or seat are permitted provided the height of the airborne athlete does not exceed hip level. (*Clarification: drops directly to the knee, thigh, front or head are not allowed*)
4. Landing in a push up position may involve any jump

## **B. LIFTS AND PARTNERING** ***(Executed in pairs or groups)***

### ALL CATEGORIES:

*Note: Lifts and Partnering are allowed, but not required with the following limitations enclosed for all categories:*

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head level (*Exception: The Junior Division follows the Senior Rule 2, this Rule 2 only applies to the Youth Division*)
3. Hip-over-head rotation of the Executing Individual(s) is allowed provided contact between the Executing Individual and at least 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position
4. A Vertical Inversion is allowed provided:
  - a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or is returning to an upright position
  - b. When the height of the Executing Individual's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Athletes- an additional spot is not required*)

## **C. RELEASE MOVES (Groups & Pairs: Dismounts to the performance surface)**

*Clarification: May be assisted but not required*

### ALL CATEGORIES:

1. An Executing Individual may jump, leap, step, or push off a Supporting Individual provided: (*Exception: Junior High Kick, Junior Open, Junior Hip Hop follows the Senior Rule 5; this only applies to the Youth Divisions, and Junior Pom*)

- a. The highest point of the released skill does not elevate the Executing Individual's hips above head-level
  - b. The Executing Individual may not pass through the prone or inverted position after the release
2. A Supporting Individual may toss an Executing Individual provided: (*Exception: Junior High Kick, Junior Open, Junior Hip Hop follows the Senior Rule 6; this only applies to the Youth Divisions, and Junior Pom*)
    - a. The highest point of the toss does not elevate the Executing Individual's hips above head-level
    - b. The Executing Individual is not supine or inverted when released
    - c. The Executing Individual does not pass through a prone or inverted position after release

## **XXII. ALL STAR DIVISIONS – SENIOR & OPEN: ROUTINE RULES AND GUIDELINES**

### **A. INDIVIDUAL SKILLS *(Executed by individuals)***

#### ALL CATEGORIES:

1. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s) (*Exception: forward rolls and backward rolls are allowed*)
  - b. Non airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided they are limited to 2 consecutive hip over head rotation skills
  - d. Airborne skills without hand support are allowed provided that the skill(s):
    - i. Involves no more than 1 twisting transition
    - ii. Does not connect to another skill that is airborne with hip over head rotation without hand support
    - iii. Is limited to 2 consecutive hip over head rotation skill(s)
2. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed
3. Only drops to the shoulder, back or seat are permitted provided that the height of the

airborne individual does not exceed hip level  
(Clarification: Drops directly to the knee, thigh,  
front or head are not allowed)

#### POM (SPECIFICS)

Note: Tumbling as a skill in the Pom category is allowed but not required in all divisions with the limitations listed in XII.A, and below:

1. Airborne inverted skills with hand support are not allowed while holding poms
2. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind the body is not allowed

#### HIGH KICK, OPEN (SPECIFICS):

Note: Tumbling as a skill in the High Kick/Open categories is allowed but not required with the limitations listed in XXII.A, and below:

1. Inverted skills:
  - a. Non airborne skills are allowed (Example: Headstand)
  - b. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed
2. Landing in a push up position may involve any jump

#### HIP HOP (SPECIFICS):

Note: Tumbling and Aerial Street Style Skills as a skill in the Hip Hop category are allowed but not required with the limitations listed in XXII.A, and below:

1. Inverted Skills:
  - a. Non airborne skills are allowed (Example: Headstand)
  - b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed
2. Landing in a push up position may involve any jump

### **B. LIFTS AND PARTNERING (Executed in pairs or groups)**

#### ALL CATEGORIES:

Note: Lifts and Partnering are allowed, but not required with the following limitations enclosed for all categories:

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level

2. At least one Supporting Individual must maintain contact with the Executing Individuals(s) throughout the entire skill above head level:  
*Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following conditions:*
  - a. The Executing Individual does not pass through an inverted position after the release
  - b. The Executing Individual is either caught or supported to the performance surface by 1 or more Supporting Individuals
  - c. The Executing Individual is not caught in the prone position
  - d. POM ONLY: Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch release as needed
3. Hip-over-head rotation of the Executing Individual(s) is allowed provided contact between the Executing Individual and at least 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position
4. A Vertical Inversion is allowed provided:
  - a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or is returning to an upright position
  - b. When the height of the Executing Individual's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 Supporting Athletes- an additional spot is not required)

### **C. RELEASE MOVES (Groups & Pairs: Dismounts to the performance surface)** Clarification: May be assisted but not required POM (SPECIFICS):

1. An Executing Individual may jump, leap, step, or push off a Supporting Individual provided:
  - a. The highest point of the released skill does not elevate the Executing Individual's hips above head-level
  - b. The Executing Individual may not pass through the prone or inverted position after the release

2. Supporting Individual(s) may toss an Executing Individual provided:
  - a. The highest point of the release/toss does not elevate the Executing Individual's hips above head-level
  - b. The Executing Individual is not supine or inverted when released
  - c. The Executing Individual does not pass through a prone or inverted position after release

#### HIGH KICK, OPEN, HIP HOP (SPECIFICS):

1. An Executing Individual may jump, leap, step, or push off a Supporting Individual provided:
  - a. At least 1 part of the Executing Individual's body is at or below head-level at the highest point of the released skill
  - b. The Executing Individual may not pass through the prone or inverted position after the release
2. A Supporting Individual may toss an Executing Individual provided:
  - a. At least 1 part of the Executing Individual's body is at or below head-level at the highest point of the released skill
  - b. The Executing Individual is not supine or inverted when released but s/he must land on their foot/feet
  - c. The Executing Individual does not pass through an inverted position after release

### **XXIII. GLOSSARY OF TERMS**

**Aerial Cartwheel:** An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.

**Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the performer is free of contact from a person and/or the performing surface.

**Airborne Hip Over Head Rotation (executed by Individuals):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).

**Category:** Denoting the style of the routine. (Example: Pom, Hip Hop, High Kick, Open)

**Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)

**Contact (executed by Groups or Pairs):** The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

**Division:** Denoting the composition of a competing group of individuals. (Example: Junior, Senior)

**Drop (executed by Individuals):** An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.

**Elevated:** An action in which an individual is moved to a higher position or place from a lower one.

**Executing Individual:** An individual who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual(s).

**Head Level:** A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

**Height of the Skill:** Where the action is taking place.

**Hip Level:** A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

**Hip Over Head Rotation (executed by Individuals):** An action characterized by continuous movement where an individual's hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).

**Hip Over Head Rotation (executed by Groups or Pairs):** An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.

**Inversion/Inverted:** A position in which the Individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

**Inverted Skills (executed by Individuals):** A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

**Lift (executed by Groups or Pairs):** A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

**Partnering (executed by pairs):** A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.

**Perpendicular Inversion (executed by Individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

**Prone:** A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up

**Prop:** Anything that is used in the routine choreography that is not/was not originally part of the costume.

*Clarification 1: For Pom Categories, Poms are considered part of the uniform.*

*Clarification 2: For ParaCheer Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.*

**Shoulder Inversion (executed by individuals):** A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

**Shoulder Level:** A designated and average height; the height of a standing performer's shoulders while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*)

**Supine:** A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.

**Supporting Individual:** An individual who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.

**Toss:** A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

**Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

**Vertical Inversion (executed by Groups or Pairs):** A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

## XXIV. PARACHEER QUALIFICATION GUIDELINES

For the purpose to assist and encourage ICU's National Federations to develop ParaCheer opportunities for disabled and nondisabled athletes (e.g. "ParaCheer Unified" divisions) within our Sport, enclosed (as a guideline only) please find the IPC's brief description of the 10 eligible\* impairment types (below) also shown on the IPC website:

<https://www.paralympic.org/classification>; found under section 2 chapter 3.13 of the IPC Handbook.

*\*Note 1: Due to the newness of the ICU ParaCheer development programme at the grass-roots level, the ICU encourages its National Federations to use the IPC's excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As ICU's ParaCheer development programme continues, stricter adherence to these policies will be distinctly addressed for specific future competitions.*

*\*Note 2: Based on the uniqueness of Performance Cheer competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICDS. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for ParaCheer development purposes.*

### **IPC's brief description of the 10 eligible\* impairment types (as a guideline for the ParaCheer programme):**

*Impairment: Explanation*

- 1. Impaired muscle power:** Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
- 2. Impaired passive range of movement:** Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
- 3. Limb deficiency:** Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
- 4. Leg length difference:** Bone shortening in one leg due to congenital deficiency or trauma.
- 5. Short stature:** Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
- 6. Hypertonia:** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
- 7. Ataxia:** Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

**8. Athetosis:** Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

**9. Visual impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.

**10. Intellectual Impairment:** A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.

**11\*\*. Hearing Impairment:** Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete’s “better ear”- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

## XXV. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the World School and Performance Cheer Championships (WSPC). As the teams make their presentations, the judges will score the teams using a 100 points system. Judges scores will be AVERAGED together to determine the overall team score.

## XXVI. SCORES AND RANKINGS

- A. Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the score for all teams. No scores and rankings will be provided over the telephone. After each round of competition, teams will receive the judges’ score sheets as well as their score and the top score within the group.
- B. All ties in each division or group will remain with the exception of first place. The first place tie will be broken based on the judges’ final ranking points.

## XXVII. SCORE SHEETS

### SPECIAL ABILITIES UNIFIED SCORE SHEET – POM, HIP HOP, HIGH KICK, OPEN

EXECUTION	
<b>EXECUTION OF MOVEMENT</b>	10_____
Demonstration of clear intent of proper control, placement and completion of movement/motions while staying true to style. Quality and strength of movement	
<b>EXECUTION OF SKILLS</b>	10_____
Proper execution of skills	

<b>SYNCHONRIZATION/UNIFORMITY</b>	10_____
Consistent unison and timing by the team. Uniformity of team movement within choreography and skills	
<b>SPACING</b>	10_____
Consistent and even positioning of Athletes throughout all formations and transitions	

<b>COMMUNICATION/PROJECTION</b>	10_____
Connection with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy and entertainment value	

### CHOREOGRAPHY

<b>CREATIVITY/MUSICALITY</b>	10_____
Originality of routine. New concepts/movement, levels/group work of Special Athletes, including visual effects and variety that compliments the intricacy of the music	

<b>ROUTINE STAGING</b>	10_____
Use of varied formations & creative ways of Special Athletes to move from one formation to another to allow for quick & seamless transitions. Adequate use of the performance floor	

<b>COMPLETIXY OF MOVEMENT</b>	10_____
Level of difficulty implemented through movement such as, but not limited to weight changes, varied intricate movement, tempo changes, etc.	

<b>TEAM CHOREOGRAPHY</b>	10_____
Level of Special Athlete participation in the routines entirety	

### OVERALL EFFECT

<b>OVERALL IMPRESSION</b>	10_____
Appropriateness of music, costume and choreography. Impact of performance to create a lasting impression	

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

## PARACHEER UNIFIED SCORE SHEET – POM, HIP HOP, HIGH KICK, OPEN

### EXECUTION

<b>EXECUTION OF MOVEMENT</b>	10_____
Demonstration of clear intent of proper control, placement and completion of movement/motions while staying true to style. Quality and strength of movement	

<b>EXECUTION OF SKILLS</b>	10_____
Proper execution of skills	

<b>SYNCHONRIZATION/UNIFORMITY</b>	10_____
Consistent unison and timing by the team. Uniformity of team movement within choreography and skills	

<b>SPACING</b>	10_____
Consistent and even positioning of Athletes throughout all formations and transitions	

<b>COMMUNICATION/PROJECTION</b>	10_____
Connection with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy and entertainment value	

### CHOREOGRAPHY

<b>CREATIVITY/MUSICALITY</b>	10_____
Originality of routine. New concepts/movement, levels/group work of ParaCheer Athletes, including visual effects and variety that compliments the intricacy of the music	

<b>ROUTINE STAGING</b>	10_____
Use of varied formations & creative ways of ParaCheer Athletes to move from one formation to another to allow for quick & seamless transitions. Adequate use of the performance floor	

<b>COMPLETIXY OF MOVEMENT</b>	10_____
Level of difficulty implemented through movement such as, but not limited to weight changes, varied intricate movement, tempo changes, etc.	
<b>TEAM CHOREOGRAPHY</b>	10_____
Level of ParaCheer Athlete participation in the routines entirety	

<b>OVERALL EFFECT</b>	
<b>OVERALL IMPRESSION</b>	10_____
Appropriateness of music, costume and choreography. Impact of performance to create a lasting impression	
<b>TOTAL POINTS (100)</b>	_____

## SCHOOL SCORE SHEET – POM, HIP HOP, HIGH KICK, OPEN

<b>EXECUTION</b>	
<b>EXECUTION OF MOVEMENT</b>	10_____
Proper control, placement and completion of movement/motions while staying true to style. Quality and strength of movement	
<b>EXECUTION OF SKILLS</b>	10_____
Proper execution of skills	
<b>SYNCHONRIZATION/UNIFORMITY</b>	10_____
Consistent unison and timing by the team. Uniformity of team movement within choreography and skills	
<b>SPACING</b>	10_____
Consistent and even positioning of Athletes throughout all formations and transitions	
<b>COMMUNICATION/PROJECTION</b>	10_____
Connection with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy and entertainment value	

<b>CHOREOGRAPHY</b>	
<b>CREATIVITY/MUSICALITY</b>	10_____
Originality of routine. New concepts/movement, levels/group work, visual effects and variety that compliments the intricacy of the music	
<b>ROUTINE STAGING</b>	10_____
Use of varied formations & creative ways to move from one formation to another to allow for quick & seamless transitions. Adequate use of the performance floor	
<b>COMPLETIXY OF MOVEMENT</b>	10_____
Level of difficulty implemented through movement such as, but not limited to weight changes, varied intricate movement, tempo changes, etc.	
<b>DIFFICULTY OF SKILLS</b>	10_____
Level of difficulty implemented through technical skills/or tricks	
<b>OVERALL EFFECT</b>	
<b>OVERALL IMPRESSION</b>	10_____
Appropriateness of music, costume and choreography. Impact of performance to create a lasting impression	
<b>TOTAL POINTS (100)</b>	_____

## ALL STAR SCORE SHEET – POM, HIP HOP, HIGH KICK, OPEN

<b>GROUP EXECUTION</b>	60_____
<b>OVERALL IMPRESSION</b>	10_____
Communication/Projection/Appropriateness	
<b>UNIFORMITY</b>	10_____
Synchronization/Timing	
<b>SPACING</b>	10_____

<b>EXECUTION OF TECHNICAL ELEMENTS</b>	10_____
Proper Execution of Style Specific Skills & Featured Elements	
<b>MOVEMENT TECHNIQUE</b>	20_____
Placement/Control/Strength/Musicality	
<b>CHOREOGRAPHY</b>	40_____
<b>CREATIVITY &amp; ORIGINALITY</b>	20_____
Music Interpretation/Visual Effects/Variety	
<b>ROUTINE STAGING</b>	10_____
Formations /Transitions/Flow of Routine	
<b>DIFFICULTY</b>	10_____
Incorporation of Level Appropriate Movement & Skills	
<b>TOTAL POINTS (100)</b>	_____

## XXVIII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decision by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## XXIX. WORLD SCHOOL & PERFORMANCE CHEER CHAMPIONSHIPS-SCHOOL ONLY

It is understood that School Teams participating in the World School & Performance Cheer Championship (WSPC) will not knowingly and willingly participate in any other event promoted as a “World School & Performance Cheer Championships”, or an equivalent event. (Exception: Approved multi-sport international events congruent with the World School & Performance Cheer Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2018 World School & Performance Championships (WSPC) and will forfeit the opportunity to participate in the tournament the following year.

## XXX. TOURNAMENT FACILITY

- The competition is scheduled to be held at *ESPN Wide World of Sports®* Complex.
- The performance floor will be professional grade material. All floors will have 8 panels in the rehearsal area and 10 panels on the main floor. Dimensions are as follows and can be subject to change if the tournament officials feel it is necessary for the successful execution of the



championships. Each panel is 5 feet 3 ½ inches/ 1.613 meters wide.

- C. 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 offices to be essential to the successful execution of the championships.

**XXXI. VIDEO MEDIA POLICY**

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations").

In the event a team authorizes the commercial recording or streaming in an Event Location, the team will be automatically disqualified. In addition, the personnel, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to the WSPC and its affiliates, designees, agents, licensees, and invitees to use the

image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

**XXXII. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

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

**XXXIII. PENALTIES**

A two (2) point per judge penalty will be assessed to any team violating any of the specific rules as stated. The deduction does not apply to violations mentioned that have designated a lesser point value. If you have any questions concerning the legality of a move, please email the World School & Performance Cheer Championships office/Liz Rifino at [lrifino@cheerunion.org](mailto:lrifino@cheerunion.org)

**For any clarification or interpretation of the above safety guidelines, please email [info@cheerunion.org](mailto:info@cheerunion.org)**

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

\_\_\_\_\_  
(School/Team Name)

\_\_\_\_\_  
(Division- Team Cheer Pom, Hip Hop, etc.)

\_\_\_\_\_  
(City/State-Province/Country)

\_\_\_\_\_  
(Advisor/Coach/Director's Signature)

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

\_\_\_\_\_  
(Administrator's Signature)

