



**WORLDTM
SCHOOL**

&

**PERFORMANCE CHEER
CHAMPIONSHIPS**

1-3 February 2019

DIVISIONS, RULES & REGULATIONS INFORMATION

2019 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 (USA and non-USA) 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.
- B. ALL STAR TEAMS- The competition is open to non-school 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.

II. ELIGIBILITY GUIDELINES

A. SCHOOL TEAMS:

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 2019 WSPC must comply with the eligibility guidelines of the 2019 NDTC, and must have finished 10th place or higher at the 2018 NDTC (regardless of the division) and must be actively competing in the 2019 NDTC.

B. ALL STAR TEAMS:

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 2019 NDTC, and must be actively competing in the 2019 NDTC.

C. ALL TEAMS:

1. Any interpretations or decisions of eligibility for the 2019 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 School Tiny: Pom, Hip Hop, High Kick, Open
6 years and younger
- Primary School Mini: Pom, Hip Hop, High Kick, Open
9 years and younger
- Primary School: Pom, Hip Hop, High Kick, Open
12 years and younger
The Primary School Divisions are open to all primary/elementary school teams. 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 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 2nd/Preparatory Team or a 2nd 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

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: 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 athletes may only compete within her/his gym/studio/program's teams (one program) at WSPC within the WSPC eligibility requirements.
- B. Category entry eligibility: Qualified USA Schools (top 10 US Nationals finisher – of any division- in 2018) 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. 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.

VI. 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.

VII. 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.

VIII. 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.

IX. 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 will be removed from the activity at that time and will 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 WUCC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

X. INTERPRETATIONS AND/OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render 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.

XI. 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.

XII. 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.

XIII. WORLD SCHOOL & PERFORMANCE CHEER CHAMPIONSHIPS-SCHOOL ONLY

It is understood that School Teams participating in the World School & Performance Championships (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 2020 World School & Performance Championships (WSPC) and will forfeit the opportunity to participate in the tournament the following year.

XIV. TOURNAMENT FACILITY

- A. The competition is scheduled to be held at **ESPN Wide World of Sports®** Complex.
- B. 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.

XV. 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.

XVI. PENALTIES

A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

0.5 Points: Performance Error (example: touching down on an aerial cartwheel with non-hands free poms in hand)

1.0 Points: General rules violations including, but not limited to, time infractions, not enough kicks, costume/shoe rules, etc.

1.5 Points: Routine safety rule violations.

Should there be any questions concerning the legality of a trick or move, please email the World School & Performance Cheer Championships office/Liz Rifino at lrifino@cheerunion.org

XVIII. AWARDS AND PRIZES

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

XIX. 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.
- 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
 5. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

XX. 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. Ending off of the performance floor on a raised surface is prohibited. Jumping on or off a raised 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 (3) three seconds, the team will be assessed a penalty.
 2. 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 (3) three 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.

XXI. MUSIC GUIDELINES

- A. Based on the location of the WSPC, teams must follow the ICU USA National Governing Body “USA Cheer” guidelines (www.usacheer.net) and/or for countries with National Sport Authority recognized ICU National Cheer Federations, please contact your National Cheer Federation for more details.
- B. I have read and understand the USA Cheer 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 cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition.
- 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.
- J. It is recommended that person preparing the team’s routine music (music editor, coach, etc.) should edit the music in a Digital Audio workstation (DAW) with the music volume set at 0- should this be available. Note: Most DAW’s have a default that sets a track at -6 when a track is added.
- K. It is recommended that person preparing the team’s routine music (music editor, coach, etc.) should check to see if there is a normalization process once the music is rendered or saved.
- L. Should a team be featured in a television broadcast using an original music composition or music commissioned for the team’s routine or an original recording, the routine music may be possibly played for the television should the synchronization rights also be secured. Teams must be able to provide proof of synchronization rights (printed copy) during the WSPC registration for this consideration.
- M. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

XXII. 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, movie or theme.
- 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.

XXIII. PROPS

- A. Props are not allowed. A prop is defined as any item with which the athlete performs that is not attached to the athlete’s costume/uniform.

Articles of the athlete's costume/uniform may be removed during the performance; however, this item must be discarded, and not included within the performance- otherwise this item is considered a prop and is a violation of the rules contained herein. *Exception: Poms used within a pom routine is not considered a prop, as this is an essential component of the pom team's performance.*

B. The use of hands-free poms is allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, allowing for the pom to be easily transferable to place a hand – free of the pom – on the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together does not satisfy the definition of a “hands-free pom”.

XXIV. 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- please see the 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 incorporations such as jumps, jump variations, combo jumps, freezes and floor work and other skills. Distinctive clothing and accessories reflecting Hip Hop Culture must be worn. See the 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 scoresheet 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.

XXV. SCHOOL DIVISIONS: JH-VARSITY 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*)

ALLOWED	NOT ALLOWED
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)	

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand. (Exception: Aerial cartwheels may be done with hands free poms).
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).

4. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
5. 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.
6. 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 (see glossary) 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 stall).

**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 hips 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.

XXVI. ALL STAR & SCHOOL DIVISIONS – TINY, MINI, PRIMARY SCHOOL & YOUTH: ROUTINE RULES AND GUIDELINES

A. INDIVIDUAL SKILLS (Executed by individuals)

ALL CATEGORIES:

1. 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.
2. Landing in a push up position onto the performance surface from an airborne skill is not allowed.
3. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.

POM, HIGH KICK, OPEN (SPECIFICS):

1. Airborne inverted skills with or without hand support are not allowed.
2. Tumbling with hip-over head rotation:
 - a. 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.*)
 - b. With hand support are not allowed while holding poms/props in supporting hand(s)

(Exception: forward rolls and backward rolls are allowed).

HIP HOP (SPECIFICS):

1. Inverted Skills:
 - a. Non airborne skills are allowed. (Example: Headstand)
2. Airborne skills with or without hand support that land in a perpendicular inversion or shoulder inversion may not have (airborne) backward momentum in the approach. (Exception: Airborne shoulder inversions are permitted in the Youth Division)
3. Tumbling with hip-over head rotation:
 - a. Non-airborne skills are allowed.
 - b. Mini and Tiny ONLY: Airborne skills with hand support are allowed provided under the following conditions:
 - i. The skill is not airborne in approach but may be airborne in the decent. (Clarification: in the approach the hands must touch the ground before the feet leave the ground.) (Exception: Dive rolls)
 - ii. The skill is limited to 2 consecutive hip-over-head rotation skills.
Note: The Youth Division follows the Jr./Sr./Open criteria for 3b.
 - c. Airborne skills 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.)
 - d. With hand support are not allowed while holding poms/props in supporting hand(s) (Exception: forward rolls and backward rolls are allowed).

B. LIFTS AND PARTNERING

(Executed in pairs or groups)

ALL CATEGORIES:

1. The Executing Athlete must maintain contact with a Supporting Athlete who is in direct contact with the performance surface. (Exception for Pom, High Kick and Open Only- Kick Line Leaps are allowed)
2. At least one Supporting Athlete must maintain contact with the Executing Athlete(s) throughout the entire skills above shoulder level.
3. Hip-over-head rotation of the Executing Athlete(s) is allowed providing:
 - a. A Supporting Athlete maintains contact until the Executing Athlete returns to the

performance surface or is returning to the upright position.

- b. The Executing Athlete is limited to one continuous (hip-over-head) rotation.
4. A Vertical Inversion is allowed provided:
 - a. A Supporting Athlete maintains contact until the Executing Athlete returns to the performance surface or is returning to the upright position.
 - b. When the height of the Executing Athlete's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Executing Athlete. (Clarification: When there are 3 Supporting Athletes- and 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 Athlete may jump, leap, step, or push off a Supporting Athlete provided:
 - a. The highest point of the released skill does not elevate the Executing Athlete's hips above shoulder level.
 - b. The Executing Athlete may not pass through the prone or inverted position after the release.
2. A Supporting Athlete may release/toss an Executing Athlete provided:
 - a. The highest point of the release/toss does not elevate the Executing Athlete's hips above shoulder 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.

XXVII. ALL STAR DIVISIONS – JUNIOR, SENIOR & OPEN: ROUTINE RULES AND GUIDELINES

A. INDIVIDUAL SKILLS (Executed by individuals)

ALL CATEGORIES:

1. 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.
2. Landing in a push up position onto the performance surface from an airborne skill is not allowed.

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

POM, HIGH KICK, OPEN (SPECIFICS):

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

HIP HOP (SPECIFICS):

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

B. LIFTS AND PARTNERING

(Executed in pairs or groups)

ALL CATEGORIES:

1. The Supporting Athlete does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2. Hip-over-head rotation of the Executing Athlete(s) is allowed providing:
 - a. A Supporting Athlete maintains contact until the Executing Athlete returns to the performance surface or is returning to the upright position.
3. A Vertical Inversion is allowed provided:

- a. A Supporting Athlete maintains contact until the Executing Athlete returns to the performance surface or is returning to the upright position.
- b. When the height of the Executing Athlete's shoulders exceeds shoulder-level there is at least one additional athlete to spot who does not bear the weight of the Executing Athlete. (*Clarification: When there are 3 Supporting Athletes- and additional spot is not required*).

POM (SPECIFICS):

1. At least one Supporting Athlete must maintain contact with the Executing Athlete(s) throughout the entire sills above SHOULDER level.
Exception:
When an Executing Athlete is supported by a single Supporting Athlete they may be released at any level provided:
 - a. The Executing Athlete does not pass through an inverted position after the release.
 - b. The Executing Athlete is either caught or supported/assisted to the performance surface by one of more Supporting Athletes.
 - c. The Executing Athlete is not caught in a prone position.

HIP HOP, HIGH KICK, OPEN (SPECIFICS):

1. At least one Supporting Athlete must maintain contact with the Executing Athlete(s) throughout the entire sills above HEAD level.
Exception:
When an Executing Athlete is supported by a single Supporting Athlete they may be released at any level provided:
 - a. The Executing Athlete does not pass through an inverted position after the release.
 - b. The Executing Athlete is either caught or supported/assisted to the performance surface by one of more Supporting Athletes.
 - c. The Executing Athlete is not caught in a prone position.

D. RELEASE MOVES (Groups & Pairs:

Dismounts to the performance surface)

Clarification: May be assisted but not required

POM (SPECIFICS):

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

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

- b. The Executing Athlete may not pass through the prone or inverted position after the release.
2. A Supporting Athlete may release/toss an Executing Athlete provided:
 - a. At least one part of the Executing Athlete's body is at or below HEAD level at the highest point of the release skill.
 - b. The Executing Athlete is not supine or inverted when released but s/he must land on their foot/feet.
 - c. The Executing Athlete may not pass through a prone or inverted position after release.

HIP HOP, HIGH KICK, OPEN (SPECIFICS):

1. An Executing Athlete may jump, leap, step, or push off a Supporting Athlete provided:
 - a. The highest point of the released skill does not elevate the Executing Athlete's hips above HEAD level at the highest point of the release skill.

For any clarification or interpretation of the above safety guidelines, please email info@cheerunion.org

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE WSPC PERFORMANCE CHEER COMPETITION AND 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)

