



**UNIVERSITY™**  
**WORLD CUP**  
**CHEERLEADING**  
**CHAMPIONSHIPS**

18-20 January 2019

**DIVISIONS, RULES & REGULATIONS INFORMATION**

# 2019 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) CHEER TEAM RULES AND REGULATIONS

## I. GENERAL RULES

### A. UNIVERSITY/COLLEGE TEAM GUIDELINES

1. The competition is open to all USA colleges, universities and junior/community colleges; and all non-USA universities and equivalent institutions.
2. Team may not exceed sixteen (16) members with the exception of the All Girl and Super Coed Divisions. All Girl Divisions may not exceed twenty (20) female team members. Super Coed Divisions may not exceed twenty-four (24) members.
3. Cross-overs are allowed (only applies to the University World Cup Cheerleading Championships)
4. Large Coed Divisions will be limited to a maximum number of nine (9) male participants. Super Coed Divisions will be limited to a maximum number of thirteen (13) male participants.
5. There are EIGHT separate competitive Team Cheer divisions:
  - a. "University Premier" Team Cheer All Girl (maximum 20 female athletes)
  - b. "University Premier" Team Cheer Small Coed (1-4 males, maximum 16 athletes)
  - c. "University Premier" Team Cheer Large Coed (5-9 males, maximum 16 athletes)
  - d. "University Premier" Team Cheer Super Large Coed (up to 13 males, maximum 24 athletes)
  - e. "University Elite" Team Cheer All Girl (maximum 20 female athletes)
  - f. "University Elite" Team Cheer Small Coed (1-4 males, maximum 16 athletes)
  - g. "University Elite" Team Cheer Large Coed (5-9 males, maximum 16 athletes)
  - h. "University Elite" Team Cheer Super Large Coed (up to 13 males, maximum 24 athletes)
6. There are FOUR separate Game Day divisions:

*Note: Please see Game Day Division Guidelines (TBA)*

  - a. Team Cheer All Girl (maximum 20 female athletes)
  - b. Team Cheer Small Coed (1-4 males, maximum 16 athletes)
  - c. Team Cheer Large Coed (5-9 males, maximum 16 athletes)
  - d. Team Cheer Super Large Coed (up to 13 males, maximum 24 athletes)

### B. PARTICIPATION GUIDELINES

1. All Non-USA Participants must be compliant with their country's official University sports eligibility requirements, as it pertains to standard university international competition, including proof of student identification of the respective educational institution represented as required.
2. All USA participants must be registered full-time students of their university/college and official members of the school's spirit team (no club team or "competition only" teams). Official member's of the school's spirit squad is the team recognized by their institution as the actual sideline/courtside spirit squad that regularly supports their athletic teams.
3. Transcripts or a notarized letter from the Dean of Students or registrar's office is required for all USA Participants upon registering for the Championship for the fall semester. DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2018. Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year.
4. Each Team from the USA must be accompanied by a current AACCA certified coach in order for the team to be eligible to compete. Proof of certification is required upon registering for the Championships.
5. Any interpretations or decisions of eligibility for the 2019 University World Cup Cheerleading Championships 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.
6. The team and each participating team member/coach should constantly display good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as any discrimination of any nature.
7. We recommend that the team and each of its members display an overall appearance

conducive to servicing as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

### **C. ELIGIBILITY GUIDELINES**

1. Any USA university or college team competing in the UWCC must comply with the eligibility guidelines of the 2019 College Cheerleading and Dance Team Championships.
2. Any interpretations or decisions of eligibility for the 2019 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee, which will consist of the Tournament Director, the College Program Director and one other UWCC official appointed by the Tournament Director. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the championships.

### **D. TIME LIMITATIONS - ROUTINE**

1. Each team's presentation must include at least one (1) cheer and/or sideline chant (*use of native language in cheer and/or sideline chant is encouraged*).
2. Each team will have a maximum of 2 minutes and 30 seconds (1 minute and 45 seconds maximum of music) to demonstrate its cheerleading expertise. Timing will begin with the first movement, voice or note of music; whichever comes first.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over, and Seven (7) point deduction for 11 seconds and over.
4. The routine time limit is 2:30. Acknowledging the potential variance cause by human reaction seed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
5. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
6. Introductions:
  - a. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance.
  - b. All team breaks, rituals and traditions need to take place prior to entering the performance surface.

- c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Examples: Chest bumps, hugs, handshakes, etc. This includes running of the flags or other similar entrances and exists.
- d. All teams shall refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE (1) point deduction.
- e. There should not be any organized exists or other activities after the official ending of the routine.

### **E. TIME LIMITATIONS – GAME DAY**

1. In each team's Game Day performance, use of native language in cheer and/or sideline chant is encouraged.
2. Each Game Day performance should consist of a Fight Song, Situational Sideline (offense / defense) and a Game Day Timeout. The maximum performance time must not exceed 3 minutes. Timing will begin with the first movement, voice or note of music; whichever comes first.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over, and Seven (7) point deduction for 11 seconds and over.
4. The maximum Game Day time limit is 3:00. Acknowledging the potential variance cause by human reaction seed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 3:03.
5. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
6. Introductions:
  - a. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance.
  - b. All team breaks, rituals and traditions need to take place prior to entering the performance surface.
  - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Examples: Chest bumps, hugs, handshakes, etc. This includes running of the flags or other similar entrances and exists.
  - d. All teams shall refrain from any type of excessive celebration following the team's

performance. Any team in violation will receive a ONE (1) point deduction.

- e. There should not be any organized exists or other activities after the official ending of the routine.

## **F. MUSIC**

1. For the 2019 UWCC, all USA teams must follow the USA National Governing Body “USA Cheer” guidelines ([www.usacheer.net](http://www.usacheer.net)) and all non-USA teams will have the choice of the “USA Cheer” guidelines ([www.usacheer.net](http://www.usacheer.net)) or ICU ([www.cheerunion.org](http://www.cheerunion.org)) Music Copyrights Educational Initiative.
2. Within compliance of F.1, I have read and understand the USA Cheer Music or ICU 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.
3. Teams must be able to provide proof of licensing during registration at the event they are attending. 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 UWCC).
4. Should a team choose an original recording that is featured in any potential television broadcast of the UWCC, the team’s routine music may be used if synchronization rights are also secured. In this case, teams must be able to provide proof of synchronization rights in the form of a printed copy that can be provided during registration at the event for the original routine music to be included in the television broadcast.
5. If available, the UWCC recommends that teams preparing their routine music should edit the music in a Digital Audio Workstation (DAW) and should be sure that the volume of the song is at “0”. Should a DAW be available, a few important reminders:
  - Most DAW’s have a default that sets a track at -6 when a track is added.
  - Check to see if there is a normalization process after you render or save your work.
6. For teams performing an original university/scholastic institution fight song and/or traditional university/scholastic institution music, the team can use a recording of the university’s/scholastic institution’s designated musical group (e.g. Marching Band, etc.); however, a letter on official letterhead of the university/scholastic institution from the administrative supervisor granting permission to the team is required.
7. If a team cannot provide proof of licensing, and does not perform to an optional approved track of music or a track with counts.
8. If a team cannot provide proof of licensing, and chooses not to perform to an approved track of music or a track with counts, the team will be disqualified from the competition and will not be allowed to perform or compete.
9. If there are concerns regarding a certain team’s use of music, a Challenge Form must be completed immediately following the team’s performance.
10. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
11. Challenge Process:
  - a. All music challenges must be submitted in writing to the event director.
  - b. 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.
  - c. Fees collected will be voided if challenge is correct.
  - d. If the team challenged can provide documentation during the event or the challenge can be refuted, the fees will be donated to St. Jude.
  - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
12. 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.
13. All teams must provide their own CD or MP3 device for use on the event sound system. Music must be recorded at the correct speed on a high quality CD or loaded onto an MP3 device.
14. It is not recommended that a smart phone is used for playing music, due to potential music interference that may be caused by normal phone operations during the routine. All MP3 covers must be removed for sound system connection accessibly
15. Please make sure that all devices have a head phone jack to connect to the sound system, that are fully charged with volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched to prevent a music malfunction while in play.
16. 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.

## **G. COMPETITION AREA**

1. Participants must start in the competition area with at least one foot on the ground.
2. Teams may line up anywhere inside the competition area.
3. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters.
4. The surface will be traditional foam Cheerleading mat.
5. Any team member stepping outside the performance area will cause the team to receive a point-five (.5) penalty per occurrence.
  - a. The white line is considered the warning mark.
  - b. A penalty will be assessed when any ONE full hand, foot or body part touches outside the performance surface.
  - c. Once a team member enters onto the competition floor, the team member must remain on the floor until the end of the performance.
6. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area.
7. All team mascots, props, center markets, etc. are prohibited. The center of all performance surfaces will be marked throughout the competition.

## **H. SPOTTER POLICY**

In an effort to promote a higher level of safety for competition athletes, UWCC will provide additional spotters for all rehearsal and competition floors.

**Note:** To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

## **I. LOGO USAGE**

Teams will not be allowed to use the UWCC logo including: banners, rings, bows, t-shirts, etc. without prior approval from the UWCC office. The use of the UWCC letters will be allowed.

## **J. MEDIA POLICY**

1. 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").
2. In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, 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.

3. By attending/purchasing admission to the event, each attendee grants permission to UWCC, 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.

## **II. 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 and 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 UWCC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

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

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

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

#### **B. PERFORMANCE**

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

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

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

### **V. 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.

### **VI. EVENT RULES VIOLATIONS**

Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten (10) point deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

### **VII. DISQUALIFICATION**

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

### **VIII. FINALITY OF DECISIONS**

By participating in this championship, each team agrees the decision by the judges will be final and that the results may ONLY be reviewed for clarification. 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.

### **IX. SCORES AND RANKINGS**

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the score for all teams. Scores and rankings will be available only to advisors or coaches at the conclusion of 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. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the University World Cup Cheerleading Championships (UWCC). The judges will score each team according to the judging criteria to determine their total score. Each team will automatically receive the “crowd segment” full 15 points of the total score. The judges’ scores will be averaged together with deductions being taken off the averaged scores. All ties in each division or group will remain. In the event of a first place tie, the team with the lessor deductions will be awarded first place. If the deductions remain equal, the tie will not be broken and both teams will be awarded first place.

## XII. JUDGING CRITERIA

1. Routine Competition Criteria:
  - a. The judges will score using criteria listed on the UWCC score sheet. Each team will be evaluated on a 100 point system.
  - b. The Cheer will attribute to 50 possible points (15 total crowd tape points automatically granted to each UWCC team and 35 possible points on the score sheet); Building 35 possible points; and 15 points possible for overall routine.
  - c. Any deduction or violations will be removed from the final score.
2. UWCC Game Day Competition Criteria -Overall:
  - a. The UWCC Game Day Championship Division showcases what traditional cheerleading is all about- leading the crowd! Teams will be evaluated on their ability to lead the crowd, incorporation of game day skills, execution of those skills, motion technique and of the overall performance.
  - b. The use of crowd leading tools such as signs, poms, flags and/or megaphones is recommended (All are not required).
  - c. Native language is recommended.
  - d. Order of the UWCC Game Day components (Fight Song, Situational Sideline (offense/defense), Game Day Time Out) will be in random order (subject to change- confirmed at the UWCC) based on audio cues.
  - e. The judges will score teams following the criteria listed on the UWCC Game Day score sheet. Each team will be evaluated on a 100 point system.
3. UWCC Game Day Competition – Components Explanation  
Note: For a visual reference of the UWCC Game Day Components, on the internet please search “Game Day” with the name of the component (“Game Day Fight Song”, “Game Day Situational Sideline”, “Game Day Time Out”) to assist with the explanations below:
  - a. Fight Song
    - i. The UWCC Fight Song should be the traditional (if applicable) Fight Song played by your university/related scholastic institution. Should your university/related scholastic institution not possess a traditional Fight Song, another Fight Song may be used following the music guidelines contained herein.
    - ii. Skills within the Fight Song should be minimal and practical.
    - iii. Teams should begin the Fight Song in a sideline formation.
  - b. Situational Sideline
    - i. Each team will be presented with an option of an offensive or defensive sideline provided by an audio cue during the performance (e.g. “situational”) Note: This is subject to change to be pre-set (as offensive or defensive), should this be determined to serve the UWCC best at the competition.
    - ii. Teams are encouraged to use native language.
    - iii. Use of signs, poms, and/or megaphones are encouraged. (all are not required)
    - iv. Skills should be minimal and practical.
  - c. Game Day Timeout
    - i. Similar to Cheerleading team game performances during a 60 second timeout (e.g. at a Basketball and/or American Football Game, for example).
    - ii. Traditionally performed to popular Game Day timeout music (e.g. a band chant), this component is designed to be high energy, encouraging crowd interaction and a crowd response.
    - iii. This component is the ideal time for your team to showcase its energy, leadership, visual appeal and your team’s connection to the crowd.
4. All teams competing in the UWCC Game Day Competition must UWCC rules and regulations contained herein, with the following restrictions:
  - a. Flips into or from partner stunts and pyramids will not be allowed.
  - b. Twisting stunts and dismounts may not exceed 1¼ rotations.
  - c. Flipping tosses are permitted with 0 twisting rotations.
  - d. No twisting tumbling is allowed.
5. Skills must be practical for Game Day and performed with strong technique while providing

a visual effect that encourages crowd energy and participation.

- Any deductions or violations will be removed from the final tallied score..
- Traditional Game Day uniform attire is encouraged.

### JUDGING SHEET - ROUTINE

#### ***CHEER Score Sheet- 35 points***

##### **CROWD LEADING 15 POINTS**

*Note: Use of native language is encouraged.*

Crowd Effective material- voice, pace and flow (5)

Proper Use of Signs, Poms, or Megaphones & Motion Technique (5)

Ability & Energy to Lead the Crowd (5)

##### **SKILL INCORPORATIONS 15 POINTS**

Proper Use of Skills to Lead the Crowd (5)

Execution- Proper Technique, Synchronization, & Spacing (10)

##### **OVERALL CHEER IMPRESSION 5 POINTS**

Flow, Overall Crowd Effectiveness, & Difficulty of Practical Skills (5)

#### ***BUILDING Score Sheet- 35 points***

##### **PARTNER STUNTS 15 POINTS**

Perfection of Skill - Proper technique, Synchronization & Spacing (10)

Difficulty- Level of Skills, Number of Stunts & Number of Bases

(Coed Teams Only) Use of Coed Skills, Assisted vs. Unassisted

##### **PYRAMIDS 15 POINTS**

Perfection of Skill - Proper technique, Synchronization & Spacing (10)

Difficulty- Level of Skill, Number of Pyramids & Number of Bases (5)

##### **BUILDING OVERALL 5 POINTS**

Skill Creativity, Formations & Transitions in Building Skills (5)

#### ***OVERALL Score Sheet- 15 points***

##### **STANDING/RUNNING GROUP 5 POINTS**

##### **TUMBLING**

Execution & Difficulty – Proper Technique, Difficulty of Skills

Performed in Groups & Synchronization (5)

##### **BASKET TOSSES 5 POINTS**

Proper Technique, Height & Form (5)

##### **ROUTINE OVERALL 5 POINTS**

Overall Choreography, Visual Appeal, Flow, Formations &

Transitions (5)

#### ***CROWD TAPE Score- 15 points (Automatic)***

##### **ROUTINE TOTAL 100 POINTS**

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### JUDGING SHEET- GAME DAY

#### ***SITUATIONAL SIDELINE Score Sheet- 40 points\****

*Note: Use of native language is encouraged.*

##### **GAME DAY MATERIAL 10 POINTS**

Proper use of Material, Proper Response to Game Day Situational Cue & Skills Relevant to Game Day Environment (10)

##### **EXECUTION OF SKILLS 10 POINTS**

Technique, Stability, Synchronization and Spacing (10)

##### **CROWD EFFECTIVENESS 5 POINTS & TECHNIQUE**

Voice, Pace, Flow, Crowd Coverage, Technique, Sharpness & Placement (10)

##### **CROWD LEADING TOOLS 5 POINTS**

Proper use of Signs, Poms, Megaphones and/or Flags (5)

##### **\*SIDELINE OVERALL IMPRESSION 10 POINTS**

Energy and Connection to the Crowd (10)

\*Sideline, Fight Song & Timeout Overall Impression will be averaged together.

#### ***FIGHT SONG Score Sheet- 40 points\****

*Note: Use of native language is encouraged. (if applicable)*

##### **GAME DAY MATERIAL 10 POINTS**

Proper use of Material & Skills Relevant to Game Day

Environment (10)

##### **EXECUTION OF SKILLS 10 POINTS**

Technique, Stability, Synchronization and Spacing (10)

##### **MOTION TECHNIQUE 5 POINTS**

Motion Placement, Sharpness & Synchronization (5)

##### **VISUAL APPEAL 5 POINTS**

Crowd Coverage and Creative Movements (5)

##### **\*FIGHTSONG OVERALL IMPRESSION 10 POINTS**

Energy and Connection to the Crowd (10)

\*Sideline, Timeout & Fight Song Overall Impression will be averaged together.

#### ***GAME DAY TIMEOUT Score Sheet- 40 points\****

*Note: Use of native language is encouraged. (if applicable)*

##### **GAME DAY MATERIAL 10 POINTS**

Proper use of Material & Skills Relevant to Game Day

Environment (10)

##### **EXECUTION OF SKILLS 10 POINTS**

Technique, Stability, Synchronization and Spacing (10)

##### **CROWD LEADING TOOLS 5 POINTS**

Proper use of Signs, Poms, Megaphones and/or Flags (5)

##### **VISUAL APPEAL 5 POINTS**

Crowd Coverage and Creative Crowd Interaction (5)

##### **\*GAME DAY TIMEOUT OVERALL IMPRESSION 10 POINTS**

Energy and Connection to the Crowd (10)

\*Sideline, Timeout & Fight Song Overall Impression will be averaged together.

### **XIII. GENERAL GUIDELINES- “UNIVERSITY PREMIER” AND “UNIVERSITY ELITE” DIVISIONS**

#### **A. DEFINITIONS**

Base: A person who is in direct contact with the performing surface and is supporting another person's weight.

Cradle: Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.

Cupie/Awesome: A stunt in which both of the top person's feet are in one hand of the base.

Dive Roll: An aerial forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performance surface.

Flatback: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.

Flip: When a person is airborne while the feet pass over the head. (Clarification: A braced-flip is when a top person performs a hip-over-head rotation while in constant contact with another top person(s).)

Height-increasing Apparatus: Any type of equipment that increases the height of the skill.

Helicopter Toss: A stunt in which the top person is tossed into the air with the body parallel to the ground and completes a 360 degree horizontal rotation (like the blades of a helicopter).

Inverted/Inversion: A body position in which the shoulders are located below the waist.

Loading position: Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: Elevator/sponge load, basket load, smooch, scoop from the back, etc.

Middle: A person who is being supported by a base while also supporting a top person.

Pyramid: A skill of which consists of two or more connecting stunts (termed "structures"). Clarification for university rules: A 2 ½ high pyramid consists of a pyramid with the top person being supported by a middle layer person at mid-body level.

Rewind: A skill in which the top person starts with at least one foot on the ground, is tossed into the air and performs a forward, backward or side flip into a stunt, pyramid, loading position or cradle.

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming out of a stunt or pyramid.

Stunt: A skill in which a top person is supported by a base or bases.

Top: A person who is either being supported by another person while off of the performance surface or who has been tossed into the air by another person.

Toss: A release skill by a participant or a group of participants that propels a person into the air so that the person is airborne (i.e. free of contact with the performance surface).

## **B. GENERAL PROGRAM GUIDELINES**

1. Cheerleading squads/teams should be placed under the direction of a qualified and knowledgeable advisor or coach.

2. All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g. use of appropriate matting, away from excessive noise and distractions, etc.)
3. Prior to the performance of any skill, the immediate environment to do the activity should be taken into consideration including, but not limited to proximity of non-cheerleading team personnel, performance surface, lighting and/or any weather precipitation (re: outdoor activities). Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
4. Advisors/coaches should recognize the particular ability level of all participants and should limit the team's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
5. Skills that have not been mastered should be performed only in a supervised practice environment.
6. Thorough training in proper spotting techniques should be mandatory for all teams.
7. All cheerleaders should receive proper training before attempting any form of cheerleading skills (e.g. tumbling, partner stunts, pyramids and jumps).
8. All cheerleading teams should adopt a comprehensive conditioning and strength-building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all team members demonstrate mastery of the skill, and when spotting is required by a specific rule.
11. In environments where there is close proximity to the athletic event and out of bounds plays pose a significant risk of injury to the participant, no technical skills should be performed while the ball is in play.
12. All partner stunts, pyramids and tosses should be reviewed and approved by the coach prior to execution.

## **C. GENERAL RESTRICTIONS**

1. The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. The top person in a partner stunt, pyramid or transition cannot be released from bases or leave

the floor unassisted with the intent to land or be caught in an inverted body position.

3. An individual may not jump, flip or dive over, under or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
4. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne in the hands/feet of which breaks the impact of the drop.
5. Jewelry of any kind is prohibited (e.g. navel jewelry, tongue jewelry, earrings, necklaces, etc.). Medical bracelets are allowed provided they are taped to the body.
6. Soft-soled athletics shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.

#### **XIV. SPECIFIC SAFETY GUIDELINES -**

##### **“UNIVERSITY PREMIER” DIVISIONS**

###### **A. UNIVERSITY PREMIER PARTNER STUNTS**

1. Released load-ins and released transitions with more than 1 ¼ twists require an additional spotter.
2. Dismounts with more than one and one quarter twists require an additional spotter that assists on the cradle.
3. Released load-ins from a handstand position (stationary or through a handspring load-in) to a partner stunt require an additional spotter.
4. Stunts in which the top person is in a handstand position require an additional spotter.
5. Stunts in which the base uses only 1 arm for support require a spotter when:
  - a. The stunt is anything other than a cupie /awesome or basic liberty. All other 1-arm stunts require a spotter (e.g. heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.)
  - b. There is a released twisting load-in or dismount. The spotter must be in a place during the twist to assist on the cradle during the twisting dismount(s).
  - c. The top person is popped from one arm to the other.
6. A single base release to shoulders requires a spotter positioned to the side or back of the base during the release and landing phase of the skill.
7. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided that the top person does not twist or rotate.
8. A top person can be released from a cradle to an inverted position.
9. Single based split catches are prohibited.
10. Twisting dismounts greater than 2 rotations are prohibited.

Exception: Side-facing stunts – i.e. Arabesque, Scorpion with double full twisting cradles to the front are allowed.

11. Front, back and side tension drops are prohibited.
12. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited
13. Flips into or out of partner stunts are allowed under the following conditions:
  - a. The top person is limited to 1 ¼ flipping rotations and ½ twisting rotations.
  - b. Flips must be caught by the original base(s) and may not be directed so that the base(s) must move to catch the top person.
  - c. Bases are limited to a ½ turn under the top person.
  - d. In rewinds:
    - i. Rewinds require a spotter and may land in a stunt (including loads and horizontal positions), or in a standing position on the performance surface or in a cradle- with cradle assistance from the spotter.
    - ii. Spotters may throw from under a single foot or leg of the top person.
  - e. In flips from stunts:
    - i. Flips from stunts must initiate from prep level only and must land in a cradle, horizontal position, or in a standing position on the performance surface. (Note: Flipping from a basket or a sponge loading position is considered a “toss” and must follow the UWCC University Premier Division toss rules)
    - ii. Landings from flips with a 1 rotation or less requires a minimum of 2 people to catching the top person.
    - iii. Landings from flips with greater than 1 rotation a single rotation or less requires a minimum of 3 people to catching the top person. When landing in a cradle position, 1 of the catchers must be in a “scoop” position behind the top person.
    - iv. Flips to the performing surface require the top person landing on at least 1 foot with assistance from at least 1 base. The spotter must be active, but is not required to make contact with the top person.
    - v. In all other landings from flips, all required catches must be active in assisting the top person during the landing by making contact with the top person.

## **B. UNIVERSITY PREMIER PYRAMIDS**

1. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.
2. In all pyramids, there must be at least 2 spotters designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground. Both spotters must be in a position as the top person is loading onto the pyramid. One (1) spotter must be behind the top person, and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person or at the side of the pyramid to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question. Loaders may also be spotters, as long as the loaders/spotters are in position to provide assistance to the top person during their dismount.
3. In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter who is not in contact with a pyramid is required.
4. Cradles and horizontal landings from pyramids over 2 high must use at least 2 catchers, 1 on each side of the top person.
5. Front, back, and side tension drops are prohibited.
6. Flipping dismounts from pyramids are allowed under the following conditions:
  - a. Front flip and Arabian dismounts may land in a cradle, face up horizontal position, or the performance surface to a minimum of 2 catchers who assist on the landing.
7. Flips into a pyramid are allowed under the following conditions:
  - a. The flip is initiated from prep level or below.. (Basket toss flips and handstand flips are not allowed.) The top person is limited to a 1¼ rotation and may not twist.
  - b. The top person(s) may not land in an inverted position.
  - c. A rewind to a pyramid does not require an additional spotter.

## **C. UNIVERSITY PREMIER TOSSES**

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than 4 bases, and must be cradled by 3 of the original bases, 1 of which must catch in a scoop under the head and shoulders.  
Exceptions:
  - a. Elevator tosses may flip into pyramids as outlined herein.
  - b. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill.
2. Basket tosses and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
3. In non-flipping basket tosses, the top person is limited to 2 ¼ twisting rotations and 3 total tricks (e.g. kick double full).
4. In flipping basket tosses that involve more than 1 male thrower (sides or front), the position of the male athlete must be in the back spot position.
5. In flipping basket tosses or elevator/sponge tosses, only the following skills are allowed:
  - a. Tuck
  - b. Tuck X Out
  - c. Tuck Kick or Tuck Split
  - d. Layout
  - e. Layout Straddle
  - f. Layout Kick or Layout Split
  - g. Pike Open
  - h. Pike Open Straddle
  - i. Pike Open Kick or Pike Open Split Tuck

The following skills may only be performed with male athletes in position for the side thrower positions and backspot position:

- J. Layout Full Twist
- k. Layout Straddle Full Twist
- l. Tuck X Out Full Twist
- m. Tuck Kick or Tuck Split Full Twist
- n. Layout Kick or Layout Split Full Twist

(All other flipping basket positions and combinations are prohibited, e.g. Front Flips, Arabians, Pike-Open Full Twists, Side Sumis, Double Full Twists, etc.)

## **D. UNIVERSITY PREMIER TUMBLING**

1. Tumbling skills performed over, under, or through a partner stunt, pyramids, or individuals are prohibited.

2. Tumbling skills that exceed 1 flipping rotation are prohibited.
3. Tumbling skills with 2 or more twisting rotations are prohibited
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performance surface are prohibited. (Examples: A back flip or a jump landing in a pushup position is not allowed. A handspring to a pushup position is allowed -as it is not airborne prior to the prone landing.)

#### **E. UNIVERSITY PREMIER SPECIFIC SURFACE RESTRICTIONS**

1. The following skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Flipping skills into or from stunts, tosses or pyramids.
  - c. Two and one half high pyramids. Mounts or dismounts to or from 2 ½ high pyramids may not flip or twist on a rubberized track surface.
2. At American Football Games, kick double baskets that flip AND twist are only allowed during a pre-game or half-time situations while on grass (real or artificial) or matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
3. At indoor court surface sporting events such as Basketball, the following skills may only be performed during pre-game, half-time or post-game situations (not during time-outs)- where the area is free from obstructions and non-cheer personnel and all skills are performed on a matted surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Partner stunts in which the base uses only 1 arm to support the top person. Exception: Cupies/Awesomes are allowed with an additional spotter.
  - c. Flips into or from partner stunts.
  - d. Inversions. Exceptions: High School / Secondary School level inversions are allowed. Example: Suspended forward and backward rolls, low-level inversions, and braced flips with 2 bracers are allowed. For university rules, the 2 bracers and top person are not required to be double based.
  - e. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
  - f. Two and one half high person high pyramids.

- g. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. The UWCC, ICU or any other affiliated parties make no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

### **XV. SPECIFIC SAFETY GUIDELINES- "UNIVERSITY ELITE" DIVISIONS**

#### **A. UNIVERSITY ELITE PARTNER STUNTS**

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.
 

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*
4. Free flipping stunts and transitions are not allowed.
5. Single based split catches are not allowed.
6. Single based stunts with multiple top persons require a separate spotter for each top person.
7. **UNIVERSITY ELITE Stunts-Release Moves**
  - a. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.
 

*Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches/46 centimeters, it will be*

*considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*

- b. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Exception: Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
  - c. Release skills that land in a non-upright position must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.
  - d. Release moves must return to original bases. *Clarification: An individual may not land on the performance surface without assistance.* Exception 1: See Elite Division Dismount "C". Exception 2: Dismounting single based stunts with multiple top persons.
  - e. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
  - f. Release moves may not intentionally travel.
  - g. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  - h. Top persons in separate release moves may not come in contact with each other. Exception: Dismounting single based stunts with multiple top persons.
- 8. UNIVERSITY ELITE Stunts-Inversions**
- a. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
  - b. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. *Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area. Clarification 2: Downward inversion originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)* Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.
  - c. Downward inversions must maintain contact with an original base. Exception: The original base may lose contact with the top person when it becomes necessary to do so. Example: Cartwheel-style transition dismounts.
  - d. Downward inversions from above prep level:
    - i. May not stop in an inverted position. Example: A cartwheel roll off would be legal because the top person is landing on their feet. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
    - ii. May not land on or touch the ground while inverted. *Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.*
  - e. Downward inversions may not come in contact with each other.
- 9. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.**
- B. UNIVERSITY ELITE PYRAMIDS**
1. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
  2. Top persons must receive primary support from a base. Exception: See Elite Division "Pyramids Release Moves".
  3. **UNIVERSITY ELITE PYRAMIDS - Release Moves**
    - a. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
    - b. Primary weight may not be borne at the 2<sup>nd</sup> level. *Clarification: The transition must be continuous.*
    - c. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
      - i. Both catchers must be stationary.
      - ii. Both catchers must maintain visual contact with the top person throughout the entire transition.

- d. Non inverted transitional pyramids may involve changing bases. When changing bases:
  - i. The top person must maintain physical contact with a person at prep level or below. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  - ii. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- e. Release moves may not be braced / connected to the top persons above prep level.
- 4. **UNIVERSITY ELITE Pyramids-Inversions**
  - a. Must follow Elite Division "Stunt Inversions" rules.
- 5. **UNIVERSITY ELITE Pyramids-Release moves w/ braced inversions**
  - a. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  - b. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.
  - c. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flat back, prone) and doesn't exceed 1 twisting rotation. *Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.*
  - d. Inverted transitional pyramids may involve changing bases.
  - e. Braced inversions (including braced flips) must be in continuous movement.
  - f. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers. Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
    - i. The 3 catchers/spotters must be stationary.
    - ii. The 3 catchers spotters must maintain visual contact with the top person throughout the entire transition.
    - iii. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  - g. All braced inversions (including braced flips) that twist (including ¼ twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.
    - i. The catchers must be stationary.
    - ii. The catchers must maintain visual contact with the top person throughout the entire transition.
    - iii. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  - h. Braced inversions (including braced flips) may not travel downward while inverted.
  - i. Braced flips may not come in contact with other stunt/pyramid release moves.
  - j. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

## C. UNIVERSITY ELITE DISMOUNTS

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

1. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s). Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s). Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface

without assistance.

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

4. Up to a 2 ¼ twisting rotations are allowed from all stunts.
5. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
6. No free flipping dismounts allowed.
7. Dismounts may not intentionally travel.
8. Top persons in dismounts may not come in contact with each other while released from the bases.
9. Tension drops/rolls of any kind are not allowed.
10. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
11. Dismounts from an inverted position may not twist.

#### **D. UNIVERSITY ELITE TOSSES**

1. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.

Example: No intentional traveling tosses.

Exception: A ½ turn is allowed by bases as in a kick full basket.

3. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 2 ½ twisting rotations allowed.
7. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.
8. Only a single top person is allowed during a basket toss.

#### **E. UNIVERSITY ELITE TUMBLING**

1. All tumbling must originate from and land on the performance surface.

*Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling*

*pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
6. Standing Tumbling – skills are allowed up to 1 flipping and 1 twisting rotation.
7. Running Tumbling- skills are allowed up to 1 flipping and 1 twisting rotation.

#### **F. UNIVERSITY ELITE SPECIFIC SURFACE RESTRICTIONS**

1. The following skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:  
*Note: Flipping tosses, flips into or out of partner stunts and pyramids, as well as 2 ½ high pyramids ARE NOT ALLOWED within the University Elite Division at any time.*
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Kick double baskets that twist are not allowed at a football game during regular play or timeouts. They may be performed during a pre-game or half-time situations, but only on grass (real or artificial) or matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
2. At indoor court surface sporting events such as basketball, the following skills may only be performed during pre-game, half-time or post-game situations (not during time-outs)- where the area is free from obstructions and non-cheer

personnel and all skills are performed on a matted surface:

- a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
- b. Partner stunts in which the base uses only one (1) arm to support the top person. Exception: Cupies are allowed with an additional spotter.
- c. Inversions. Exceptions: High school level inversions are allowed. For example: suspended forward and backward rolls, low-level inversions, and braced flips with two bracers are allowed. For university rules, the two bracers and top person are not required to be double bases.
- d. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
- e. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach.

## **XVI. TOURNAMENT FACILITY**

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

## **XVII. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)**

**Saturday** (all day) will host the United States University Cheerleading and Dance Team Championships, and non-USA UWCC teams will conduct their routine performances (optional to the teams) in front of live

audiences of the United States National Championships.

**Sunday** will host the University World Cup Cheerleading Championships (UWCC) comprising of United States teams (divisions mentioned previously) and non-USA teams. Crossovers for the UWCC and within the UWCC only will be allowed. Awards for Nations rankings and individual team results will be presented. (**Sunday** also hosts several divisional finals of the US National Championships.)

## **XVIII. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS PARTICIPATION**

It is understood that teams participating in the University World Cup Cheerleading Championships (UWCC) will not knowingly and willingly participate in any other event promoted as a "University World Cup Cheerleading Championships". (Exception: Approved multi-sport international events congruent with the University World Cup Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2019 University World Cup Cheerleading Championships and will forfeit the opportunity to participate in the tournament the following year.

## **XIX. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS**

UWCC is committed to the following in protection of all stakeholders:

1. ICU's Privacy Policies:  
<http://cheerunion.org/contact/privacypolicy/>
2. ICU Safeguarding Policies (and additional information):  
[https://hub.olympic.org/athlete365/safeguarding/#\\_ga=2.139526064.209378063.1523784781-113022897.1496863032](https://hub.olympic.org/athlete365/safeguarding/#_ga=2.139526064.209378063.1523784781-113022897.1496863032),  
<http://cheerunion.org/education/coach/> &  
<http://cheerunion.org/about/bureau/>

## **XX. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

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

**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 WUCC COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.**

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

\_\_\_\_\_  
(Division- All Girl, Small Coed, etc.)

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

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

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

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

# 2019 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) PERFORMANCE CHEER TEAM RULES AND REGULATIONS

## I. GENERAL RULES

1. The competition is open to all USA colleges, universities and junior/community colleges; and all non-USA universities and equivalent institutions.
2. The University World Cup Cheerleading Championships (UWCC) will consist of the following Performance Cheer Team divisions for all International delegations including USA Division IA, Division I and Open Divisions:
  - a. Team Cheer Pom
  - b. Team Cheer Hip Hop
  - c. Team Cheer Open
  - d. Performance Cheer Game Day
3. Teams may have a maximum of sixteen (16) members.
4. Cross-overs are allowed. (Only applies to the University World Cup Cheerleading Championships.)
5. All Non-USA Participants must be compliant with their country's official University sports eligibility requirements, as it pertains to standard university international competition. (See II.1)
6. All USA participants must be registered full-time students of their university/college and official members of the school's spirit squad (no club team or "competition only" teams). Official members of the school's spirit team is the team recognized by their institution as the actual sideline/courtside spirit squad that regularly supports their athletic teams.
7. Transcripts or a notarized letter from the Dean of Students or registrar's office is required for all USA Participants upon registering for the Championship for the fall semester. DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2018. Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year. For any clarification on these rules please contact Liz Rifino [lrifino@cheerunion.org](mailto:lrifino@cheerunion.org).
8. Any interpretations or decisions of eligibility for the 2019 University World Cup Cheerleading Championships 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.

9. Each team's presentation must be in accordance with their own university guidelines and approved by its advisor/director or the appropriate university official.

## II. ELIGIBILITY GUIDELINES

1. All Non-USA Participants must be compliant with their country's official University sports eligibility requirements, as it pertains to standard university international competition, including proof of student identification of the respective educational institution represented as required.
2. All USA Participants of university or college teams competing in the UWCC must comply with the eligibility guidelines of the 2019 College Cheerleading and Dance Team Championships.
3. Any interpretations or decisions of eligibility for the 2019 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee, which will consist of the Tournament Director, the College Program Director and one other UWCC official appointed by the Tournament Director. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the championships.

## III. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the University World Cup Cheerleading Championships (UWCC). The judges will score each team according to the judging criteria, using a 100 point system for the routine to determine each team's total score. The additional 15 point "crowd segment" score for USA teams will be waived for the UWCC. The judges' scores will be averaged together with deductions being taken off the average scores. In the event of a first place tie, the tie will be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

## IV. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the

responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the 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. In addition, teams will receive a ranking sheet with the names and scores of all teams advancing (if applicable).

## **ROUTINE JUDGING SHEET-POM, HIP HOP, OPEN**

### **EXECUTION 50 POINTS**

#### **EXECUTION OF MOVEMENT (10)**

Proper control, placement and completion of movement/motions while staying true to style. Quality & strength of movement.

#### **EXECUTION OF SKILLS (10)**

Proper execution of technical skills.

#### **SYNCHRONIZATION/UNIFORMITY (10)**

Consistent unison and timing by the team. Uniformity of team movement within choreography and skills.

#### **SPACING (10)**

Consistent and even positioning of athletes within all formations and transitions throughout the routine.

#### **COMMUNICATION/PROJECTION (10)**

Ability to connect with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy and entertainment value.

### **CHOREOGRAPHY 40 POINTS**

#### **CREATIVITY/MUSICALITY (10)**

Originality of the routine. New concepts/movement, levels/group work, visual effects and variety that compliments the intricacy of the music.

#### **ROUTINE STAGING (10)**

Use of varied formations & creative ways to move from one formation to another for quick & seamless transitions. Adequate use of the performance floor throughout the routine.

#### **COMPLEXITY OF MOVEMENT (10)**

Level of difficulty implemented through movement such as, but not limited to, weight changes, varied intricate movement, temp changes, etc.

#### **DIFFICULTY OF SKILLS (10)**

Level of difficulty implemented through technical skills and/or tricks.

### **OVERALL EFFECT 10 POINTS**

#### **OVERALL IMPRESSION (10)**

**Appropriateness of the music, costume** and choreography. Impact of performance to create a lasting impression.

### **ROUTINE TOTAL 100 POINTS**

*Note: For UWCC, the additional 15 point crowd score – common in the USA Championships, will be waived for the UWCC Performance Cheer Routine Competition.*

## **JUDGING SHEET- GAME DAY**

### ***GAME SITUATION/SIDELINE Score Sheet-40 points\****

*Note: Use of native language is encouraged.*

#### **CROWD EFFECTIVENESS 10 POINTS**

Proper use of material (poms/signs), Proper Response to Game Day Situational Cue. Ability to engage and lead the crowd (10)

#### **SYNCHRONIZATION 10 POINTS**

Consistent unison and timing by the team. Uniformity of team movement within choreography and skills (10)

#### **EXECUTION OF MOVEMENT & SKILLS 10 POINTS**

Proper control, placement and completion of motions and skills. Quality of strength of motion and skills (10)

#### **\*GAME SITUATION/SIDELINE 10 POINTS**

#### **OVERALL EFFECT**

Ability of connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value (10)

\*Game Situation/Sideline, Fight Song & Timeout Overall Impression will be averaged together.

### ***FIGHT SONG Score Sheet- 40 points\****

*Note: Use of native language is encouraged (if applicable)*

#### **OVERALL UNIVERSITY IMAGE 10 POINTS**

Appropriate and effective appearance in representation of the team's university institution & traditions to effectively lead the crowd (10)

#### **SYNCHRONIZATION 10 POINTS**

Consistent unison and timing by the team. Uniformity of team of team movement within choreography and skills (10)

#### **EXECUTION OF MOVEMENT & TECHNIQUE 10 POINTS**

Proper control, placement and completion of motions and skills. Quality of strength of motions and skills (10)

#### **\*FIGHTSONG OVERALL IMPRESSION 10 POINTS**

Ability of connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value (10)

\*Game Situation/Sideline, Timeout & Fight Song Overall Impression will be averaged together.

### ***TIMEOUT ROUTINE Score Sheet- 40 points\****

*Note: Use of native language is encouraged. (if applicable)*

#### **VISUAL INCORPORATIONS 10 POINTS**

Elements included in choreography (group work, levels, visuals, etc.) to enhance choreography for an entertaining and Game Day appropriate performance (10)

#### **SYNCHRONIZATION 10 POINTS**

Consistent unison and timing by the team. Uniformity of team of team movement within choreography and skills (10)

#### **EXECUTION OF MOVEMENT & TECHNIQUE 10 POINTS**

Proper control, placement and completion of motions and skills. Quality of strength of motions and skills (10)

#### **\*TIMEOUT PERFORMANCE ROUTINE 10 POINTS**

#### **OVERALL IMPRESSION**

Ability of connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value (10)

\*Game Situation/Sideline, Fight Song & Timeout Performance Routine Overall Impression will be averaged together.

## **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 UWCC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

## **VIII. 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.

## **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, will automatically forfeit any right to any prizes or

awards presented by the competition and may also forfeit the opportunity to participate the following year.

## **X. 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.

## **XI. PENALTIES**

1. A deduction will be given for EACH safety/general competition rule violation within the point values(s) as follows:
  - 0.5 Points: Performance Error  
Example: Touching down on an aerial cartwheel with a non-hands free poms in hand
  - 1.0 Points: General Rule violations; including but not limited to time violations, shortfall of required kicks, costume/shoe rule violations, etc.
  - 1.5 Points: Routine safety Rule violations.
2. If you have any questions concerning the legality of a trick or move, please email the University World Cup Cheerleading Championships office/Liz Rifino at [lrifino@cheerunion.org](mailto:lrifino@cheerunion.org)

## **XII. GENERAL SAFETY GUIDELINES**

1. All athletes agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The head coach of each team is responsible to assure that team members, coaches, parents, and any other person(s) affiliated with the team conduct themselves accordingly.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete and team skill level with regard to proper performance placement.
3. All programs should have, and review, an emergency action plan in the event of an injury.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. 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:

- a. Concrete, asphalt, or any other hard or uncovered surface
  - b. Wet surfaces
  - c. Uneven surfaces
  - d. Surfaces with obstructions
8. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

## **XVIII. COMPETITION ROUTINE SPECIFIC GUIDELINES & FORMAT**

1. 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.
2. 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.
3. 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.).
4. 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.
5. All team mascots, props, center markers, etc. are prohibited. All performance surfaces will have a center marker throughout the competition.
6. Each team competition routine will have a maximum of (2) two minutes to demonstrate the team's style and expertise. Timing will begin with the 1<sup>st</sup> choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever is last.

## **XIX. PERFORMANCE CHEER GAME DAY COMPETITION GUIDELINES**

1. UWCC Performance Cheer Team and Athlete Game Day competition eligible matches the UWCC Performance Cheer Team and Athlete routine eligibility outlined in Section II "Eligibility Guidelines".
2. Performance Cheer Teams competing in the UWCC Game Day competition must follow the

UWCC Performance Cheer rules and regulations for the 2019 UWCC.

3. Team size may not exceed 30 team members.
4. Each team Game Day performance should not exceed 3 minutes. Timing will begin with the 1<sup>st</sup> movement, voice or note of music; whichever comes first. Each section should have a beginning and an end; however, spirited crowd leading interaction between each section is encouraged to continue to Game Day experience.
5. Teams are recommended to wear a traditional team uniform that would be worn representing an athlete's scholastic institution- displaying school colors, mascot, school initials or any markings displaying school representation.
6. Teams will be able to compete in 2 UWCC team routine categories (Pom, Hip Hop, Open), PLUS the UWCC Game Day Championships. Athlete crossovers to any of the UWCC doubles categories is unlimited and allowed.
7. Reflective of the history of Performance Cheer, Performance Cheer routines may add a Drumline (individuals playing marching band drums) into their Game Day competition performance. Drumline(s) can be incorporated into a Performance Cheer routine, and the Drumline may enter the floor with the Performance Cheer team but may not stand on the performance floor during the performance. The drumline may be positioned to the side back of the performance surface, and the Drumline will not count toward the total number of athletes permitted.
7. Mascots will be allowed to perform with Performance Cheer teams during the 2019 Game Day Championships performance.
8. There will be 1 UWCC Performance Cheer Division: Female/Male (max. 30 athletes)

## **XX. PERFORMANCE CHEER GAME DAY FORMAT**

These 3 components of the Game Day Championships are encouraged to use spirit raising props such as signs and/or poms (native language is encouraged).

1. **FIGHT SONG**  
Skills and choreography represents a traditional fight song that the Performance Cheer team performs at its university sporting events.
2. **GAME SITUATION SIDELINE**  
From an audio cue, the team will perform an Offensive, Defensive or General Game Day Chant (Sideline) reflective of a live Game experience.
3. **TIMEOUT/PERFORMANCE ROUTINE**

- a. A 30 second routine in either the pom, hip hop or open genre that is designed for crowd entertainment.
- b. This is the best time for the team to showcase energy to motivate and connect with the crowd.

## **XXI. PERFORMANCE CHEER ROUTINE & GAME DAY COMPETITION SURFACE**

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 (Routine & Game Day). 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.

## **XXII. MUSIC GUIDELINES**

1. For the 2019 UWCC, all USA teams must follow the USA National Governing Body "USA Cheer" guidelines ([www.usacheer.net](http://www.usacheer.net)) and all non-USA teams will have the choice of the "USA Cheer" guidelines ([www.usacheer.net](http://www.usacheer.net)) or ICU ([www.cheerunion.org](http://www.cheerunion.org)) Music Copyrights Educational Initiative.
2. In compliance with XXII.1, I have read and understand the USA Cheer Music or ICU 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.
3. Teams must be able to provide proof of licensing during registration at the event they are attending. 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 UWCC).
4. Should a team choose an original recording that is featured in any potential television broadcast of the UWCC, the team's routine music may be used if synchronization rights are also secured. In this case, teams must be able to provide proof of synchronization rights in the form of a printed copy that can be provided during registration at the event for the original routine music to be included in the television broadcast.
5. If available, the UWCC recommends that teams preparing their routine music should edit the music in a Digital Audio Workstation (DAW) and should be sure that the volume of the song is at "0". Should a DAW be available, a few important reminders:

- Most DAW's have a default that sets a track at -6 when a track is added.
  - Check to see if there is a normalization process after you render or save your work.
6. For teams performing an original university/scholastic institution fight song and/or traditional university/scholastic institution music, the team can use a recording of the university's/scholastic institution's designated musical group (e.g. Marching Band, etc.); however, a letter on official letterhead of the university/scholastic institution from the administrative supervisor granting permission to the team is required.
  7. If a team cannot provide proof of licensing, and does not perform to an optional approved track of music or a track with counts.
  8. If a team cannot provide proof of licensing, and chooses not to perform to an approved track of music or a track with counts, the team will be disqualified from the competition and will not be allowed to perform or compete.
  9. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
  10. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
  11. Challenge Process:
    - a. All music challenges must be submitted in writing to the event director.
    - b. 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.
    - c. Fees collected will be voided if challenge is correct.
    - d. If the team challenged can provide documentation during the event or the challenge can be refuted, the fees will be donated to St. Jude.
    - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
  12. 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.
  13. All teams must provide their own CD or MP3 device for use on the event sound system. Music must be recorded at the correct speed on a high quality CD or loaded onto an MP3 device.
  14. It is not recommended that a smart phone is used for playing music, due to potential music interference that may be caused by normal phone operations during the routine. All MP3 covers must be removed for sound system connection accessibly
  15. Please make sure that all devices have a head phone jack to connect to the sound system, that are fully charged with volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched to prevent a music malfunction while in play.
  16. 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.

### **XXIII. CHOREOGRAPHY & COSTUMING**

1. 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.
2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc.). Wearing socks and/or footed tights only is not allowed.
3. Teams may NOT use Disney themes and they may not have costumes that resemble a Disney character, movie or theme.
4. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
5. Jewelry as part of the costume is allowed.

### **XXIV. PROPS**

Props are allowed, however, they must fit through a 36 inch/.914 meter door. Props must be handheld and cannot be used to bear the weight of the athlete. Any props used must first be approved through the UWCC Office. For approval, please send an email to [lrfino@cheerunion.org](mailto:lrfino@cheerunion.org).

### **XXV. HANDS FREE POMS**

The use of hands free poms is allowed. Hands free poms are defined as poms with a strap across the palm of the hand, making the poms easily transferable to place a hand, free of any objects in grasp, on the ground for skills, tricks, etc. A hair tie, rubber band or tying pom strings/pieces together will not be considered as a hands-free pom.

## XXVI. TEAM ROUTINE ELIGIBILITY

Teams who participate in the competition will have the opportunity to compete in 2 UWCC team routine categories (Team Pom, Hip Hop and/or Open), as well as the UWCC Game Day Competition. For the UWCC doubles categories specifically (Doubles Pom, Doubles Hip Hop), all UWCC Performance Cheer athletes are eligible, per UWCC eligibility rules, and crossovers are allowed.

## XXVII. ROUTINE 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 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, floor work and other skills. Distinctive clothing and accessories reflecting Hip Hop Culture must be worn. 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.

## XXVIII. UWCC RULES & GUIDELINES **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. \*Please reference the Hands Free Poms section for more details\*

### **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)	

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. The poms must be placed in one hand or executed with hands-free poms. There is no exception to this rule. Should a team chose to ove the poms to 1 hand, and later touches down with that hand, then a penalty will be issued.
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.

## **XXIX. 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 in and out of lifts and tricks are allowed in the prone position and/or supine positions; swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Athlete is in a prone position (i.e. body facing the ground).
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.

## **XXX. 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 of the supporting athlete, and the executing athlete lands on her/his own feet.
  - 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 of the supporting athlete.
  - 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.

## **XXXI. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS PARTICIPATION**

It is understood that teams participating in the University World Cup Cheerleading Championships (UWCC) will not knowingly and willingly participate in any other event promoted as a "University World Cup Cheerleading Championships". (Exception: Approved multi-sport international events congruent with the University World Cup Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2019 University World Cup Cheerleading Championships and will forfeit the opportunity to participate in the tournament the following year.

## **XXXII. TOURNAMENT FACILITY**

1. The competition is scheduled to be held at *ESPN Wide World of Sports®* Complex.
2. 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 (Routine & Game Day). 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.
3. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championships.

## **XXXIII. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)**

**Saturday** (all day) will host the United States University Cheerleading and Dance Team Championships, and non-USA UWCC teams will conduct their routine performances (optional to the teams) in front of live audiences of the United States National Championships.

**Sunday** will host the University World Cup Cheerleading Championships (UWCC) comprising of United States teams (divisions mentioned previously)

and non-USA teams. Crossovers for the UWCC and within the UWCC only will be allowed. Awards for Nations rankings and individual team results will be presented. (**Sunday** also hosts several divisional finals of the US National Championships.)

### **XXXIV. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS**

UWCC is committed to the following in protection of all stakeholders:

1. ICU's Privacy Policies:  
<http://cheerunion.org/contact/privacypolicy/>
2. ICU Safeguarding Policies (and additional information):  
[https://hub.olympic.org/athlete365/safeguarding/#\\_ga=2.139526064.209378063.1523784781-113022897.1496863032](https://hub.olympic.org/athlete365/safeguarding/#_ga=2.139526064.209378063.1523784781-113022897.1496863032),  
<http://cheerunion.org/education/coach/> &  
<http://cheerunion.org/about/bureau/>

### **XXXV. 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.

### **XXXVI. LOGO USAGE**

Teams will not be allowed to use the UWCC logo including: banners, rings, bows, t-shirts, etc. without prior approval from the UWCC office. The use of the UWCC letters will be allowed.

### **XXXVII. MEDIA POLICY**

**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 UWCC PERFORMANCE CHEER COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.**

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

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

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

1. 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").
2. In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, 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.
3. By attending/purchasing admission to the event, each attendee grants permission to UWCC, 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.

### **XXXVIII. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

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

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

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

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

# 2019 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS

## PERFORMANCE CHEER DOUBLES RULES AND REGULATIONS

### A. DIVISIONS

1. Performance Cheer Doubles Pom
1. Performance Cheer Doubles Hip Hop

### B. MUSIC, TIME LIMITATIONS AND ROUTINE FORMAT

1. The competition is open to all USA and non-USA teams competing in the University World Cup Cheerleading Championships.
2. All routines must be "Music" only and must comply with the UWCC music guidelines.
3. Performance time may not exceed one minute and thirty seconds (1:30) in length.
4. Timing will begin with the first movement, voice or note of music whichever comes first. Timing will end with the last choreographed movement or note of music whichever comes last.
5. There should not be any organized entrances, exits, or other activities before the routine begins or after the official ending.

### C. GENERAL RULES

1. USA Participants may not represent more than one group. Non-USA participants may represent more than one group.
2. Each Doubles group will be comprised of two (2) members.
3. Each Doubles group performance is required to follow the University World Cup Cheerleading Championships (UWCC) Safety Rules and Regulations.

### D. PENALTIES/VIOLATIONS

1. Any doubles group in violation of any of the Specific Guidelines or these Rules and Regulations will be assessed a deduction(s) compliant with the UWCC Performance Cheer violation policies detailed in Section XI "PENALTIES".
2. Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to deductions and/or disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in the competition or the University World Cup Cheerleading Championships the following year.

### E. DOUBLES SCORE SHEET

#### TECHNIQUE

##### Execution of Skills/Style

**(Pom - Hip Hop)** 10\_\_\_\_\_

Execution of movements and skills in the style of the category

**Placement/Control** 10\_\_\_\_\_

Exhibits control, proper levels and placement (in pom motions) arm movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps, Turns, etc. control of torso and body parts throughout movements and skills

**Strength of Movement** 10\_\_\_\_\_

Intensity, strength and presence in movements

**Extension/Flexibility** 10\_\_\_\_\_

Exhibits full extension (in arms, legs, feet, etc.), and when applicable- stretch and flexibility in movement

#### CHOREOGRAPHY

**Musicality** 10\_\_\_\_\_

Use of music accents, rhythms, lyrics and style

**Difficulty** 10\_\_\_\_\_

Level of difficulty of skills, movement, weight changes, temp, etc.

**Creativity/Style** 10\_\_\_\_\_

Exhibiting creative and original movement in accordance with the style of the category

**Routine Staging** 10\_\_\_\_\_

Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine

#### EXECUTION

**Synchronization** 10\_\_\_\_\_

Uniformity of all movement, moving together and with the music

#### OVERALL EFFECT

**Communication/Projection/Audience Appeal & Appropriateness** 10\_\_\_\_\_

Ability to exhibit a dynamic routine with genuine showmanship and audience appeal

Age appropriate music, costume and choreography that enhances the performance

TOTAL 100 PTS\_\_\_\_\_

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

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