

ICU World Championship

Performance Cheer Rules 2018-2019

GENERAL RULES	
1	All teams/participants must be supervised during all official functions by a qualified director/advisor/coach.
2	Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.
3	All directors, advisors and coaches must have, and review, an emergency plan in the event of an injury.
4	Each team performance will have a maximum of 2 minutes and 15 seconds (2:15). Each doubles performance will have a maximum of 1 minute and 30 seconds (1:30). Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music. Violation of the time limit may result in a deduction.
5	Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.) Violation will result in a deduction.
6	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
7	Age requirement for the Junior World Championship Division is 12-16 years of age within the year of the competition. Age requirement for the World Championship Division is 14 years or older within the year of the competition. Violation of the age requirement will result in disqualification.
8	Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they compete.
9	Crossovers from Junior World Championship Division to World Championship Division and from Performance Cheer to Cheerleading are allowed. Crossovers must abide by the age restrictions in all divisions in which they compete.
10	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.
CHOREOGRAPHY, MUSIC, and COSTUMING	
1	Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
2	All choreography, costuming and makeup should be age appropriate.
3	Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4	Footwear is required. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the ICU Rules Committee for approval.
5	Jewelry as part of a costume is allowed.
6	All costuming should be secure and offer full coverage of body parts. Tights should be worn under briefs, hot pants or excessively short shorts. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
7	No cheers or chants allowed.
PROPS	
1	Handheld props and free standing props in all categories are not allowed. Use of parts of a costume (costume elements such as a necklace, jacket, hat, etc.) are allowed and may be used and discarded. <i>(Clarification: Poms are considered part of the costume in the Pom category and should be used throughout the entire routine).</i>

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EXECUTED BY INDIVIDUALS	
<i>Tumbling and Aerial Street Style Skills are allowed, but not required in all divisions with the following limitations:</i>	
1*	<p><u>Inverted Skills:</u></p> <ul style="list-style-type: none"> a. Non <u>airborne skills</u> are allowed. (<i>Example: Headstand</i>) b. Airborne skills with hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed. b. <u>Airborne inverted skills with hand support are not allowed while holding poms.</u>
2	<p>Skills with <u>hip over head rotation:</u></p> <ul style="list-style-type: none"> a. With hand support must use free hand(s) for the supporting hand(s). (<i>Exception: Forward rolls and backward rolls are allowed.</i>) b. Non airborne skills are allowed. c. Airborne skills with hand support are allowed provided they are limited to two consecutive hip over head rotation skills. d. Airborne skills without hand support are allowed provided all of the following: <ul style="list-style-type: none"> i. Involves no more than one twisting transition. ii. May not connect to another skill that is airborne with hip over head rotation without hand support. iii. Are limited to two consecutive hip over head rotation skills.
3	Simultaneous tumbling over or under another individual that includes hip over head rotation by both individuals is not allowed.
4	Only <u>drops</u> to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed <u>hip level</u> . (<i>Clarification: Drops directly to the knee, thigh, front or head are not allowed.</i>)
5*	<p>Landing in a push up position may involve any jump.</p> <p><u>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 is not allowed.</u></p>
EXECUTED BY GROUPS OR PAIRS - Lifts and Partnering are allowed, but not required in all divisions with the following limitations:	
1	A <u>Supporting Individual</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder level</u> .
2*	<p>At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above <u>head level</u>:</p> <p><i>Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:</i></p> <ul style="list-style-type: none"> a. <i>The Executing Individual does not pass through an <u>inverted</u> position after the release.</i> b. <i>The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.</i> c. <i>The Executing Individual is not caught in a <u>prone</u> position.</i> d. <u>In addition to a, b & c, any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.</u>
3	<u>Hip over head rotation</u> of the Executing Individual(s) is allowed provided contact between the Executing Individual and at least one Supporting Individual(s) must be maintained until the Executing Individual returns to the performance surface or is returning to the upright position.
4	<p>A <u>Vertical Inversion</u> is allowed provided:</p> <ul style="list-style-type: none"> a. Contact between the Executing Individual and at least one Supporting Individual(s) must be maintained until the Executing Individual returns to the performance surface or is returning to the upright position. b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (<i>Clarification: When there are 3 Supporting Individuals an additional spot is not required.</i>)

* Blue denotes restriction of rule for the Pom category

EXECUTED BY GROUPS OR PAIRS- Dismounts to the performance surface (Clarification: May be assisted but not required):

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| 1* | An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided: <ul style="list-style-type: none">a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.a. <u>The highest point of the released skill does not elevate the Executing Individual's hips above head level.</u>b. The Executing Individual may not pass through the prone or inverted position after the release. |
| 2* | A Supporting Individual(s) may <u>toss</u> an Executing Individual provided: <ul style="list-style-type: none">a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.a. <u>The highest point of the released skill does not elevate the Executing Individual's hips above head level.</u>b. The Executing Individual may be supine or inverted when released but s/he must land on their foot/feet.b. <u>The Executing Individual may not be supine or inverted when released.</u>c. The Executing Individual may not pass through an inverted position after release.c. <u>The Executing Individual may not pass through a prone or inverted position after release.</u> |

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