INTERNATIONAL CHEER UNION (ICU)
Disciplines Overview

ALL DISCIPLINES INCLUDE:
Club, All Star, Recreational (Rec), Scholastic (School & University), Masters, Special Abilities, ParaCheer/Adaptive Abilities, National Team - all respective age levels, team sizes and gender groupings within each category

CHEERLEADING:
- Team Cheer Beginner (L0) - Premier (L6) Divisions
- Urban Cheer Beginner (L0) - Premier (L6) Divisions
- Partner Stunt
- Group Stunt
- Team STUNT
- Game Day

PERFORMANCE CHEER:
- Team Cheer Freestyle Pom (also known as “Pom” or “Pom-pon”/term variations of “Pom”)
- Team Cheer Hip Hop
- Team Cheer Jazz
- Team Cheer High Kick (also known as “Kick”)
- Game Day