

# **2024**

## **FISU World University Championships – Cheerleading**



### **National Federation Planning Document**

**Split, Croatia**  
**02-04 August 2024**

# 2024 FISU WORLD UNIVERSITY CHAMPIONSHIPS (WUC) – CHEERLEADING (NATIONAL TEAMS)

## GENERAL INFORMATION

### I. ICU National Cheer Federation Steps to Take (as soon as possible)

- A. Contact your local FISU National University Sports Federation (NUSF) about working together to create your nation's 2024 FISU WUC Cheerleading Team delegation. NUSF contact details are available at: <http://www.fisu.net/fisu/member-associations-nusf>.

*Note: Should you require any assistance in contacting your respective FISU National University Sports Federation (NUSF), please contact ICU Secretary General Karl Olson (karl@cheerunion.org) at your earliest convenience.*

- B. Read the information enclosed in this document to assist preparations for the 2024 FISU World University Championships for Cheerleading (National Teams).

*Note: As a 2<sup>ND</sup> Edition of a FISU event for Cheerleading (following a 6-year hiatus due to the pandemic), FISU & ICU request that the ICU National Cheer Federations, as the Cheer technical experts, provide great assistance and direction to your respective FISU NUSF for your nation's 2024 FISU WUC Cheerleading National Team selection and development.*

- C. Stay updated on the 2024 FISU World University Championships for Cheerleading (National Teams) here <https://www.fisu.net/sport-events/2024-wuc/cheerleading-2024>. Very soon, a 2024 FISU WUC Cheerleading website will be created, as well as social media platforms for updates.

### II. 2024 FISU WUC Location & Dates

- Location: Split, Croatia (Europe)
- Hosting Location: Arena Gripe Sports Centre
- Competition Days: Friday-Sunday 02-04 August 2024\*  
\*Opening Ceremony will be the evening of Thursday 01 August 2024\*

### III. Athlete Eligibility

FISU World University Championships are open to all student athletes that have not been out of university or an equivalent institution for more than a year, and that comply with the following FISU WUC eligibility requirements:

- Be a national of the country they represent.
- Be at least 18 and no older than 25 years of age on 31 December of the year of the event; for 2024, athletes must be born between the 01 January 1999 and the 31 December 2006.

*Note: Please contact your local NUSF for further details, as well as to coordinate 2024 FISU WUC Cheerleading National Team selection. For more information, see General Regulations FISU World University Championships:*

<https://accreditation.fisu.net/WUC-HB-25/Documents/General%20Regulations%20-%20FISU%20World%20University%20Championships.pdf>

### IV. Tentative Schedule of Events

#### Tuesday - Wednesday 30-31 July 2024

- Team arrivals (begin)
- ICU Team open rehearsals (Wednesday & Thursday only)

#### Thursday 01 August 2024

- Team arrivals (continued)
- Team open rehearsals (Wednesday & Thursday only)
- Evening- WUC Opening Ceremonies & Athlete Cultural Exchange

### **FRIDAY 02 AUGUST 2024 (Competition Day 1)**

- Competition Day 1 (30% of Semi-Final Score)
- Day 1 Results Announced

### **SATURDAY 03 AUGUST 2024 (Competition Day 2)**

- Competition Day 2 (70% of Semi-Final Score)
- Day 2 Results Announced / Finalists Announced (Top 5 Teams/Divisions Advance to Finals)

### **SUNDAY 04 AUGUST 2024 (Competition Day 3)**

- Competition Day 3 – FISU WUC Finals (no scores are carried into Finals)
- Medal Ceremonies
- Closing Ceremonies and Evening Activities

### **Monday 05 August 2024 (Optional)**

- Free Day & Departures

### **Tuesday 06 August 2024 (Optional)**

- Free Day & Departures

## **V. Safety Rules, Guidelines and Score Sheets**

Safety Rules, Guidelines and Score Sheets (“Rules”) for the 2024 FISU World University Championships – for Cheerleading (National Teams) will reflect the 2024 ICU World Cheerleading Championships Divisions Rules (e.g., University Elite = Elite, University Premier = Premier, University Pom = Pom, etc.).

## **VI. Divisions (9 divisions total/7 available to each national delegation)**

### **A. Cheerleading Divisions (4)**

Based on the objectives of growth for existing and emerging nations, the 2024 FISU World University Championships – for Cheerleading National Teams will offer 2 levels of cheerleading for the University All-Female and Coed Divisions.

***Nations can select one of the following University All Female Divisions:***

1. University All Female Elite (female athletes)
1. University All Female Premier (female athletes)

***Nations can select one of the following University Coed Divisions:***

2. University Coed Elite (all genders)
2. University Coed Premier (all genders)

**Note:** Crossover of teams into each category is allowed within each country’s delegation.

### **B. Team Performance Cheer Divisions (3)**

Based on the idea of participation and global representation, the 2024 FISU World University Championships –for Cheerleading National Teams will offer the following University Performance Cheer Divisions:

1. University Pom
2. University Hip Hop
3. University Jazz

**Notes:** All divisions are available to all nations. Crossover of teams into each category is allowed within each country’s delegation.

### **C. Performance Cheer Doubles (2)**

Based on the idea of participation and global representation, the 2024 FISU World University Championships – for Cheerleading National Teams will offer the following University Performance Cheer Doubles Divisions:

1. University Pom Doubles (2 athletes)
2. University Hip Hop Doubles (2 athletes)

**Notes:** All divisions are available to all nations. Crossover of teams into each category is allowed within each country’s delegation. Each nation can only have one (1) entry per nation per division.

## VII. Time of Routine

### A. Cheerleading – University All Female & Coed Divisions

Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds. Maximum time between Cheer and Music portion: Twenty (20) seconds.

Music portion: Two minutes, fifteen seconds (2:15)

### B. Team Performance Cheer – University Hip Hop, Pom & Jazz Divisions

Music portion: Two minutes, thirty fifteen seconds (2:15)

### C. Performance Cheer Doubles– University Pom Doubles & Hip Hop Doubles Divisions

Music portion: One minute, thirty seconds (1:30)

## VIII. Cheer Portion of Routine

For the Cheerleading University All Female & Coed Divisions: A Cheer will be included in the beginning or middle of routine. Use of native language in the cheer and using a more national pride style cheer is encouraged. The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd for the team's nation, use of signs, poms, flags, megaphones, and practical use of stunt/pyramids to lead the crowd.

## IX. Team Size/Number of Athletes per Team

### A. Cheerleading – University All Female & Coed Divisions

Minimum 16 athletes, maximum 20 athletes (2 alternates allowed)

### B. Team Performance Cheer – University Hip Hop & Pom Divisions

Minimum 16 athletes, maximum 20 athletes (2 alternates allowed)

### C. Team Performance Cheer - University Jazz

Minimum 18 athletes, maximum 20 athletes (2 alternates allowed)

### D. Performance Cheer Doubles– University Pom Doubles & Hip Hop Doubles Divisions

Two (2) athletes (No alternates allowed)

## X. Performance Surface

### A. Cheerleading - University All Female & Coed Divisions

Cheerleading foam mat surface. (9 strips/42 feet x 54 feet or 12.8 meters x 16.5 meters)

### B. Performance Cheer - University Pom, Hip Hop, Jazz, Pom Doubles & Hip Hop Doubles Divisions

Marley performance floor or a wooden parquet floor surface. (minimum surface area of 42 feet x 42 feet or 12.8 meters x 12.8 meters)

## XI. Crossovers (athletes participating in multiple divisions)

Crossovers of athletes will be allowed within the 2024 FISU World University Championships- Cheerleading for all divisions and categories within a nation's delegation.

## XII. WADA Anti-Doping Rules and Regulations-Guidelines & Operations Procedures

FISU and ICU is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.

[https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/WADA/docs/ICU\\_Anti-Doping-Rules\\_21.pdf](https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/WADA/docs/ICU_Anti-Doping-Rules_21.pdf)

## XIII. Safeguarding Policies

FISU and ICU is committed to safeguarding our Athletes. ICU Safeguarding Policies and additional information:

<https://olympics.com/athlete365/what-we-do/integrity/safe-sport/>, <https://cheerunion.org/education/coach/>, <http://cheerunion.org/about/bureau/>

[https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/Safeguarding/docs/ICU\\_Guidelines-for-Athlete-Safety-and-Welfare.pdf](https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/Safeguarding/docs/ICU_Guidelines-for-Athlete-Safety-and-Welfare.pdf)

**Note:** Additional WUC venue safeguarding requirements provided upon team registration.

# 2024 FISU WORLD UNIVERSITY CHAMPIONSHIPS (WUC) - CHEERLEADING (NATIONAL TEAMS) CHEERLEADING DIVISIONS RULES & REGULATIONS University All Female & Coed - Elite and Premier Divisions

## I. GENERAL RULES

- A. All teams must be supervised during all official functions by a qualified director/advisor/coach.
- B. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

## II. TOURNAMENT

- A. The event will take place on Thursday to Sunday 01-04 August 2024 in Split, Croatia.
  - Thursday 01 August 2024  
Evening – FISU WUC Cheerleading Opening Ceremony & Athlete Cultural Exchange
  - Friday 02 August 2024  
Day 1 Competition: Semi-Finals (30% of Semi-Finals Total Score)
  - Thursday 25 August 2024  
Day 2 Competition: Semi-Finals (70% of Semi-Finals Total Score)
  - Finalists Announced (Top 5 Teams per division advance to Finals, no scores carry to Finals)
  - Saturday 03 August 2024  
Day 3 Competition: Finals  
FISU WUC- Cheerleading Medal Ceremonies  
FISU WUC-Cheerleading Closing Ceremony
- B. The competition is scheduled to be held at the Arena Gripe Sports Centre, Split, Croatia
- C. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

## 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. For any questions concerning the legality of a move or trick, it is recommended to send a video copy of any skill of question to cheer.rules@cheerunion.org.
- 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. 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.

## V. 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.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

#### **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.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

#### **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
  - 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. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
4. 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. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
  - d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

#### **VI. 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.

#### **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. SPOTTER POLICY**

In an effort to promote a higher level of safety for competing athletes, the FISU WUC Cheerleading will provide spotters for all rehearsal and competition floors. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

## **IX. MUSIC GUIDELINES**

- A. For the 2024 FISU WUC Cheerleading, all National Teams must follow the ICU Cheer Music Copyrights Educational Initiative (<http://cheerunion.org/education/musicinfo/>).
- B. I have read and understand the ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with the written license from the owner(s) of the sound recordings.
- C. Teams must check Music Provider list for updates and changes periodically. For any questions on music and the music guidelines, teams should email [portal@cheerunion.org](mailto:portal@cheerunion.org).
- D. Teams must be able to provide proof of licensing, in the form of a printed copy, during the registration at the Championships.
- E. 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 the ICU) or can count verbally.
- F. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition and not allowed to perform or compete.
- G. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- H. A challenge can only be made by the official coach or an official representative of a team competing at the event at where the challenge is being made.
- I. Challenge Process:
  - All music challenges must be submitted in writing to the FISU WUC Cheerleading head official.
  - There will be a €100 EURO fee to request a music challenge and must be in the form of EURO currency.
  - Fees collected will be returned if the challenge is correct.
  - If the team challenged can provide documentation during the event or can be verified, the fees will be donated to a local children's charity. (should a local children's charity is not identified at the time of the event, St. Jude Children's Research Hospital will be designated as the children's charity)
  - If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- J. 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. Should this responsible adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
- K. If available and if applicable, it is recommended that teams who prepare their routine music on a Digital Audio Workstation (DAW) should assure the volume of the music is at "0". Should a DAW be available, a few additional reminders:
  - Most DAWs have a default that sets a track at -6 when a track is added
  - Check to see if there is a normalization process after the work is rendered/saved
- L. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD's will no longer be allowed, and CD players will not be provided at competition.
- M. Use of a Smart Phone for playing routine music is not recommended due to the probably of music interference during the routine.
- N. MP3 devices must be free of any cover (protective, decorative, or otherwise) to assure an unobstructed connection with the event sound system.
- O. It is important that all devices have a headphone connection component/jack to connect to the sound system and that all devices are fully charged, volume turned up and placed in airplane mode.
- P. All device connection components/jacks must be clean and free of any debris to prevent a music malfunction. Should a team's device not have a headphone connection component/jack, then the team must have an adapter to accommodate this device requirement on site for the competition.

## **X. GENERAL SAFETY RULES**

- A. All athletes must be supervised during all official functions by a qualified director/coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All teams, coaches and directors must have an emergency response plan in the event of an injury.

- D. Athletes and coaches may not be under the influence of alcohol, narcotics, performance- enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
- E. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
- F. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
- G. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. *Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.*
- H. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
- I. Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed. Exception 1: Adaptive Abilities, Special Olympics & Special Abilities athlete mobility/support devices.
- J. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. Exception: Adaptive Abilities, Special Olympics & Special Abilities athlete mobility/support devices. *Clarification: As is common with Cheerleaders at sporting events; for divisions that allow the standing single back tuck flip skill, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.*
- K. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
- L. Supports, braces and soft casts that are unaltered from the manufacturer's original design/ production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch/1.27 centimeters thick if the participant is involved in tumbling, stunts, pyramids, or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in tumbling, stunts, pyramids or tosses.  
Exception: Within the ICU Adaptive Abilities Divisions, Special Olympics & Special Abilities Divisions, a mobile assistance, and support devices in use to assist the athlete are considered part of the athlete.
- M. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.
- N. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
- O. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.  
*Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
- P. Athletes must have at least one foot, hand, or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
- Q. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
- R. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
- S. For purposes of promotion of international sport and the global athletic image of the Sport of Cheer, athletes must compete in national team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position.

## **XI. DIVISIONS (BY LEVEL) - SAFETY RULES**

### **ELITE DIVISION RULES**

#### **(UNIVERSITY ALL FEMALE & COED ELITE DIVISIONS)**

#### **ELITE DIVISION - GENERAL TUMBLING**

- A. 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.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.  
Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.
- D. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.
- E. 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.

#### **ELITE DIVISION - STANDING TUMBLING**

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

#### **ELITE DIVISION - RUNNING TUMBLING**

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

#### **ELITE DIVISION - STUNTS**

- A. A spotter is required for each top above prep level.
- B. Single leg extended stunts are allowed.
- C. 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.*
- D. Free flipping stunts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based stunts with multiple top persons require a separate spotter for each top person.
- G. **ELITE DIVISION Stunts-Release Moves**
1. 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.*

2. 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 from 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.
3. 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.
4. 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.
5. 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.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
8. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting single based stunts with multiple top persons.

#### H. ELITE DIVISION Stunts-Inversions

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. 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.
2. 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.
4. Downward inversions from above prep level:
  - a. 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.
  - b. 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.*
5. Downward inversions may not come in contact with each other.
- I. 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.*

#### ELITE DIVISION - PYRAMIDS

- A. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.  
Exception: See Elite Division "Pyramids Release Moves".
- C. ELITE DIVISION Pyramids- Release Moves
  1. 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.*

2. Primary weight may not be borne at the 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*
3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases. When changing bases:
  - a. 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.*
  - b. 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.)
5. Release moves may not be braced / connected to the top persons above prep level.

**D. ELITE DIVISION Pyramids-Inversions**

1. Must follow Elite Division "Stunt Inversions" rules.

**E. ELITE DIVISION Pyramids-Release moves w/ braced inversions**

1. 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.*
2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.
3. 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.*
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. 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.
  - a. The 3 catchers/spotters must be stationary.
  - b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - c. 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.)
7. 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.
  - a. The catchers must be stationary.
  - b. The catchers must maintain visual contact with the top person throughout the entire transition.
  - c. 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.)
8. Braced inversions (including braced flips) may not travel downward while inverted.
9. Braced flips may not come in contact with other stunt/pyramid release moves.
10. Braced inversions (including braced flips) may not be braced/connected to top person(s) above prep level.

**ELITE DIVISION - DISMOUNTS**

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

- A. 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.
- B. 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.
- C. 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.*

- D. Up to a 2 ¼ twisting rotations are allowed from all stunts.
- E. 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.
- F. No free flipping dismounts allowed.
- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops/rolls of any kind are not allowed.
- J. 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.
- K. Dismounts from an inverted position may not twist.

### **ELITE DIVISION - TOSSES**

- A. 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.
- B. 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.
- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. 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.
- F. Up to 2 ½ twisting rotations allowed.
- G. 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.
- H. Only a single top person is allowed during a basket toss.

### **PREMIER DIVISION RULES**

#### **(UNIVERSITY ALL FEMALE & COED PREMIER DIVISIONS)**

#### **PREMIER DIVISION - GENERAL TUMBLING**

- A. All tumbling must originate from and land on the performing surface.  
Exception 1: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-overhead rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-overhead transition or stunt.  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.  
Exception: As is common with Cheerleaders at sporting events, an athlete, already proficient in a standing single back tuck flip skill, may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.
- D. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.

## **PREMIER DIVISION - STANDING/RUNNING TUMBLING**

A. Skills are allowed up to 1 flipping and 1 twisting rotations.

## **PREMIER DIVISION - STUNTS**

A. A spotter is required:

1. During one- arm (1 arm) stunts above prep level, other than cupies or liberties.  
*Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.*
2. When the load/transition involves:
  - a. A release move with a twist greater than 360 degrees.
  - b. A release move with an inverted position landing at prep level or above.
  - c. A free flip.
3. During stunts in which the top person is in an inverted position above prep level.
4. When the top person is released from above ground level to a one-arm (1 arm) stunt.

B. Stunt levels:

1. Single leg (1 leg) extended stunts are allowed.

C. 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.*

D. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.

Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

*Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.*

*Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.*

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

G. **PREMIER DIVISION Stunts-Release Moves**

1. 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 or a dismount, and must follow the appropriate "Toss" or "Dismount" rules.*

2. Release moves may not land in an inverted position.

3. Release moves must return to original bases.

Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunt with multiple top persons.

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

4. Helicopters are allowed up to a 180-degree rotation must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.

5. Release moves may not intentionally travel. See exception in #3 herein.

6. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

7. Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

H. **PREMIER DIVISION Stunts -Inversions**

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

### **PREMIER DIVISION - PYRAMIDS**

- A. Pyramids are allowed up to 2 ½ high.
- B. For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both 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 position as the top person is loading onto the pyramid. One 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 if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move 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. *Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one bracer to assist the thigh stand middle layer.*
- C. Free-flying mounts originating from ground level and above may not originate in a handstand position and are allowed up to 1 flipping (3/4 maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations. *Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids, or individuals.*
- D. **PREMIER DIVISION Pyramids-Release Moves**
  1. During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:
    - a. Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e., tower pyramid tick-tocks)
    - b. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. **PREMIER DIVISION Pyramids-Inversions**
  1. Inverted stunts are allowed up to 2 ½ persons high.
  2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. **PREMIER DIVISION Pyramids-Release Moves w/Braced Inversions**
  1. Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
  2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers. *Exception: Braced inversions to 2 ½ high pyramids may be caught by 1 person.*
  3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:
    - a. The base/spotter must be stationary.
    - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
    - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw of the top person is considered the initiation of the skill)
- G. Free released moves from 2 ½ high pyramids:
  1. May not land in a prone or inverted position.
  2. Are limited to 0 flipping and 1 twisting rotation.
- H. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

### **PREMIER DIVISION - DISMOUNTS**

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

- A. Single based cradles that exceed 1¼ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performance surface must be assisted by an original base or spotter. *Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performance surface that do not require assistance.* *Clarification: An individual may not land on the performance surface from above waist level without assistance.*
  1. Dismounts to the performance surface are allowed up to 2 ¼ twists.

2. Dismounts to the performance surface exceeding 1 ¼ twists must be assisted by 2 catchers or 1 catcher with a spotter.

Exception: Dismounts to the performance surface from 2 ½ high pyramids are allowed up to 1 ¼ twists and must be assisted by 2 catchers or 1 catcher with a spotter.

C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.

Exception: 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).

D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

E. Free flipping dismounts to a cradle:

1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).

2. Require at least 2 catchers, 1 of which is an original base.

3. May not intentionally travel.

4. Must originate from prep level or below. (May not originate from 2 ½ pyramids.)

Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.

F. Free flipping dismounts to the performance surface are only allowed in front flipping rotation:

*Clarification: Back-flipping dismounts must go to cradle.*

1. Allowed up to 1 front flipping and 0 twisting rotations.

2. Must return to an original base.

3. Must have a spotter.

4. May not intentionally travel.

5. Must originate from prep level or below. (May not originate from 2 ½ high pyramids.)

G. Tension drops/rolls of any kind are not allowed.

H. 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 the dismount.

I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.

J. Dismounts may not pass over, under or through other stunts, pyramids, or individuals.

K. Dismounts must return to original base(s).

Exception: Single based stunts with multiple top persons do not need to return to original base(s).

L. Dismounts may not intentionally travel.

M. Top persons in dismounts may not come in contact with each other while released from the bases.

### **PREMIER DIVISION - TOSSES**

A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss. Exception 1: Fly away tosses that would go over the back person.

Exception 2: Arabians in which the 3<sup>rd</sup> person would need to start in front to be in position to catch a cradle.

B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.

C. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.

D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

#### **Legal (Two Skills)**

Tuck flip, X-Out, Full Twist  
Double Full-Twisting Layout  
Kick, Full-Twisting Layout  
Pike, Open, Double Full-Twist  
Arabian Front, Full-Twist

#### **Illegal (Three Skills)**

Tuck flip, X-Out, Double Full Twist  
Kick, Double Full-Full Twisting Layout  
Kick, Full-Twisting Layout, Kick  
Pike, Split, Double Full-Twist  
Full-Twisting Layout, Split, Full-Twist

**NOTE: An Arabian Front followed by a 1½ twist is considered to be a legal skill.**

- E. 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.
- F. Non-flipping tosses may not exceed 3 ½ twists.
- G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.
- I. Only a single top person is allowed during a basket toss.

## **XII. GLOSSARY OF TERMS**

For a full listing of the ICU Cheerleading Glossary of Terms (with video and visual examples as well), please see <https://cheerunion.org/cheerleadingglossary/>. For any questions or requests for further clarification. Please email [cheer.rules@cheerunion.org](mailto:cheer.rules@cheerunion.org)

## **XIII. TIME LIMITATIONS, MUSIC, AND ENTRANCES**

- A. Each team will have a maximum of 2 minutes 15 seconds for music (2:15) and a recommended 30 seconds (:30) Cheer that must be performed in the beginning or middle of the routine.
- B. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- C. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
- D. If a team exceeds the time limit, a penalty will be assessed for each violation. One point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.
- E. 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.
- F. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing “play” and “stop” for the team.
- G. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

## **XIV. COMPETITION AREA**

- A. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters. The surface will be traditional foam Cheerleading mat.
- B. Teams may line up anywhere inside the competition area.
- C. No penalty for stepping outside the area.

## **XV. JUDGING CRITERIA & SCORESHEETS**

The judges will score the teams according to the judging criteria on a 100-point system. FISU WUC Cheerleading scoresheets can be accessed <https://cheerunion.org/championships/cheerleading/>. Please email [portal@cheerunion.org](mailto:portal@cheerunion.org) for any questions and/or further clarification as needed.

## **XVI. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of FISU and the International Cheer Union. As the teams make their presentations, the judges will score the teams using a 100-point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first-place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

## **XVII. 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 scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of their respective team's final placement.

## **XVIII. FINALITY OF DECISIONS**

By participating in this championship, each team agrees that 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.

## **XIX. SEMI-FINALS AND FINALS**

The FISU 2024 WUC Cheerleading will host a semi-final and final round. Based on registration, each division will have 2 Semi-Final rounds and 1 Final round.

- Day 1: Semi-Finals (constituting 30% of the total Semi-Final score).
- Day 2: Semi-Finals (constituting 70% of the total Semi-Final score).
- Day 3: Finals (Top Five (5) teams per division)

Semi-Final scores will not carry to the Final Round. In the event of a tie for the final team advancing, both teams that are tied will advance. Based on registration, tournament officials will have the full authority to make the final determination of the Semi-Final and Final format, including number of teams selected to advance to the next round. The Top Three (3) Teams of each division will be presented Gold, Silver and Bronze Medallions for their achievements.

## **XX. PENALTIES**

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. For any questions concerning the legality of a move or trick, it is recommended to send a video copy of any skill of question to cheer.rules@cheerunion.org.

***We have reviewed the 2024 FISU WUC Cheerleading Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the competition and agree to adhere to the rules, policies and procedures contained herein. Rule clarifications and changes may occur throughout the season.***

\_\_\_\_\_  
*Team Name*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*City/State/Country*

\_\_\_\_\_  
*Coach/Director's Signature*

\_\_\_\_\_  
*Division*

\_\_\_\_\_  
*Captain's Signature*

\*Retain a copy of these rules for your files\*

# 2024 FISU WORLD UNIVERSITY CHAMPIONSHIPS (WUC) - CHEERLEADING (NATIONAL TEAMS) PERFORMANCE CHEER DIVISIONS RULES & REGULATIONS UNIVERSITY TEAM POM, HIP HOP & JAZZ UNIVERSITY DOUBLES POM & HIP HOP

## I. GENERAL RULES

- A. All teams must be supervised during all official functions by a qualified director/advisor/coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

## II. TOURNAMENT

- A. The event will take place on Thursday to Sunday 01-04 August 2024 in Split, Croatia.
  - Thursday 01 August 2024  
Evening – FISU WUC Cheerleading Opening Ceremony & Athlete Cultural Exchange
  - Friday 02 August 2024  
Day 1 Competition: Semi-Finals (30% of Semi-Finals Total Score)
  - Thursday 25 August 2024  
Day 2 Competition: Semi-Finals (70% of Semi-Finals Total Score)
  - Finalists Announced (Top 5 Teams per division advance to Finals, no scores carry to Finals)
  - Saturday 03 August 2024  
Day 3 Competition: Finals
  - FISU WUC - Cheerleading Medal Ceremonies
  - FISU WUC - Cheerleading Closing Ceremony
- B. The competition is scheduled to be held at the Arena Gripe Sports Centre, Split, Croatia
- C. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

## 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. For any questions concerning the legality of a move or skill, it is recommended to send a video copy of any skill of question to [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org).
- 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 and should be made exclusively by the advisor/coach.

## IV. 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 are 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.

## V. 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.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

#### **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.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

#### **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
  - 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. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
4. 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. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
  - d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

#### **VI. 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.

#### **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. MUSIC GUIDELINES**

- A. For the 2024 FISU WUC Cheerleading, all National Teams must follow the ICU Cheer Music Copyrights Educational Initiative (<http://cheerunion.org/education/musicinfo/>).

- B. I have read and understand the ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with the written license from the owner(s) of the sound recordings.
- C. Teams must check Music Provider list for updates and changes periodically. For any questions on music and the music guidelines, teams should email [portal@cheerunion.org](mailto:portal@cheerunion.org).
- D. Teams must be able to provide proof of licensing, in the form of a printed copy, during the registration at the Championships.
- E. 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 the ICU) or can count verbally.
- F. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition and not allowed to perform or compete.
- G. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- H. A challenge can only be made by the official coach or an official representative of a team competing at the event at where the challenge is being made.
- I. Challenge Process:
  - All music challenges must be submitted in writing to the FISU WUC Cheerleading head official.
  - There will be a €100 EURO fee to request a music challenge and must be in the form of EURO currency.
  - Fees collected will be returned if the challenge is correct.
  - If the team challenged can provide documentation during the event or can be verified, the fees will be donated to a local children's charity. (should a local children's charity is not identified at the time of the event, St. Jude Children's Research Hospital will be designated as the children's charity)
  - If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- J. 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. Should this responsible adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
- K. If available and if applicable, it is recommended that teams who prepare their routine music on a Digital Audio Workstation (DAW) should assure the volume of the music is at "0". Should a DAW be available, a few additional reminders:
  - Most DAWs have a default that sets a track at -6 when a track is added
  - Check to see if there is a normalization process after the work is rendered/saved
- L. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD's will no longer be allowed, and CD players will not be provided at competition.
- M. Use of a Smart Phone for playing routine music is not recommended due to the probably of music interference during the routine.
- N. MP3 devices must be free of any cover (protective, decorative, or otherwise) to assure an unobstructed connection with the event sound system.
- O. It is important that all devices have a headphone connection component/jack to connect to the sound system and that all devices are fully charged, volume turned up and placed in airplane mode.
- P. All device connection components/jacks must be clean and free of any debris to prevent a music malfunction. Should a team's device not have a headphone connection component/jack, then the team must have an adapter to accommodate this device requirement on site for the competition.

## **IX. SPECIFIC ROUTINE GUIDELINES**

### **A. CHOREOGRAPHY AND COSTUMING**

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material 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.
3. Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.)
4. Use of fire, noxious gases, live animals, and other potentially hazardous elements are strictly prohibited.

5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
8. Tights should be worn under briefs, hot pants, or excessively short shorts.
9. Footwear is required. Partial sole shoes 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.
10. Jewelry as a part of the costume is allowed.
11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
12. No cheers or chants are allowed.

#### **B. TIME LIMIT/MUSIC/ENTRANCES**

1. Each **Team** will have a maximum of two (2) minutes and fifteen (15) seconds (2:15).
2. Each **Doubles** will have a maximum of 1 minute and 30 seconds (1:30).
3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4. Timing will begin with the first choreographed movement or note of the music.
5. Timing will end with the last choreographed movement or note of the music.
6. If a performance (Team or Doubles) exceeds the time limit, a penalty will be assessed for each violation. There will be a one (1) point deduction per judge for 5-10 seconds over the time limit and a three (3) point deduction per judge for 11 seconds or more over the time limit.
7. All teams must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the Team or Doubles performance.
8. Teams must enter the performance floor as quickly as possible. Choreographed entrances/exits will not be allowed.

#### **C. PROPS**

1. A prop is defined as anything that is used in the routine choreography that is not/was not originally part of the costume.  
*Clarification 1: For Pom Categories, Poms are considered part of the uniform.*  
*Clarification 2: For Adaptive Abilities, Special Olympics & Special Abilities Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.*
2. Handheld props and free "standing props" in all categories are not allowed. Use of parts of a costume (e.g., costume elements- such as a necklace, jacket, hat, etc.) is allowed and may be used and discarded. *(Please see #1 for further clarification)*
3. Within the Pom Category, it is compulsory to use poms throughout the entire routine. If there are male performers in this category, they are not required to use poms.
4. No large free "standing props" will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a "standing prop".

#### **D. TEAM PARTICIPATION**

1. There will be 5 separate divisions:  
University Doubles Divisions: Pom & Hip Hop  
University Team Divisions: Pom, Hip Hop & Jazz
2. Each division will have a separate title winner.
3. Each country will provide a National Team comprised of individual team members. The National Team may compete in a single division or multiple divisions.
4. If the National Team chooses to compete in more than 1 division, it is permissible, but not compulsory for each individual team member to compete as part of the National Team in each division.
5. Each National Team may be comprised of as many individual team members as desired; however, the National Team may only participate in a division with a minimum of 16 performers (Team Pom & Team Hip

Hop) or 18 performers (Team Jazz) and a maximum of 20 on the floor at one time. It is permissible, but not compulsory, that the same individual team members compete in each division.

6. Each Doubles will be comprised of 2 team members.
7. Participants will be allowed to crossover into the National Team Divisions at the coaches' discretion as scheduling conflicts may occur.
8. FISU World University Championships are open to all student athletes that have not been out of university or an equivalent institution for more than a year, and that comply with the following FISU WUC eligibility requirements:
  - Be a national of the country they represent.
  - Be at least 18 and no older than 25 years of age on 31 December of the year of the event; for 2024, athletes must be born between the 01 January 1999 and the 31 December 2006.

*Note: Please contact your local NUSF for further details, as well as to coordinate 2024 FISU WUC Cheerleading National Team selection. For more information, see General Regulations FISU World University Championships: <https://accreditation.fisu.net/WUC-HB-25/Documents/General%20Regulations%20-%20FISU%20World%20University%20Championships.pdf>*
9. All genders are allowed to participate on the team.

## F. COMPETITION AREA

1. The performance floor will be approximately 42 x 42 feet/12.8 x 12.8 meters.
2. The surface will be professional grade material (e.g., Marley floor or a wooden parquet floor)
3. There is no penalty for stepping outside the performance floor area.

## G. CATEGORY DEFINITIONS

**POM:** Incorporates the use of proper Pom motion technique that is sharp, clean, and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels, and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. The uniform/costuming should reflect the category style. See score sheet for more information.

**HIP HOP:** Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See score sheet for more information.

**JAZZ:** Incorporates traditional or stylized dynamic movements with strength, continuity, presence, and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic, and motivating, with the understanding that the dynamics of movement may change to utilize musicality. The uniform/costuming should reflect the category style. See score sheet for more information.

## X. SPECIFIC RULES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated herein. This deduction does not apply to violations mentioned elsewhere that are designated a lesser point value.

## XI. PERFORMANCE CHEER DIVISIONS - RULES BY GENRE

### **POM DIVISIONS RULES – UNIVERSITY TEAM POM & POM DOUBLES (where applicable)**

#### A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
  - a. Non-airborne inverted skills are allowed. (*Example: Headstand*)

- b. Airborne inverted skills with hand support are not allowed while holding poms and/or articles of clothing (e.g., used for choreography purposes).
- c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding poms and/or an article(s) of clothing. (e.g., used for choreography purposes)
- 2. Skills with hip over-head rotation:
  - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. *(Exception: Forward rolls and backward rolls are allowed).*
  - b. Non-airborne skills are allowed.
  - c. Airborne skills with hand support are allowed provided that they are limited to 2 consecutive hip over-head rotation skills.
  - d. Airborne skills without hand support are allowed provided that all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip over-head rotation skills.
- 3. Simultaneous hip overhead rotation over and/or under another athlete is not allowed.
- 4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
Exception: Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level.
- 5. Landing in a push up position is not allowed from any airborne skill in which the legs start in front of the body and swing behind the body while holding poms and/or articles of clothing in supporting hand(s).

## **B. PERFORMED BY GROUPS AND PAIRS**

***Lifts and Partnering are allowed, but not required in all divisions with the following limitations:***

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

## **C. PERFORMED BY GROUPS AND PAIRS -DISMOUNTS TO THE PERFORMANCE SURFACE**

***(Clarification: May be assisted but not required)***

- 1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above head level.
  - b. The Performing Athlete does not pass through the prone or inverted position after the release.
- 2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. The highest point of the toss does not elevate the Performing Athlete's hips above head level.
  - b. The Performing Athlete is not supine or inverted when released.

- c. The Performing Athlete does not pass through a prone or inverted position after release.

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## **HIP HOP DIVISIONS RULES- UNIVERSTY TEAM HIP HOP & HIP HOP DOUBLES (where applicable)**

### **A. PERFORMED BY INDIVIDUALS**

1. Inverted Skills:
  - a. Non-airborne inverted skills are allowed. (*Example: Headstand*)
  - b. Airborne inverted skills with hand support are not allowed while holding article(s) of clothing (e.g., used for choreography purposes)
  - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing. (e.g., used for choreography purposes)
2. Skills with hip over-head rotation:
  - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. (*Exception: Forward rolls and backward rolls are allowed*).
  - b. Non-airborne skills are allowed.
  - c. Airborne skills with hand support are allowed provided the skill is limited to 2 consecutive hip over-head rotation skills.
  - d. Airborne skills without hand support are allowed provided all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip over-head rotation skills.
3. Simultaneous hip overhead rotation over and/or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level.
5. Landing in a push up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g., used for choreography purposes) is not allowed.

### **B. PERFORMED BY GROUPS OR PAIRS**

***Lifts and Partnering are allowed, but not required in all divisions with the following limitations:***

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

## **C. PERFORMED BY GROUPS AND PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE**

*(Clarification: May be assisted but not required)*

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

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## **JAZZ DIVISION RULES – UNIVERSITY TEAM JAZZ**

### **A. PERFORMED BY INDIVIDUALS**

1. Inverted Skills:
  - a. Non-airborne inverted skills are allowed. (*Example: Headstand*)
  - b. Airborne inverted skills with hand support are not allowed while holding article(s) of clothing (e.g., used for choreography purposes).
  - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing (e.g., used for choreography purposes).
2. Skills with hip over-head rotation:
  - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. (*Exception: Forward rolls and backward rolls are allowed*).
  - b. Non-airborne skills are allowed.
  - c. Airborne skills with hand support are allowed provided the skill is limited to 2 consecutive hip over-head rotation skills.
  - d. Airborne skills without hand support are allowed provided all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip over-head rotation skills.
3. Simultaneous hip overhead rotation over and/or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level.
5. Landing in a push up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g., used for choreography purposes) is not allowed.

### **B. PERFORMED BY GROUPS OR PAIRS**

***Lifts and Partnering are allowed, but not required in all divisions with the following limitations:***

1. At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level. *Exception: When a Performing Athlete is supported by 1 Supporting Athlete, they may be released at any level provided:*
  - a. *The Performing Athlete does not pass through an inverted position after the release.*
  - b. *The Performing Athlete is either caught by or supported to the performance surface by 1 or more Supporting Athlete(s).*
  - c. *The Performing Athlete is not caught in a prone position.*
  - d. *Any Supporting Athlete must have hands free for the duration of the skill to aid in the support/catch/release as needed.*

3. Hip over-head rotation of the Performing Athlete(s) is allowed provided that contact between the Performing Athlete(s) and at least 1 Supporting Athlete(s) is maintained until the Performing Athlete(s) returns to the performance surface or is returning to the upright body position.
4. A Vertical Inversion is allowed provided:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. At the point when the height of the Performing Athlete's shoulders exceeds shoulder level, there is at least 1 additional athlete to spot who is not concurrently bearing the weight of the Performing Athlete. *(Clarification: When there are 3 Supporting Athletes, and additional spot is not required).*

**C. PERFORMED BY GROUPS AND PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE**  
*(Clarification: May be assisted but not required)*

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

**XII. GLOSSARY OF TERMS**

For a full listing of the ICU Cheerleading Glossary of Terms (with video and visual examples as well), please see <https://cheerunion.org/performancecheerglossary/>. For any questions or requests for further clarification. Please email [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org)

**XIII. JUDGING CRITERIA & SCORESHEETS**

The judges will score the teams according to the judging criteria on a 100-point system. FISU World University Championships Performance Cheer scoresheets can be accessed <https://cheerunion.org/championships/cheerleading/>. Please email [portal@cheerunion.org](mailto:portal@cheerunion.org) for any questions and/or further clarification as needed.

**XIV. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of FISU & the International Cheer Union. As teams make their presentations, the judges will score the teams according to the judging criteria on a 100-point system. The highest score and lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first-place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

**XV. 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 scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

**XVI. FINALITY OF DECISIONS**

By participating in this championship, each team agrees that decisions 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.

**XVII. SEMI-FINALS AND FINALS**

The FISU 2024 WUC Cheerleading will host a semi-final and final round. Based on registration, each division will have 2 Semi-Final rounds and 1 Final round.

- Day 1: Semi-Finals (constituting 30% of the total Semi-Final score).
- Day 2: Semi-Finals (constituting 70% of the total Semi-Final score).
- Day 3: Finals (Top Five (5) teams per division)

Semi-Final scores will not carry to the Final Round. In the event of a tie for the final team advancing, both teams that are tied will advance. Based on registration, tournament officials will have the full authority to make the final determination of the Semi-Final and Final format, including number of teams selected to advance to the next round. The Top Three (3) Teams of each division will be presented Gold, Silver, and Bronze Medallions/Awards for their achievements.

**XVIII. PENALTIES**

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. For any questions concerning the legality of a move or skill, it is recommended to send a video copy of any skill of question to [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org)

***ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE 2024 FISU WUC PERFORMANCE CHEER COMPETITION AND ROUTINES RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES***

\_\_\_\_\_  
*Team Name*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*City/State/Country*

\_\_\_\_\_  
*Coach/Director's Signature*

\_\_\_\_\_  
*Division*

\_\_\_\_\_  
*Captain's Signature*

\*Retain a copy of these rules for your files\*