

# **INTERNATIONAL CHEER UNION**



**ORLANDO, USA**

**SUNDAY & MONDAY 23-24 APRIL 2023**

*(Administered During Cheerleading Worlds)*

**- For Individual Club Teams -  
General Information, Rules &  
Regulations**

# ICU INTERNATIONAL CHEERLEADING CUP 2023

(For Individual Club Teams – Not National Teams)

## ABOUT THE EVENT

- I. **OVERVIEW:** On Sunday & Monday 23 & 24 April 2023, during IASF/USASF Worlds and following the 2023 ICU Junior World & World Championships at Disney World's **ESPN Wide World of Sports®** Complex in Orlando USA, the ICU will host the inaugural ICU International Cheerleading Cup 2023 specifically for Individual "Club Teams" (not National Teams) that are Club Teams, Scholastic Teams (university teams & scholastic/school teams), Gymnasium/Gimnasio Teams, League Teams, Rec Teams, All Star Teams, etc. that will represent their own team but also their country in high level international competition.
  
- II. **TEAM QUALIFICATION:** Each of ICU's 117 National Cheer Federations may qualify up to 2 Individual Cheerleading "Club Teams" (up to 12 Club Teams total) for their respective country for the ICU International Cheerleading Cup to be held during Cheerleading Worlds at Disney World's **ESPN Wide World of Sports®** Complex in Orlando, USA on Sunday & Monday 23 & 24 April 2023.

The ICU International Cheerleading Cup has 12 Cheerleading Divisions available & 2 Performance Cheer Doubles Divisions available (for Individual Club Teams – see below) for a total of 14 ICC Divisions.

For the 12 Cheerleading Divisions, National Federations can qualify teams each age group (All Girl or Coed), and National Federations must select one of the two levels available for each All Girl Team & Coed Division Team (e.g., Senior = Premier or Elite / Junior = Elite or Advanced / Youth = Advanced or Median) that qualifies for the event. Therefore, out of 12 total divisions for the ICU International Cheerleading Cup, ICU NATIONAL FEDERATIONS have the RIGHT TO QUALIFY up to 2 Cheerleading Club Teams for 6 of the 12 International Cheerleading Cup Divisions available (up to 12 cheerleading club teams total per country/National Federation).

For the 2 Performance Cheer Divisions (Pom Doubles and Hip Hop Doubles), ICU NATIONAL FEDERATIONS have the RIGHT TO QUALIFY up to 2 Pom Doubles Teams and up to 2 Hip Hop Doubles Teams (crossovers are allowed) or up to 4 Doubles Team entries total.

For both the ICU ICC Cheerleading and Performance Cheer Divisions, ICU National Federation can qualify individual teams via the following methods:

- **ICU National Federation National Championship(s)** and/or an ICU National Federation designated event within the country
- **Local Event Producer(s) Competition(s)** pre-designated by ICU National Federation within the country
- **By ICU National Federation Committee**, video submission, or any manner pre-communicated to their cheer community within their respective country

*Note: For example, the Austria Federation could select the "Vienna Vikings" to represent the "Vienna Vikings from Austria" at the ICU International Cup instead of representing "Team Austria"; the Colombia Federation could select "Osos All Stars" or "Colegio Santa Ana" under their own team name instead of "Team Colombia"; the USA Federation could select "U of Louisville", or "Mater Dei High School", or "Top Gun All Stars" "from the USA", etc. to be competing under their own name instead of "Team USA"; the South Africa Federation could select "Curro Aurora School" to be "Curro Aurora School" "from South Africa" instead of "Team South Africa"; Thailand Federation could select "Bangkok University" to be "Bangkok University from Thailand", instead of "Team Thailand"; etc.*

- III. FOR CHEERLEADING DIVISIONS & PERFORMANCE CHEER DOUBLES DIVISIONS ONLY:** The 2023 ICU International Cheerleading Cup will only be for Cheerleading Teams Only & Performance Cheer Pom & Hip Hop Doubles Divisions Only (no Performance Cheer TEAMS) because the IASF Performance Cheer TEAM Divisions are already similar in criteria to that of ICU. Per the same rules since 2009, ICU National Teams have the option to join the IASF Divisions or the ICU International Cup Divisions; and as the IASF Performance Cheer TEAM Divisions & criteria are very similar to the ICU World Championships, only Cheerleading Divisions & Performance Cheer Doubles Divisions will be offered for the ICU International Cheerleading Cup in 2023.
- IV. CROSS-OVER GUIDELINES:** Crossovers are allowed within the ICU Junior World & World Cheerleading Championships event, the International Cheerleading Cup Event (ICC), and within the IASF Performance Cheer (PC) Divisions Only (per the IASF PC Rules). However, for scheduling purposes, Crossovers are not allowed for any Cheerleading Team within the 3 days of the IASF/USASF Worlds and ICC Teams may not crossover into IASF/USASF Worlds for scheduling reasons. As is the rule since 2009, ICU National Teams are allowed to crossover into the IASF divisions or ICU International Cheerleading Cup Divisions; however, all IASF & ICU International Cheerleading Cup eligibility and rules criteria apply.
- V. RULES, SCORESHEETS & JUDGING PROCESSES:** The 2023 ICU International Cheerleading Cup Divisions Rules and Scoresheets will be the same rules and scoresheets used at the 2023 ICU Junior World & World Cheerleading Championships and will be judged by ICU World Championships Panel of Judges.
- VI. DIVISIONS:** The ICU International Cheerleading Cup has 12 Cheerleading Divisions and 2 Performance Cheer Doubles Divisions (for Individual Club Teams).

For the ICC Cheerleading Divisions: Within each age group, for All Girl and Coed respectively, National Federations will have two levels to choose from (e.g., Senior = Premier or Elite / Junior = Elite or Advanced / Youth =Advanced or Median). Countries must choose one level for both teams entered, as is applicable. All Girl & Coed Divisions levels within an age group can be the same or different.

For the ICC Performance Cheer Doubles Divisions: Countries may enter up to 2 teams per division.

The ICU International Cup Divisions are as follows:

ICC NATIONAL FEDERATION CHOICES		
CHEERLEADING DIVISIONS		
SENIOR DIVISIONS (16 years +)		
1	All Girl Premier (16-24 athletes) or	Countries must choose one level for both teams- if a country selects 2 teams for Senior All Girl
2	All Girl Elite (16-24 athletes)	
3	Coed Premier (16-24 athletes) or	Countries must choose one level for both teams- if a country selects 2 teams for Senior Coed
4	Coed Elite (16-24 athletes)	
JUNIOR DIVISIONS (15-18 years)		
5	All Girl Elite (16-24 athletes) or	Countries must choose one level for both teams- if a country selects 2 teams for Junior All Girl
6	All Girl Advanced (16-24 athletes)	
7	Coed Elite (16-24 athletes) or	Countries must choose one level for both teams- if a country selects 2 teams for Junior Coed
8	Coed Advanced (16-24 athletes)	
YOUTH DIVISIONS (12-14 years)		
9	All Girl Advanced (16-24 athletes) or	Countries must choose one level for both teams- if a country selects 2 teams for Youth All Girl
10	All Girl Median (16-24 athletes)	
11	Coed Advanced (16-24 athletes) or	Countries must choose one level for both teams- if a country selects 2 teams for Youth Coed
12	Coed Median (16-24 athletes)	
PERFORMANCE CHEER DIVISIONS		
SENIOR DIVISIONS (16 years +)		
1	Pom Doubles (2 athletes)	Countries may enter up to 2 teams
2	Hip Hop Doubles (2 athletes)	Countries may enter up to 2 teams

**VII. COMPETITION SCHEDULE:** The ICU International Cheerleading Cup will be held on Sunday & Monday 23-24 April 2023 during IASF/USASF Worlds. The exact event daily schedule on Sunday & Monday 23-24 is to be determined (TBD), based on registration as this is a 1<sup>st</sup> year event. Regarding the World Championships Week schedule (as shown below), upon completion of the ICU World Championships (National Teams) on Friday 21 April 2023, there will be a “free day/open day” for open rehearsals on Saturday 22 April 2023 for the ICU International Cheerleading Cup Teams. On the afternoon of Sunday 23 April 2023, the ICU International Cheerleading Cup will begin at Disney World’s **ESPN Wide World of Sports®** Complex VISA Center and will run all day through Monday 24 April 2023 while the IASF/USASF Worlds is underway as well. The Championships Week 2023 schedule overview will be as follows:

		<b>Wed-Fri 19-21 April 2023</b>	<b>Sat 22 April 2023</b>	<b>Sun 23 April 2023</b>	<b>Mon 24 April 2023</b>
ICU	EVENT	ALL DAY: ICU Junior World & World Championships (National Teams)	ALL DAY: ICU Int'l Cheerleading Cup Open Practices	AFTERNOON: ICU Int'l Cheerleading Cup Day 1 (Schedule TBA)	ALL DAY: ICU Int'l Cheerleading Cup Day 2 & Awards
	VENUE	WWOS Field House & Arena	PRACTICE VENUE TBA	WWOS VISA Center	WWOS VISA Center
IASF/USASF	EVENT	IASF Begins (Friday 21 April 2023)	ALL DAY: IASF/USASF Worlds	ALL DAY: IASF/USASF Worlds	ALL DAY: IASF/USASF Worlds
	VENUE	WWOS VISA CENTER	WWOS Complex & Coronado Springs	WWOS Complex & Coronado Springs	WWOS Complex & Coronado Springs

**VIII. AWARDS:** In each division, the ICU International Cheerleading Cup teams will receive Gold, Silver and Bronze ICU International Cheerleading Cup medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, as well as an ICU International Cheerleading Cup Champion Trophy for 1<sup>st</sup> place teams. A traditional medal award ceremony will be administered for each division as well, with national anthems played for the division champion teams.

**IX. BROADCAST/STREAMING:** The ICU International Cheerleading Cup is scheduled to be live streamed by the Olympic Channel.

**X. REGISTRATION:** Registration for the ICU International Cheerleading Cup Divisions 2023 will be available through <https://cheerunion.org/championships/cheerleading/> and is exclusive to the 117 National Cheer Federations of the International Cheer Union (ICU). The registration package will be similar to that of the ICU Junior World & World Championships, as well as the IASF/USASF Worlds and will be managed through the World Championships Week Registration Team. For Cheerleading Teams competing in the ICU Junior World & World Championships & the ICU International Cheerleading Cup, there is no additional fees to compete in both events, with the exception of any added costs associated with additional days of stay to compete at both competitions.

# ICU INTERNATIONAL CHEERLEADING CUP 2023

## (For Individual Club Teams – Not National Teams)

### GENERAL INFORMATION

#### I. TENTATIVE SCHEDULE OF EVENTS

**Wednesday – Friday 19 -21 April 2023**

- ICU Junior World & World Cheerleading Championships (National Teams)

**Saturday 22 April 2023**

- USASF/IASF Worlds (Day 1)
- **ICU International Cup Division Team Open Practice (Open Practice Schedule TBA)**

**Sunday 23 April 2023**

- USASF/IASF Worlds (Day 2)
- **NEW: ICU International Cup Division Competition (Day 1: Schedule TBA)**

**Monday 24 April 2023**

- USASF/IASF Worlds (Day 3/Final Day)
- **NEW: ICU Cup Division Competition (Day 2: Schedule TBA)**
- World Championships Week Block Party

#### II. INTERNATIONAL CHEERLEADING CUP DIVISIONS-CHEERLEADING

**(Twelve (12) Total Cheerleading Divisions: 4 Youth, 4 Junior & 4 Senior Divisions)**

##### A. YOUTH DIVISIONS (4 Divisions = Ages 12-14 in the year of competition)

*The ICU International Cheerleading Cup will offer 2 levels of Cheerleading for the Youth All Girl & Youth Coed Divisions*  
Nations can select up to two (2) club teams for either of the following All Girl Divisions:

1. **Youth All Girl Median** (similar to Level 3)
2. **Youth All Girl Advanced** (similar to Level 4)

Nations can select up to two (2) club teams for either of the following Coed Divisions:

1. **Youth Coed Median** (similar to Level 3)
2. **Youth Coed Advanced** (similar to Level 4)

**Note:** Each nation can enter two (2) club teams for the Youth All Girl Division (Median or Advanced) and two (2) club teams for the Youth Coed Division (Median or Advanced). The nation with a club team that wins either the Youth All Girl Median Division or Youth Coed Median Division at the ICU International Cheerleading Cup 2023 will be required to compete in the 2024 Youth Advanced Division within the All Girl or Coed Division respectfully

##### B. JUNIOR DIVISIONS (4 Divisions = Ages 15-18 in the year of competition)

*The ICU International Cheerleading Cup will offer 2 levels of Cheerleading for the Junior All Girl & Junior Coed Divisions*  
Nations can select up to two (2) club teams for either of the following All Girl Divisions:

1. **Junior All Girl Advanced** (similar to Level 4)
2. **Junior All Girl Elite** (similar to USASF-IASF Level 6)

Nations can select up to two (2) club teams for either of the following Coed Divisions:

1. **Junior Coed Advanced** (similar to Level 4)
2. **Junior Coed Elite** (similar to USASF-IASF Level 6)

**Note:** Each nation can enter two (2) club teams for the Junior All Girl Division (Advanced or Elite) and two (2) club teams for the Junior Coed Division (Advanced or Elite). The nation with a club team that wins either the Junior All Girl Advanced Division or Junior Coed Advanced Division at the ICU International Cheerleading Cup 2023 will be required to compete in the 2024 Junior Elite Division within the All Girl or Coed Division respectfully

##### C. SENIOR DIVISIONS (4 Divisions = Ages 16 years + in the year of competition)

*The ICU International Cheerleading Cup will offer 2 levels of Cheerleading for the Senior All Girl & Senior Coed Divisions*  
Nations can select up to two (2) club teams for either of the following All Girl Divisions:

1. **All Girl Elite** (similar to USASF-IASF Level 6)
2. **All Girl Premier** (similar to USASF-IASF Level 7)

Nations can select up to two (2) club teams for either of the following Coed Divisions:

1. **Coed Elite** (similar to USASF-IASF Level 6)
2. **Coed Premier** (similar to USASF-IASF Level 7)

**Note:** Each nation can enter two (2) club teams for the Senior All Girl Division (Elite or Premier) and two (2) club teams for the Senior Coed Division (Elite or Premier). The nation with a club team that wins either the Senior All Girl Elite Division or Senior Coed Elite Division at the ICU International Cheerleading Cup 2023 will be required to compete in the 2024 Senior Premier Division within the All Girl or Coed Division respectfully

### III. **INTERNATIONAL CHEERLEADING CUP DIVISIONS-PERFORMANCE CHEER**

(Two (2) Total Performance Cheer Divisions: Senior Pom Doubles Pom & Senior Hip Hop Doubles)

#### A. **SENIOR DOUBLES DIVISIONS (2 Divisions = Ages 16+ in the year of competition)**

Nations can select up to two (2) club teams for either of the following Doubles Divisions:

1. **Senior Pom Doubles** (2 athletes)
2. **Senior Hip Hop Doubles** (2 athletes)

### IV. **TIME OF ROUTINE**

CHEERLEADING DIVISIONS

A. **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.

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

PERFORMANCE CHEER DIVISIONS - POM DOUBLES & HIP HOP DOUBLES ONLY

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

### V. **CHEER PORTION OF ROUTINE – ALL DIVISIONS**

*(Only Cheerleading Divisions are part of the ICU International Cheerleading Cup 2023)*

For the ICU International Cheerleading Cup 2023, a Cheer must be included in the beginning or middle of routine. Use of native language (including sign language) in the Cheer and using a more national pride style cheer and/or a cheer promoting the club/school/university/rec/all star team or programme 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. Video examples can be provided; again, native language (including sign language) is encouraged.

### V. **TEAM SIZE/NUMBER OF ATHLETES PER TEAM**

CHEERLEADING DIVISIONS

- *Minimum 16 athletes, maximum 24 athletes*

PERFORMANCE CHER DIVISIONS - POM DOUBLES & HIP HOP DOUBLES ONLY

- *2 athletes*

### VI. **AGE OF ATHLETE (Same age criteria as the ICU Junior World & World Cheerleading Championships)**

A. **All Youth Divisions**: Ages 12-14 years old within the year of the ICU International Cheerleading Cup 2023

**Note**: Athletes born in the years of 2008, 2009, 2010, 2011 will be eligible for the Youth Division(s) in 2023. Any team proven to be in violation of the age requirements will be automatically disqualified

B. **All Junior Divisions**: Ages 15-18 years old within the year of the ICU International Cheerleading Cup 2023

**Note**: Athletes born in the years of 2004, 2005, 2006, 2007, 2008 will be eligible for the Junior Division(s) in 2023. Any team proven to be in violation of the age requirements will be automatically disqualified

C. **All Senior Divisions**: Ages 16 years or older within the year of the ICU International Cheerleading Cup 2023

**Note**: Athletes born in 2007 or earlier will be eligible for the Senior Division(s) in 2023. Any team proven to be in violation of the age requirements will be automatically disqualified

### VII. **CROSSOVERS (athletes participating in multiple divisions)**

For reasons of team scheduling logistics, athlete crossovers between divisions & categories within the ICU International Cheerleading Cup is allowed but not within the IASF & USASF Cheerleading events. However, teams competing in the 2023 ICU Junior World & World Cheerleading Championships are allowed to crossover into the ICU International Cheerleading Cup or into the IASF & USASF events competing as a Club Team, as long as all respective athlete(s) meet division eligibility criteria of each Championships event. *Note: IASF Performance Cheer Teams may cross-over into other genres/divisions for the IASF Event per the IASF rules, as well as into ICU ICC Doubles Divisions*

### VIII. **RESIDENCE OF ATHLETES**

All athletes are required to be a legal citizen or must have a minimum of six (6) month consecutive permanent resident of the respective nation where their club team is located on the ICU International Cheerleading Cup date of competition.

### IX. **HEALTH PRECAUTIONS (e.g. COVID-19, etc.) & GUIDELINES**

ICU will fully comply with all health policies & guidelines required by local authorities at the ICU International Cheerleading Cup 2023 and full compliance will be required of all attendees as well. Should any measures be required, the ICU reserves the right to take any required measures, at any time, to assure the safety of our athletes and all attendees in relation to these championships.

**X. ICU ANTI-DOPING RULES & REGULATIONS – GUIDELINES & OPERATIONS PROCEDURES**

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)

**XI. ICU RULES & REGULATIONS AGAINST ILLEGAL BETTING & COMPETITION FIXING**

ICU is committed to fair play for our athletes and the integrity of the sport and follows rules and regulations in the fight against illegal betting and competition fixing.

[https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013\\_Website/About%20Us/Documents/ICU\\_Rules\\_Competition-Fixing.pdf](https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/About%20Us/Documents/ICU_Rules_Competition-Fixing.pdf)

**XII. ICU PRIVACY POLICIES**

ICU is committed to your privacy. ICU's Privacy Policies: <http://cheerunion.org/contact/privacypolicy/>

**XIII. ICU SAFEGUARDNG POLICIES**

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/>

*Note: Additional ICU International Cheerleading Cup venue safeguarding requirements provided upon team registration.*

# ICU INTERNATIONAL CHEERLEADING CUP 2023

## CHEERLEADING & PERFORMANCE CHEER (DOUBLES) DIVISIONS

### GENERAL RULES, REGULATIONS & GUILDINES

#### 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 Sunday 23 April 2023 to Sunday 24 April 2023 in Orlando Florida.

*Note: Open rehearsals will be held on Saturday 22 April 2023*

Sunday 23 April 2023

ICU International Cup Division Competition (Day 1: Schedule TBA)

Monday 24 April 2023

ICU International Cup Division Competition (Day 2/Final Day: Schedule TBA)

(Evening) World Championships Week Block Party

- B. The competition is scheduled to be held at the ESPN Wide World of Sports ® Complex.
- 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 (CHEERLEADING ONLY)**

In an effort to promote a higher level of safety for competing athletes, the ICU International Cheerleading Cup 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 ICU International Cheerleading Cup, all teams will have the choice of following the USA Cheer Music Copyrights Educational Initiative (<https://www.usacheer.org/music>) or the ICU Music Copyrights Educational Initiative. (<http://cheerunion.org/education/musicinfo/>).
- B. I have read and understand the USA Cheer or 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 National Federation 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 International Cheer Union head official.
  - There will be a \$100 USD fee to request a music challenge and must be in the form of USA 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, St. Jude Children's Research Hospital.
  - 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 start 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.
- Q. Teams may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

**X. LOGO USAGE**

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

**XI. MEDIA POLICY**

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to ICU and its affiliates, designees, agents, licensees and invitees to use the image, likeness, action and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

# ICU INTERNATIONAL CHEERLEADING CUP 2023

## CHEERLEADING DIVISIONS - SAFETY RULES & REGULATIONS

### All Girl & Coed (Youth, Junior & Senior) Divisions

#### I. 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: Adaptive Abilities & 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 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 stunts, pyramids or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses.  
Exception: For Adaptive Abilities & Special Abilities Athletes, 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. An athlete is not permitted to be “replaced” by another athlete 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

## II. DIVISIONS (BY LEVEL) - SAFETY RULES

### ICU MEDIAN DIVISION RULES (YOUTH MEDIAN DIVISIONS)

#### **MEDIAN 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, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.  
*Clarification: An individual may jump (rebound) over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.  
*Clarification: Although not applicable for the Median Division as flips are not allowed; for divisions that allow flips (e.g., Advanced-Premier Divisions), athletes 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 1: Dive rolls performed in a swan/arched position are not allowed.  
Exception 2: 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.  
Example: If an athlete in the Median Division performs a round off - toe touch - back handspring- back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Division Standing Tumbling regulations.

#### **MEDIAN DIVISION - STANDING TUMBLING**

- A. Flips are not allowed.  
*Clarification: Jumps connected to  $\frac{3}{4}$  front flips are also not allowed.*
- B. Series front and back handsprings are allowed.
- C. No twisting while airborne.  
Exception: Round offs are allowed.

#### **MEDIAN DIVISION - RUNNING TUMBLING**

- A. Flips must follow the enclosed conditions:

1. Back flips may ONLY be performance in tuck position only from a round off or round off back handspring(s). Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
  2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.
  3. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
  4. Aerial cartwheels, running front tucks, and  $\frac{3}{4}$  front flips are allowed.  
*Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.*
- B. No tumbling is allowed after a flip or an aerial cartwheel.  
*Clarification: If any tumbling follows a flip or an aerial cartwheel, at least 1 step into the next tumbling skills must be included to separate the 2 passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete(s) finishes the skill with both feet together, then 1 step is all that is needed to create a new tumbling pass.*
- C. No twisting is allowed while airborne.  
Exception: Round offs are allowed.  
Exception: Aerial cartwheels are allowed.

### **MEDIAN 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 1 twisting rotation 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, is not allowed if the resulting cumulative rotation of the top person exceeds a 1 rotation. 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. Full twisting transitions must land at and original from prep level or below only.  
Example: No full ups (1 twist or more) to an extended position.
- E. Twisting transitions to and from an extended position may not exceed a  $\frac{1}{2}$  twisting rotation.  
*Clarification: A twist performed with an additional turn by the bases performed in the same level set, would be not allowed if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation.*
- F. During stunts and transitions, at least 1 base must remain in contact with the top person.  
Exception: See “Release Moves”.
- G. Free flipping stunts and transitions are not allowed.
- H. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.  
*Clarification 1: This rule pertains to an athlete’s torso (midsection of an athlete’s body) not moving over or under the torso of another athlete; this does not pertain to an athlete’s arms or legs.*  
*Clarification 2: A top person may not pass over or under the torso (midsection of an athlete’s body) of another top person regardless of whether the stunt or pyramid is separate or not.*  
Example: A shoulder sit walking under a prep is not allowed.  
Exception: An individual may jump over another individual.
- I. Single based split catches are not allowed.
- J. Single based stunts with multiple top persons require a separate spotter for each top person.
- K. Extended single leg top persons may not connect to any other extended single leg top person.
- L. **MEDIAN DIVISION Stunts-Release Moves**
1. Release moves are allowed but must not exceed extended arm level.  
*Clarification: If the release move passes above the bases’ extended arm level, it will be considered a toss and/or dismount and must follow the appropriate “Toss” and/or “Dismount” 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, 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. Releasing from an inverted to non-inverted position is not allowed.
3. Release moves must start at waist level or below and must be caught at prep level or below.
4. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
5. Release moves are restricted to 1 skill/trick and 0 twists. Only skills performed during the release attribute to the 1 skill/trick and 0 twists limitation. Therefore, placement to an immediate body position would not be considered a skill.  
Exception: Log/barrel rolls may twist up to 1 rotation and must land in a cradle or a flat and horizontal body position. (i.e., Flat back or prone position)  
*Clarification: Single based log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.*
6. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception 1: See Median Division Dismount "C".  
Exception 2: Dismounting single based stunts with multiple top persons.
7. Helicopters are not allowed.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
10. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting single based stunts with multiple top persons.

#### M. **MEDIAN DIVISION Stunts-Inversions**

1. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.  
Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a separate hand of the base(s).
2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.  
Exception (a): A multi-based suspended forward roll may twist up to 1 full twisting rotation (See #1 Exception above). A Forward Suspended Roll exceeding a ½ twist must land in a cradle.  
Exception (b): In a multi-based suspending backward roll, the top person may not twist.
3. Downward inversions are allowed at waist level and must be assisted by at least 2 bases/catchers positioned at the waist to shoulder level to protect the head and shoulder area. The top person must maintain contact with the original base.  
*Clarification 1: The stunt may not pass through prep level and then become inverted below prep level or below. (The momentum of the top person coming down is the primary safety concern.)*  
*Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.*  
*Clarification 3: Two-leg Pancake stunts are not allowed in the Median Division.*
4. Downward inversions may not come into contact with each other.
5. 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.*

#### **MEDIAN DIVISION PYRAMIDS**

- A. Pyramids must follow Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.  
Exception: See Median "Pyramid Release Moves"
- C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt, pyramid, or individual.  
*Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

Example: A shoulder sit walking under a prep is not allowed.

- E. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep level or below and at least 1 base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiating of the skill and must remain in contact throughout the skill. A Hand/arm connection does not include the shoulder.

F. **MEDIAN DIVISION PYRAMIDS - Release Moves**

- 1. Any skill allowed as a Median Division Release Move is also allowed if it remains connected to a base and 2 bracers.
- 2. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performance surface and must follow the Median Division dismount rules.
- 3. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

*Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least 2 bracers at prep level or below with an arm/arm connection. The connections must be made prior to the initiation of the skill and must remain in contact throughout the skill.*

*Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Median Division "Stunt Release Moves" or "Dismounts" criteria.*

- 4. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these top person contacts must be in a hand/arm-to-hand/arm connection; the other may be either in a hand/arm-to-hand/arm connections or in a hand/arm-to-foot/lower leg (below the knee) connection.

*Clarification 1: Pyramid Release Moves must be braced on 2 different sides (e.g., right side/left side or left side/back side, etc.) by 2 separate bracers. (Example: 2 bracers on the same arm are not allowed.) A top person must be braced on 2 of the 4 sides (front, back, right, or left) of her/his body.*

*Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.*

- 5. Primary weight may not be borne at the 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*
- 6. These release transitions may not involve changes bases.
- 7. These transitions 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.
- 8. Release moves may not be braced/connected to the top person(s) above prep level.

G. **MEDIAN DIVISION Pyramids-Inversions**

- 1. Must follow Median Division "Stunt Inversions" rules.
- 2. A top person may pass through an inverted position during a pyramid position IF the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and also a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base(s) that remains in contact with the top person may extend their arms during the transition if the skill(s) starts and ends in a position at prep level or below.

Example 1: A flat back split that rolls to a load in position is allowed even if the base(s) extends their arms during the inversion skill.

Example 2: A flat back that rolls into an extended position is not allowed because the skill did not first land in a position below the extended level.

H. **MEDIAN DIVISION Pyramids-Release Moves w/ braced inversions**

- 1. Pyramid transitions may involve inversions while released from the bases.



## **MEDIAN DIVISION - DISMOUNTS**

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

- A. Cradles from single based stunts must have a 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 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 a 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. Only straight pop downs, basic straight cradles, and  $\frac{1}{4}$  turns are allowed from any single (1 leg) stunt.
- E. Up to a 1  $\frac{1}{4}$  twisting rotations are allowed from all 2 - leg stunts.  
*Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Median Division "Stunts" regarding Twisting Stunts and Transitions specifically.*
- F. 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 props.  
Exception: If the "prop" is a mobile device of an Adaptive Abilities athlete, then it is allowed.
- G. Up to 1 trick is allowed during a dismount from any 2-leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e., twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. 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.
- N. Dismounts from an inverted position are not allowed.

## **MEDIAN DIVISION - TOSSES**

- A. Up to 1 trick allowed (may not exceed 1 $\frac{1}{4}$  twist).  
*Clarification: An 'arch' is not a trick.*  
Exception: A Ball-X toss is allowed.
- B. During a twisting toss, no skill other than the twist is allowed.

## **ICU ADVANCED DIVISION RULES** **(YOUTH & JUNIOR ADVANCED DIVISIONS)**

### **ADVANCED 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, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.

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 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: 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.

Example: If an athlete in Advanced performs a roundoff - toe touch - back handspring - whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced Standing Tumbling regulations.

### **ADVANCED DIVISION - STANDING TUMBLING**

A. Standing flips and flips from a back handspring entry are allowed.

B. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

C. Consecutive flip-flip combinations are not allowed.

Example: Back tuck – back tuck, back tuck – punch front is not allowed.

D. Jump skills are not allowed in immediate combination with a standing flip.

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

*Clarification 1: Jumps connected to  $\frac{3}{4}$  front flips are not allowed.*

*Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

### **ADVANCED DIVISION - RUNNING TUMBLING**

A. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

### **ADVANCED 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 to prep level are allowed up to 1  $\frac{1}{2}$  twisting rotations by the top person in relation to the performing surface.

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1  $\frac{1}{2}$  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. Twisting stunts and transitions to an extended position are allowed under the following conditions:

1. Extended skills up to a  $\frac{1}{2}$  twist are allowed.

Example: A  $\frac{1}{2}$  up to extended single leg stunt is allowed.

*Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e., a 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.*

2. Extended skills exceeding a  $\frac{1}{2}$  twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).

Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

*Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.*

*Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips*

*of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e., a 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.*

- E. During transitions, at least 1 base must remain in contact with the top person.  
Exception: See "Release Moves".
- F. Free flipping mounts and transitions are not allowed.
- G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.  
*Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.*  
Example: A shoulder sit walking under a prep is not allowed.  
Exception 1: An individual may jump over another individual.  
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- H. Single based split catches are not allowed.
- I. Single based stunts with multiple top persons require a separate spotter for each top person.
- J. Extended single top persons may not connect to any other extended single leg top person.
- K. **ADVANCED DIVISION Stunts-Release Moves**
  - 1. Release moves are allowed but must not exceed extended arm level.  
*Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount and must follow the appropriate "Toss" and/or "Dismount" 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, 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 inverted to non-inverted positions may not twist. Release moved 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 catchers 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 performing surface without assistance.* Exception 1: See Advanced Division Dismount "C".  
Exception 2: Dismounting single based stunts with multiple top persons.
  - 5. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping.
  - 6. Release moves initiating from an extended level may not twist.
  - 7. Helicopters are allowed up to a 180-degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  - 8. Release moves may not intentionally travel.
  - 9. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
  - 10. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting single based stunts with multiple top persons.
- L. **ADVANCED DIVISION Stunts-Inversions**
  - 1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
  - 2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.  
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.  
*Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)*  
*Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person. Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.*

Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.

*Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.*

3. Downward inversions must maintain contact with an original base.

Exception: Side rotating downward inversions.

Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

4. Downward inversions may not come into contact with each other.

- M. 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.*

### **ADVANCED DIVISION – PYRAMIDS**

- A. Pyramids must follow Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

- B. Top persons must receive primary support from a base.

Exception: See "Advanced Pyramid Release Moves"

- C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.

- D. No stunt or pyramid may move over or under another separate stunt or pyramid.

*Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

- E. Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to 2 bracers.

- F. **ADVANCED 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(s) throughout the entire transition.

*Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

Exception: While a tick-tock from prep level or higher to an extended position (e.g., low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tick-tock must be braced the entire time during the release from the bases.

*Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division "Stunt Release Moves" or "Dismounts" criteria.*

*Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.*

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

3. Primary weight may not be borne at the 2<sup>nd</sup> level.

*Clarification: The transition must be continuous.*

4. Non-inverted transitional pyramids may involve changing bases under the following conditions:

- 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. 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.
6. Release moves may not be braced / connected to the top persons above prep level.

**G. ADVANCED DIVISION PYRAMIDS – Inversions**

1. Must follow Advanced Division Stunt Inversions rules.

**H. ADVANCED 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 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

*Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

*Clarification 2: Braced flips must be braced on 2 separate sides (i.e., right side - left side, left side- back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right, or left) of their body.*

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. 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. All required catchers/spotters must be stationary.
  - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - c. The required 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.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

**ADVANCED DIVISION – DISMOUNTS**

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

- A. Cradles from single based stunts must have a 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 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 2- leg stunts.
 

*Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.*
- E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.
 

*Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.*

- F. 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.
- G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.
- L. 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.
- M. Dismounts from an inverted position may not twist.

### **ADVANCED 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 tricks are allowed during a toss.  
Example: Kick full, full up toe touch.
- G. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
- H. Tosses may not exceed 2 ¼ twisting rotations.
- I. 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 other top persons.
- J. Only a single top person is allowed during a toss.

### **ICU ELITE DIVISION RULES** **(JUNIOR & SENIOR 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 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.

3. 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 persons 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.

## **ICU PREMIER DIVISION RULES** **(SENIOR 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-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.  
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 below.
    - 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 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 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.*
- 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:  $\frac{3}{4}$  front flip to cradle may occur from a  $2\frac{1}{2}$  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,  $\frac{3}{4}$  front flip to cradle from  $2\frac{1}{2}$  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  $2\frac{1}{2}$  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  $1\frac{1}{4}$  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  $1\frac{1}{2}$  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  $3\frac{1}{2}$  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  $1\frac{1}{2}$  twisting rotations or  $\frac{3}{4}$  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.

### **III. 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)

### **VI. 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.
- H. Teams may not use Disney Themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

### **V. COMPETITION AREA**

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

### **VI. JUDGING CRITERIA & SCORESHEETS**

The judges will score the teams according to the judging criteria on a 100-point system. ICU International Cheerleading Cup 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.

### **VII. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of 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.

### **XX. 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.

### **XXI. 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.

**XXII. SEMI-FINALS AND FINALS**

ICU reserves the right to determine if a semi-final or final round will be necessary. All divisions with one round of competition prior to the finals will be classified as a semi-final. Ten (10) of the teams in each semi-final round will advance to the finals. In the event of a tie for the final team advancing, both teams that are tied will advance. Tournament officials will have the full authority to make the final determination of the number of teams selected to advance to the next round.

**XXIII. APPEARANCES, ENDORSEMENTS, AND PUBLICITY**

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

**XXIV. 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 ICU 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\*

# ICU INTERNATIONAL CHEERLEADING CUP 2023

## PERFORMANCE CHEER DIVISIONS - SAFETY RULES & REGULATIONS

### Pom & Hip Hop Doubles Divisions

#### 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. 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 **Doubles** will have a maximum of 1 minute and 30 seconds (1:30).
2. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
3. Timing will begin with the first choreographed movement or note of the music.
4. Timing will end with the last choreographed movement or note of the music.
5. If a team 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.
6. 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 performance.
7. Teams must enter the performance floor as quickly as possible. Choreographed entrances/exits will not be allowed.
8. Teams may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.



### 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: For Pom Categories, Poms are considered part of the uniform.*
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”.

### III. COMPETITION AREA

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

### IV. 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.

### V. 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.

### VI. PERFORMANCE CHEER DIVISIONS - RULES BY GENRE

#### **POM DOUBLES DIVISION RULES**

##### **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 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 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.

## **HIP HOP DOUBLES DIVISIONS RULES**

### **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.

## **VII. 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)

## **VIII. JUDGING CRITERIA & SCORESHEETS**

The judges will score the teams according to the judging criteria on a 100-point system. ICU World Championships 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.

## **IX. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of 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.

## **X. 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.

## **XI. 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.

## **XII. SEMI-FINALS AND FINALS**

ICU reserves the right to determine if a semi-final or final round will be necessary. All divisions with one round of competition prior to the finals will be classified as a semi-final. Ten (10) of the teams in each semi-final round will advance to the finals. In the event of a tie for the final team advancing, both teams that are tied will advance. Tournament officials will have the full authority to make the final determination of the number of teams selected to advance to the next round.

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

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

## **XIV. 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 [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org)

**ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE ICU 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\*