



**WORLD<sup>®</sup>**  
**SCHOOL**  
CHEERLEADING CHAMPIONSHIPS

**5-7 February 2021**

**DIVISIONS, RULES &  
REGULATIONS INFORMATION**

**(2021 Info. Enclosed. Tentative – Subject to Change)**

# 2021 WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS (WSCC) COMPETITION RULES AND REGULATIONS (Tentative)

## I. GENERAL RULES

### A. PERFORMANCE ROUTINE DIVISIONS

#### SPECIAL & ADAPTIVE ABILITIES DIVISIONS

**Special Abilities Unified:** 8 years and older (within the year of competition), 5-25 female/male athletes, 50% or more athletes with intellectual disabilities per team

**Special Abilities Traditional:** 8 years and older (within the year of competition), 5-25 female/male athletes, 100% of team comprised of athletes with intellectual disabilities per team

**Adaptive Abilities Unified:** 8 years and older (within the year of competition), 5-25 female/male athletes, 25% or more athletes with disabilities per team

#### PRIMARY SCHOOL/CLUB DIVISIONS

**Primary Novice (L1):** 6 years and younger (within the year of competition), 5-25 female/male athletes

**Primary Intermediate (L2):** 8 years and younger (within the year of competition), 5-25 female/male athletes

**Primary Median (L3):** 10 years and younger (within the year of competition), 5-25 female/male athletes

#### JUNIOR SCHOOL DIVISIONS –Primary/Junior School

**Junior School:** 5-25 female/male athletes

#### VARSITY SCHOOL DIVISIONS-Secondary School

**Junior Varsity (JV):** 5-25 female/male athletes

*Note: The JV division is designated for Secondary Schools with a 2<sup>nd</sup>/Preparatory Team or a 2<sup>nd</sup> Varsity team at the competition*

**Small Varsity:** 5-12 female athletes

**Medium Varsity:** 13-16 female athletes

**Large Varsity:** 17-20 female athletes

**Super Varsity:** 21-30 female athletes

**Small Varsity Coed:** 5-20 athletes, 1-4 males

**Medium Varsity Coed:** 21-25 athletes, 4-7 males

**Large Varsity Coed:** 21-30 athletes, 8 or more males

#### VARSITY NON-TUMBLING DIVISIONS-Secondary School

**Junior School Non-Tumbling:** 5-25 female/male athletes

**Junior Varsity (JV) Non-Tumbling:** 5-25 female/male athletes

*Note: The JV division is designated for Secondary Schools with a 2<sup>nd</sup>/Preparatory Team or a 2<sup>nd</sup> Varsity team at the competition*

**Small Varsity Non-Tumbling:** 5-12 athletes, 0-2 males

**Medium Varsity Non-Tumbling:** 13-16 athletes, 0-2 males

**Large Varsity Non-Tumbling:** 17-20 athletes, 0-2 males

**Super Varsity Non-Tumbling:** 21-30 athletes, 0-2 males

*(Note: The Non-Tumbling Divisions prohibit all tumbling, except for inversions into load-in positions, stunts, and pyramids.)*

#### RECREATIONAL (“REC”)/ CLUB DIVISIONS

**Youth Rec:** 10 years and younger (*per NHSCC guidelines*). 5-36 female/male athletes

**Junior Rec:** 12 years and younger (*per NHSCC guidelines*). 5-36 female/male athletes

**Senior Rec:** 14 years and younger (*per NHSCC guidelines*). 5-36 female/male athletes

**International Primary Club:** 12 years and younger (within the year of competition), 5-36 female/male athletes

**International Youth Club:** 14 years and younger (within the year of competition), 5-36 female/male athletes

**International Junior Club:** 12- 16 years of age (within the year of competition), 5-36 female/male athletes

**International Senior Club:** 15 years and older (within the year of competition), 5-36 female/male athletes

## B. GAME DAY DIVISION

1. All Non-USA School Teams are eligible to perform in the Game Day Championships for a ranking and for a World Game Day Nations Ranking Award.
2. All non-USA team competing in the Game Day Championships will perform their routine during the USA National Game day Finals, will be awarded a placement trophy specifically within the US National Finals and will receive a Nations Ranking Award based on their performance.
3. For team wanting to participate in the Game Day Championships please add an additional \$20 USD per participant. For teams that choose to participate in the World School Cheerleading Championships AND advance into the Game Day National Finals, every effort will be made to accommodate conflicts in performance time; however, cannot be guaranteed.
4. At the Game Day Championships, teams will be responding to audio cues reflective of sporting events, such as American Football and Basketball games to perform their respective segment of Game Day.

5. Game Day Divisions must follow all event rules and regulations. See section XIII for division specifics and restrictions.

### **GAME DAY DIVISIONS**

*Note: WSCC reserves the right to combine or split Game Day divisions based on WSCC Game Day registration.*

**Special Abilities:** 8 years and older (within the year of competition), 5-25 female/male athletes, 50% or more athletes with intellectual disabilities per team

**Special Abilities Traditional:** 8 years and older (within the year of competition), 5-25 female/male athletes, 100% of team comprised of athletes with intellectual disabilities per team

**Adaptive Abilities:** 8 years and older (within the year of competition), 5-25 female/male athletes, 25% or more athletes with disabilities per team

**Rec:** 14 years and younger (*per NHSCC guidelines*). 5-36 female/male athletes

**International Youth Club:** 14 years and younger (within the year of competition), 5-36 female/male athletes

**International Junior Club:** 12- 16 years of age (within the year of competition), 5-36 female/male athletes

**International Senior Club:** 15 years and older (within the year of competition), 5-36 female/male athletes

**Junior School:** 5-25 female/male athletes

**Junior Varsity:** 5-25 female/male athletes

**Small Varsity:** 5-12 female athletes

**Medium Varsity:** 13-16 female athletes

**Large Varsity:** 17-20 female athletes

**Super Varsity:** 21-30 female athletes

**Small Varsity Coed:** 5-20 athletes, 1-4 males

**Medium Varsity Coed:** 21-25 athletes, 4-7 males

**Large Varsity:** 21-30 athletes, 8 or more males

**Junior High Non-Tumbling:** 5-25 female/male athletes

**Junior Varsity (JV) Non-Tumbling:** 5-25 female/male athletes

**Varsity Non-Tumbling:** 5-30 athletes, 0-2 males

*(Note: The Non-Tumbling divisions will prohibit all tumbling, except for inversions into load-in positions, stunts, and pyramids.)*

### **C. TEAM PARTICIPATION**

1. USA individuals/teams must follow the eligibility requirements of the National High School Cheerleading Championships, non-USA individuals/teams must follow the primary, junior and secondary school sport requirements of their respective countries. Additionally, Varsity Division ages are limited to 18 years or younger within the year of competition (exception: International Senior Club) or as specified, and 14 years and younger for the Junior School Division.
2. All members of the Cheerleading team must be current members of the official school spirit team and

must be students of the school that they are representing. (Exception: This will not preclude participation from sister schools for same-gender schools as long as they are official members of the team as noted above.)

3. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages.
4. We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their schools / programs- in regards to grooming, traditional and appropriate attire, conservative make-up/cosmetics, uniformity, etc.

### **D. UNIFORM GUIDELINES**

1. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh-colored / nude-colored body suits and liners; however, fringe does not suffice alone as a covered midriff.
2. Any team in violation of the uniform guidelines will be assessed a 5 point deduction.
3. A traditional sideline uniform (that covers the midriff when standing at attention and has an element that is identifiable to you school / organization- e.g. colors, logos, letters mascot, etc.) is required for all Game Day divisions.
4. Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the athletes, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the athlete's eye or block the view of the athletes while performing. A .25 point deduction will be assessed for teams in violation of this rule.

### **E. TIME LIMITATIONS**

1. ROUTINE ONLY:
  - a. Each performance routine's presentation must include at least 1 cheer and/or sideline chant (*use of native language in cheer and/or sideline chant encouraged*). The musical portion must not exceed one minute and thirty seconds (1:30). The total time limit is two minutes and thirty seconds (2:30). Timing will begin with the first movement, voice or note of music, whichever comes first.

- b. The routine time limit is 2:30. Acknowledging the potential variance cause by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
2. GAME DAY ONLY:
- Each Game Day performance must include 1 Band Chant/Dance, 1 Situational Sideline, 1 Time Out Cheer and 1 Fight Song. (*use of native language in all Game Day segments is encouraged*).
  - Emphasis is on crowd involvement, showcasing the best Game Day crowd-leading material. The use of signs, poms, flags and/or megaphones- in the native team's language is encouraged.
  - The Game Day maximum performance time must not exceed three (3) minutes. Timing will not include the team spiring, rallying or individuals performing jumps, kicks or tumbling, but will begin with the first movement, voice, or note of music- whichever comes first.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over, and Seven (7) point deduction for 11 seconds and over.
4. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time.
5. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
6. Introductions:
- All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance.
  - All team breaks, rituals and traditions need to take place prior to entering the performance surface.
  - Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts are not allowed during the team's entry to the floor or at any time prior to the start of the performance. Examples: Stunts, running of the flags, chest bumps, hugs, handshakes, etc.
  - All teams shall refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a 1 point deduction.
- e. There should not be any organized exists or other activities after the official ending of the Routine or Game Day performance.
- F. MUSIC**
- For the 2021 WSCC, all USA teams must follow the USA National Governing Body "USA Cheer" guidelines ([www.usacheer.net](http://www.usacheer.net)) and non-USA teams will have the choice of the "USA Cheer" guidelines ([www.usacheer.net](http://www.usacheer.net)) or ICU guidelines ([www.cheerunion.org](http://www.cheerunion.org)) Music Copyrights Initiative.
  - Within accordance of these guidelines, 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 written license from the owners(s) of the sound recordings.
  - Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
  - Should a team select to perform to an original music recording for the routine - and it is featured in a television broadcast, your music may be used if Synchronization Rights are also secured. Teams must be able to provide proof of Synchronization Rights, in the form of a printed copy, during registration at the event for the original routine music to be included in the television broadcast.
  - When recording music for your team's performance, coaches and/or music editors should edit their song in a Digital Audio Workstation (DAW) and should be sure that the volume of the song is at 0. Additional notable items include:
    - 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 you render or save your work
  - Should a team select to perform to the school's original Fight Song, the team may bring a recording of the school's Marching Band playing the Fight Song; however, a letter of permission for the team to use the song and recording on the school's official letterhead must be provided. The letter must be signed by the school's assigned team administrator.
  - 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 WSCC).

8. 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.
  9. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
  10. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
  11. Challenge Process:
    - a. All music challenges must be submitted in writing to the event director.
    - b. There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
    - c. Fees collected will be voided if challenge is correct.
    - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
    - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
  12. Each team is required to have a responsible adult remain at the music station that knows the routine and music. The representative is responsible for starting and stopping the music and stopping the music in case of technical malfunction or injury. Clarification: Athletes, including alternates, are not allowed.
  13. All teams must provide their own CD or MP3 device for use on the sound system provided for the event. Music must be recorded at the correct tempo on a high quality CD or loaded onto an MP3 device.
  14. It is not recommended that a Smart Phone is used for playing routine music, due to the high probability of music interference during the routine.
  15. MP3 devices must be free of any cover (protective, decorative or otherwise) to assure an unobstructed connection with the event sound system.
  16. It is important (if applicable) that all devices have a headphone connection component/jack to connect to sound system and that all devices are fully charged, volume turned up and placed in airplane mode. For teams using CD, it is important that the CD is unscratched to prevent a music malfunction while in play.
  17. 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 head phone connection component/jack, then the team must have an adapter, to accommodate this device requirement, on site for the competition.
  18. Music on a CD must be labeled with the team name, division, and number of athletes on the team. One (1) or more selections of music may be used within accordance of the rules enclosed herein, and based on higher probably of technical errors of CDs, teams must also have their routine music on an MP3 device for back up.
  19. Teams may not use Disney themes nor may have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.
- G. COMPETITION PERFORMANCE AREA**
1. Participants must start in the competition area with at least one foot on the ground.
  2. Teams may line up anywhere inside the competition area.
  3. The WSCC complies with the NFHS & USA Cheer surface rules that school based programs may not compete on a spring floor.
  4. Approximate floor size will be 42 feet x 54 feet/12.8 meters x 16.5 meters. (9 strips)
  5. The surface will be a traditional foam Cheerleading mat.
  6. Any team member stepping outside the performance area will cause the team to receive a .5 point penalty per occurrence.
    - a. The white line is considered the warning mark.
    - b. A penalty will be assessed when any ONE full hand, foot or body part touches outside the performance surface.
    - c. Once a team member takes the floor, the athletes must remain on the floor until the end of the performance.
  7. Signs or props may be safely placed or dropped outside of the competition area by a team member, but the team member must remain inside the competition area. A ONE (1.0) point penalty will be assessed for Props (signs, etc.) that are made of solid materials or have sharp edges/corners released by a top person. A HALF (0.5) point penalty will be assessed for persons on the ground throwing hard props (signs, megaphones, etc.) – breaking of the wrist or if the arm extends away from the body.
  8. All props, center markets, etc. are prohibited. The center of all performance surfaces will be marked throughout the competition.

## H. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS PARTICIPATION

1. All World School Cheerleading Championships divisions are open to the National High School Cheerleading Championship teams eligible by schedule to participate; as well as to all non-USA school teams who are eligible by the WSCC rules of their respective divisions.
2. It is understood that teams participating in the World School Cheerleading Championships (WSCC) will not knowingly and willingly participate in any other event promoted as a "World School Cheerleading Championships". (Exception: Approved multi-sport international events congruent with the World School Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2021 World School Cheerleading Cup Championships and will forfeit the opportunity to participate in the tournament the following year.

## I. LOGO USAGE

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

## J. 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 WSCC as well as the hosting organizer, NHSCC, 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.

## K. SPOTTER POLICY

In an effort to promote a higher level of safety for competition athletes, WSCC will provide additional spotters all cheer, club and rec competitions for the main floor

### Guidelines:

1. WSCC Competition provided additional spotters will be mandatory on the competition floor.
2. A limited number of additional spotters may be available upon coaches' request in rehearsal/warm up.

### Definition of Additional Spotter:

Individuals on the competition floor are provided as a safety precaution to spot certain elements of a routine. Competition-provided "Additional Spotters" will follow the listed guidelines:

### Additional Spotters:

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are present for added safety and should stand at the back of the floor when not spotting those sections of the routine.
2. Should not touch, assist or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will have a negative affect on the team's score per the WSCC scoring and judging guidelines.
3. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes.
4. Should not dress or act in a manner that distracts from the athletes and their performance.
5. Should be at least 18 years old and familiar with spotting and the skills of the performing team.

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

## II. INTERRUPTION OF PERFORMANCE

### A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the

point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

## **B. FAULT OF TEAM**

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

## **C. INJURY**

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor/ coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
  - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
  - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity immediately and will not be allowed participate (i) within 24 hours of the incident AND (ii) without first being cleared by a medical professional training concussion management.
  - d. In addition to the WSCC head injury policy, all team management (coaches, directors, team administrators & team staff, etc.) must be familiar with the federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.

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

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

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

### **B. PERFORMANCE**

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

### **C. MUSIC**

Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

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

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

## **V. SPORTSMANSHIP**

1. 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.
2. The advisor and coach of each team are responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
3. When a coach is in discussion with an official, other coaches, athletes and parents/spectators; the coach must maintain proper professional conduct. Failing to do so may result in a 1.0 deduction, removal of the coach or disqualification.

## **VI. EVENT RULES VIOLATIONS**

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

## **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.

## **VIII. FINALITY OF DECISIONS**

By participating in this championship, each team agrees that decision by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## **IX. SCORES AND RANKINGS**

1. Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the score for all teams. Scores and rankings will be available only to advisors or coaches at the conclusion of the competition. Judges' decisions are final.
2. In cases of ties of 2 teams (or more – although rare), the tie will remain. In cases where a tie may occur for 1<sup>st</sup> place, the team with the fewer deductions /violations points will be awarded 1<sup>st</sup> place. Should the deductions/violations of both teams remain equal, the tie will not be broken and both teams will be awarded 1<sup>st</sup> place.

## **X. AWARDS AND PRIZES**

All teams in the final round of competition will receive a trophy. Teams who rank first (1<sup>st</sup>), second (2<sup>nd</sup>), or third (3<sup>rd</sup>) place will additionally receive a gold, silver, or bronze medallion. Teams placing first will receive a championship banner and jacket for each participant who performed on the floor plus two (2) coaches. Based on availability, rostered alternates may request additional jackets after the completion of our final awards sessions on Sunday evening.

## **XI. JUDGING PROCEDURES**

### **1. CHEER COMPETITION ROUTINES**

- a. The judges will score teams using the criteria listed on the WSCC score sheet. Each team will be evaluated on a 100-point system.
- b. The Cheer portion will be valued at a possible 35 points (native language is encouraged) and 65 points for the Music section of the routine. Each section will be averaged and then combined for the final score.
- c. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheet and judging criteria, please visit [www.cheerunion.org](http://www.cheerunion.org)

### **2. GAME DAY COMPETITION ROUTINES**

- a. The Game Day Championships showcases what traditional cheerleading is all about- leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations/performance, motion/dance and overall routine.
- b. The performance will follow this order: Band Chant, Situational Sideline, Cheer, followed by the Fight Song.
- c. The use of crowd leading tools such as signs, poms, flags and/or megaphones is required. (native language is encouraged)
- d. The incorporation of stunts and tumbling are only allowed in the Fight Song, Situational Sideline and Cheer. Stunts are not allowed as a transition before/between sections. This would include the team's entry onto the floor, between the Situational Sideline and Cheer, and any time prior to starting the performance.  
NOTE: Fight song incorporation is limited to 3 consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill and will continue until either the incorporation is complete or the end of the third 8 count.
- e. The Band Chant should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted; however, jumps and kicks will be allowed.
- f. Following completion of the Band Chant, the announcer will provide the Team performing a Sporting Event/Game scenario indicating an



offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.

- g. The judges will score teams using the criteria listed on the WSCC Game Day score sheet. Each team will be evaluated on a 100-point system.
- h. The Situational Sideline & Cheer will count for 50 points (of the 100-points total score) and the Band Chant & Fight Song (collectively) will count for 50 points (of the 100-points total score). Each section will be combined for the final score. (100 total points possible)
- i. Each section should have a beginning and an end. *Note: Spirited crowd leading interactions between each section is encouraged to continue the game day feeling and experience; however, stunts are not allowed within a transition before/between sections. This would include the team's entry onto the floor and any time prior to the start of the performance.*
- j. Traditional game day uniform attire is required.
- k. Total Time is limited to three (3) minutes.
- l. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
- m. Additional Skill Restrictions:
- No Tosses (basket, sponge or elevator) are allowed.
  - No Inversions are allowed.
  - No Twisting Released Dismounts are allowed.
  - Single leg stunts are limited to liberties and liberty hitches.
  - No Running Tumbling is allowed.
  - Standing Tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: A Standing Full is not allowed. Rippled Single Standing Back Handsprings would be allowed. Jump tumble (single skill) would be allowed.
- n. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheet and judging criteria, please visit [www.cheerunion.org](http://www.cheerunion.org)

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### **CHEER COMPETITION ROUTINE SCORE SHEET (For Special Abilities)**

#### ***CHEER Judging Sheet- 35 points***

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

*Note: Use of native language is encouraged.*

Crowd Effective Material- Voice, Pace & Flow (5)

Ability & Energy to Lead the Crowd (5)

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

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

Proper Use of Skills to Lead the Crowd (5)

Use of all Athletes in each group skill (5)

Execution- Proper Technique, Synchronization & Spacing (5)

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

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

#### ***BUILDING Judging Sheet- 40 points***

#### **PARTNER STUNTS**

#### **-PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization (when applicable) & Spacing

#### **-SKILL CREATIVITY/FLOW 10 POINTS**

Use of all Athletes in each group skill (5)

Creativity, Number of Stunts Performed, Transitions & Variety (5)

#### **PYRAMIDS**

#### **- PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization (when applicable) & Spacing

#### **-SKILL CREATIVITY/FLOW 10 POINTS**

Use of all Athletes in each group skill (5)

Creativity, Number of Structures Performed, Transitions, Variety (5)

#### ***OVERALL Judging Sheet- 25 points***

#### **TUMBLING/INDIVIDUAL SKILLS 5 POINTS**

Proper technique, Execution of Skills (includes jumps of applicable), Difficulty & Synchronization

#### **CHOREOGRAPHY 10 POINTS**

Routine creativity for crowd effectiveness.

Effective use of Special Abilities Athletes throughout the routine

#### **FLOW OF ROUTINE/TRANSITIONS 5 POINTS**

Execution of routine components: flow, pace, timing of skills, transitions

#### **OVERALL PRESENTATION, CROWD APPEAL, CROWD APPEAL, DANCE 5 POINTS**

Overall presentation, showmanship, dance, crowd effect

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### **CHEER COMPETITION ROUTINE SCORE SHEET (For Adaptive Abilities)**

#### ***CHEER Judging Sheet- 35 points***

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

*Note: Use of native language is encouraged.*

Crowd Effective Material- Voice, Pace & Flow (5)

Ability & Energy to Lead the Crowd (5)

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

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

Proper Use of Skills to Lead the Crowd (5)

Execution- Proper Technique, Synchronization & Spacing (5)

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

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

#### ***BUILDING Judging Sheet- 40 points***

#### **PARTNER STUNTS**

#### **-PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization (when applicable) & Spacing

**-SKILL CREATIVITY/FLOW 10 POINTS**

Use of all Athletes in each group skill (5)  
Creativity, Number of Stunts Performed, Transitions, Variety (5)

**PYRAMIDS**

**-PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization (when applicable) & Spacing

**-SKILL CREATIVITY/FLOW 10 POINTS**

Use of all Athletes in each group skill (5)  
Creativity, Number of Structures Performed, Transitions, Variety

**OVERALL Judging Sheet- 25 points**

**TUMBLING/INDIVIDUAL SKILLS 5 POINTS**

Proper technique, Execution of Skills (includes jumps of applicable),  
Difficulty & Synchronization

**CHOREOGRAPHY 10 POINTS**

Routine creativity for crowd effectiveness  
Effective use of Special Ability Athletes throughout the routine

**FLOW OF ROUTINE/TRANSITIONS 5 POINTS**

Execution of routine components: flow, pace, timing of skills,  
transitions

**OVERALL PRESENTATION, CROWD APPEAL, DANCE 5 POINTS**

Overall presentation, showmanship, dance, crowd effect

**CHEER COMPETITION ROUTINE SCORE SHEET**

**(For School/Rec Divisions\*)**

*\*For School/Rec WSCC Routine divisions not designated as "Varsity Coed" or as "Non-Tumbling"*

**CHEER Judging Sheet- 35 points**

**CROWD LEADING 15 POINTS**

*Note: Use of native language is encouraged.*  
Crowd Effective Material- Voice, Pace & Flow (5)  
Ability & Energy to Lead the Crowd (5)  
Proper Use of Signs, Poms, or Megaphones & Motion Technique (5)

**SKILL INCORPORTATIONS 15 POINTS**

Proper Use of Skills to Lead the Crowd (5)  
Execution- Proper Technique, Synchronization & Spacing (10)

**CHEER OVERALL IMPRESSION 5 POINTS**

Flow, Overall Crowd Effectiveness & Difficulty of Practical Skills

**BUILDING Judging Sheet- 45 points**

**PARTNER STUNTS**

**-PERFECTION OF SKILL 15 POINTS**

Proper technique, Synchronization & Spacing

**-DIFFICULTY 10 POINTS**

Level of Skills, Number of Stunts Performed, Number of  
Bases Used

**PYRAMIDS**

**-PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization & Spacing

**-DIFFICULTY 5 POINTS**

Level of Skills, Number of Structures Performed, Number of  
Bases Used

**BUILDING OVERALL IMPRESSION 5 POINTS**

Transitions & Creativity

**OVERALL Judging Sheet- 20 points**

**STANDING/RUNNING GROUP 10 POINTS**

**TUMBLING**

Execution- Proper technique, Form & Synchronization (5)  
Difficulty- Difficulty of Skills Performed in Groups (5)

**JUMPS/DANCE 5 POINTS**

Performance- Proper technique, Form, Height, Synchronization,  
Type of Jump(s), Connections/Combinations or Variety (3)  
Motions/Dance- Technique, Sharpness, Placement, Timing,  
Spacing, Use of Levels, Overall Choreography & Visual Appeal (2)

**OVERALL IMPRESSION 5 POINTS**

Routine Creativity, Flow & Use of Formations/Transitions

**CHEER COMPETITION ROUTINE SCORE SHEET**

**(For Varsity Coed Divisions)**

**CHEER Judging Sheet- 35 points**

**CROWD LEADING 15 POINTS**

*Note: Use of native language is encouraged.*  
Crowd Effective Material- Voice, Pace & Flow (5)  
Ability & Energy to Lead the Crowd (5)  
Proper Use of Signs, Poms, or Megaphones & Motion Technique (5)

**SKILL INCORPORTATIONS 15 POINTS**

Proper Use of Skills to Lead the Crowd (5)  
Execution- Proper Technique, Synchronization & Spacing (10)

**CHEER OVERALL IMPRESSION 5 POINTS**

Flow, Overall Crowd Effectiveness & Difficulty of Practical Skills

**BUILDING Judging Sheet- 45 points**

**PARTNER STUNTS**

**-PERFECTION OF SKILL 15 POINTS**

Proper technique, Synchronization & Spacing

**-DIFFICULTY 10 POINTS**

Level of Skills, Use of Coed Skills, Number of Stunts Performed,  
Number of Bases Used

**PYRAMIDS**

**-PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization & Spacing

**-DIFFICULTY 5 POINTS**

Level of Skills, Number of Structures Performed, Number of  
Bases Used

**BUILDING OVERALL IMPRESSION 5 POINTS**

Skill Creativity, Use of Formations/Transitions,  
Use of Coed Skills throughout routine

**OVERALL Judging Sheet- 20 points**

**STANDING/RUNNING GROUP 10 POINTS**

**TUMBLING**

Execution- Proper technique, Form & Synchronization (5)  
Difficulty- Difficulty of Skills Performed in Groups (5)

**JUMPS/DANCE 5 POINTS**

Performance- Proper technique, Form, Height, Synchronization,  
Type of Jump(s), Connections/Combinations or Variety (3)  
Motions/Dance- Technique, Sharpness, Placement, Timing,  
Spacing, Use of Levels, Overall Choreography & Visual Appeal (2)

**OVERALL IMPRESSION 5 POINTS**

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## **CHEER COMPETITION ROUTINE SCORE SHEET** **(For Non-Tumbling Divisions)**

### ***CHEER Judging Sheet- 35 points***

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

*Note: Use of native language is encouraged.*

Crowd Effective Material- Voice, Pace & Flow (5)

Ability & Energy to Lead the Crowd (5)

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

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

Proper Use of Skills to Lead the Crowd (5)

Execution- Proper Technique, Synchronization & Spacing (10)

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

Flow, Overall Crowd Effectiveness & Difficulty of Practical Skills

### ***BUILDING Judging Sheet- 45 points***

#### **PARTNER STUNTS**

##### **-PERFECTION OF SKILL 15 POINTS**

Proper technique, Synchronization & Spacing

##### **-DIFFICULTY 10 POINTS**

Level of Skills, Number of Stunts Performed, Number of

Bases Used, Transitions & Variety

#### **PYRAMIDS**

##### **-PERFECTION OF SKILL 10 POINTS**

Proper technique, Synchronization & Spacing

##### **-DIFFICULTY 5 POINTS**

Level of Skills, Number of Structures Performed, Number of

Bases Used

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

Transitions & Creativity

### ***OVERALL Judging Sheet- 20 points***

#### **JUMP(S) 10 POINTS**

Performance- Proper technique, Form, Height, Synchronization (5)

Type of Jump(s), Connections/Combinations or Variety (5)

#### **DANCE 5 POINTS**

Motions/Dance- Technique, Sharpness, Placement, Timing, Spacing,

Use of Levels, Overall Choreography & Visual Appeal (5)

#### **OVERALL 5 POINTS**

Routine Creativity, Flow & Use of Formations/Transitions

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## **GAME DAY COMPETITION SCORE SHEET**

### ***CROWD LEADING Judging Sheet- 50 points***

*Note: Use of native language is encouraged.*

#### **SITUATIONAL SIDELINE 20 POINTS**

**GAME DAY SITUATION:** Proper use of materials and skills relevant to the Game Day environment; Proper response to the Game Day situational cue (5)

**CROWD EFFECTIVENESS:** Voice, pace, flow, maximum crowd coverage; Ability to elicit crowd response (5)

**MOTION TECHNIQUE/CROWD LEADING TOOLS:** Technique, sharpness and placement; Proper use of signs, poms, megaphones and/or flags (5)

#### **EXECUTION OF SKILLS RELEVANT TO THE GAME DAY**

**ENVIRONMENT:** Clean/Crowd Effective Skills; Technique stability, synchronization & spacing (5)

#### **CROWD LEADING CHEER 20 POINTS**

**GAME DAY MATERIAL:** Proper use of material and skills relevant to the Game Day environment (5)

**CROWD EFFECTIVENESS:** Voice, pace, flow, maximum crowd coverage; Ability to elicit crowd response (5)

**MOTION TECHNIQUE/CROWD LEADING TOOLS:** Technique, sharpness and placement; Proper use of signs, poms, megaphones and/or flags (5)

#### **EXECUTION OF SKILLS RELEVANT TO THE GAME DAY**

**ENVIRONMENT:** Clean/Crowd Effective Skills; Technique, stability, synchronization & spacing (5)

#### **OVERALL IMPRESSION 10 POINTS**

Leadership to engage and connect with the crowd; Present a positive image of genuine school spirit and energy; Transitions between Game Day Components (Minimal & Clean)

### ***FIGHT SONG/BAND CHANT Judging Sheet- 40 points***

#### **BAND CHANT 20 POINTS**

**GAME DAY VISUAL APPEAL:** Level changes, ripples, creative movements within group and levels (5)

**MATERIAL RELEVANT TO GAME DAY ENVIRONMENT:** Was the crowd encouraged to participate? Clean Crowd effective skills (5)

**MOTION TECHNIQUE/CROWD LEADING TOOLS:** Motion technique, sharpness, synchronization & musicality; Proper use of signs, poms, megaphones and/or flags (5)

**EXECUTION:** Technique, stability, synchronization & spacing (5)

#### **FIGHT SONG 20 POINTS**

**GAME DAY VISUAL APPEAL:** Level changes, ripples, creative movements within group and levels (5)

**EFFECTIVENESS OF INCORPORATION:** Skills relevant to the Game Day environment; Clean/Crowd effective skills (5)

**MOTION TECHNIQUE/CROWD LEADING TOOLS:** Motion placement, sharpness, synchronization & musicality; Proper use of signs, poms, megaphones and/or flags (5)

#### **EXECUTION OF SKILLS RELEVANT TO THE GAME DAY**

**ENVIRONMENT:** Technique stability, synch & spacing (5)

#### **OVERALL IMPRESSION 10 POINTS**

Leadership to engage and connect with the crowd; Present a positive image of genuine school spirit and energy; Transitions between Game Day Components (Minimal & Clean)

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## **XII. JUDGING PANELS**

1. Head Judge: The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Point Deduction Judge, and Safety Judge.
2. Panel Judge: Panel Judges are responsible for scoring each team's performance based on the WSCC score sheets. Each Panel Judge will complete a score sheet in reflection of each team performance.
3. Point Deduction Judge: The Point Deduction Judge is responsible for assessing deductions in each routine for athlete(s), stunt(s), and pyramid fall(s), drop(s) or collapse. Please review the

“Point Deduction explanation sheet at [www.cheerunion.org](http://www.cheerunion.org)

4. Safety Judge: The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
5. All judges’ decisions are final.

### XIII. SAFETY RULES

#### A. GLOSSARY

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

**Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.

**Bracer:** A top person who is connected to another top person.

**Braced Flip:** A pyramid in which a top person performs a hip-over-head rotation while not in contact with anyone on the ground.

**Braced Inversion:** A pyramid in which a braced top person performs is in an inverted position, but the braced top person’s hips are not passing over the head.

**Braced Roll:** A pyramid in which the top person performs a hip-over head rotation while in contact with at least one person on the ground.

**Cradle:** Dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a cradle position.

**Cradle Position:** A face-up open-pike position.

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

**Dive Roll:** An airborne forward roll where the feet of the athlete are at or above the athlete’s waist prior to the athlete’s hands making contact with the performance surface.

**Downward Inversion:** A stunt or pyramid in which an inverted top person’s center of gravity moves toward the performance surface.

**Drop:** Landing on the performance surface from an airborne position.

**Elevator/Sponge Toss:** A stunt in which the top person loads into an elevator/sponge loading position and is then tossed into the air.

**Extended Stunt:** A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases’ arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.

**Flatback:** A stunt in which the top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.

**Foldover Stunt:** An inverted stunt in which the top person bends forward at the waist and is caught on his/her back by multiple catchers while one or both of the top person’s ankles/feet remain in the grip of the base(s) (e.g. yo-yo, pancake, etc.).

**Hanging Pyramid:** A pyramid in which the top person’s weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a “whirlybird” stunt where one person’s weight is being supported by the legs of a top person in a shoulder sit; and a “diamond head” stunt where two persons are suspended from one shoulder stand.

**Helicopter:** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

**Inverted:** A body position where the shoulders are below the waist.

**Loading position:** Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

**Log Roll:** A top person in a horizontal position or cradle that is popped then twists parallel to the performance surface before being caught by the original base(s) in a horizontal position or a cradle.

**Pyramid:** Connected partner stunts.

**Post:** A person on the performance surface who may assist a top person during a stunt or transition.

**Prep:** A stunt in which one or more bases hold a standing top person at approximately shoulder height.

**Prep Level:** A level where the top person’s base of support is at approximately shoulder height.

**Prop:** Any object(s) which can be manipulated or used as a tool to enhance crowd-leading during a Cheer performance. (e.g. poms, signs, flags, megaphones, etc.)

**Quick Toss/Partner Toss:** A toss technique where the top person begins the toss with both feet on the ground.

**Released Pyramid Transition:** A pyramid transition in which the top person is connected to a bracer while being released from her/his bases before being caught in a cradle, stunt or loading position.

**Release Stunt:** A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

**Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

**Stunt/Partner Stunt:** One or more persons supporting one or more persons in a skill off of the performance surface.

**Swing Roll Down:** A stunt in which the top person's hands/arms and feet/legs are held while swinging forward and facedown into a roll where the head passes under the hips.

**Switch Up:** A stunt in which the top person begins with one foot on the performance surface, is released from the bases, and then lands in a vertical position in a stunt on one or both feet.

**Suspended Roll:** A stunt in which one or more upright bases or posts hold the top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.

**Tension Drop:** A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the bases until just before landing.

**Tick-Tock:** A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

**Top Person:** A person who is not in contact with the performance surface and is being supported or stabilized by another person or has been tossed into the air.

**Toss:** A release stunt in which the base(s) begin underneath the top person's foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotter posts or bracers. Note: This term applies when at least one base is under one or both feet of the top person. For other types of tosses, see "Quick Toss/Partner Toss".

**Tumbling:** Gymnastic skills that begin and end on the performance surface, including rolls, inverted extended skills (e.g. cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. Note: Jump, leaps and side rolls on the performance surface are not considered to be tumbling.

**Unified Partner:** An Athlete without an intellectual disability competing on a Special Abilities Unified Team.

## **B. GENERAL PROGRAM GUIDELINES**

1. These rules are to be in effect for all practices, games, competitions and other performances.
2. Cheerleading squads/teams should be placed under the direction of a qualified and knowledgeable coach.

3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (e.g. use of appropriate matting, away from excessive noise and distractions, etc.)
4. Coaches should recognize a team's particular ability level and should limit the team's activities accordingly. "Ability level" refers to the team's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading skills (e.g. tumbling, partner stunts, pyramids and jumps).
6. Thorough and professional training in proper spotting techniques should be mandatory for all teams.
7. All cheerleading teams should adopt a comprehensive conditioning and strength-building program.
8. An appropriate warm-up exercise should precede all cheerleading activities.
9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-cheerleading personnel, performance surface, lighting and/or any weather precipitation (re: outdoor activities). Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
10. Teams should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
11. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
12. Supports, braces and soft casts of which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/ braces and supports/braces that have been altered from the manufacturer's design/production must be padded with a closed-cell, slow-recovery foam padding no less the one-half (1/2) inch/1.27 cm thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking

boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling. Exception: Within the ICU Adaptive Abilities and Special Abilities Divisions, mobility assistance and support devices in use to assist the athlete are considered part of the athlete. In these cases, B.12 does not apply.

13. Team members must wear athletic shoes (no gymnastic slippers).
14. When using props (signs, etc.) that are made of solid materials or have sharp edges/corners:
  - a. A top person may not release the props to the ground.
  - b. A person on the ground must gently toss or place the props on the performance surface.
15. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skills development and practice under the supervision of a coach trained in their use.
16. When standing at attention, athlete apparel must cover the midriff (waist area) around the body.
17. For Basketball Game Cheering specifically:
  - a. While the Basketball Games is underway, Cheerleaders must position themselves outside of the free throw lane lines / away from the area behind the basket.
  - b. Cheerleaders must remain outside of the Basketball court playing area while the ball is in play, as well as during any time out that is 30 seconds or less.
  - c. Same as all Sport Game Cheering activities, as well as in and out of competition; Cheer teams must follow "XIV. SPECIFIC SURFACE RESTRICTIONS".

## **C. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS DIVISIONS RULES**

### **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION RULES** **SPECIFIC DIVISION CRITERIA**

1. All WSCC general rules and guidelines, as well as routine requirements apply.
2. All Special Abilities Unified Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
3. All Special Abilities Traditional Teams must be comprised of 100% Athletes with intellectual disabilities.

*Note: WSCC reserves the right to split the Special Abilities Division into 2 separate Special Abilities*

*Divisions: Unified (50% or more Athletes with intellectual disabilities per team) & Traditional Special Abilities Divisions (100% Athletes with intellectual disabilities per team) based on WSCC team registration.*

3. All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant for safety purposes. Should the Coach or Assistant assist in the skill, directly or indirectly (for safety reasons) while spotting the skill – a reduced point value will be reflected in the team score for the respective category based on the degree of assistance provided.
4. Tosses are not allowed.
5. Spotted and assisted tumbling is not allowed in Competition; however, spotted and assisted tumbling is allowed in Exhibition performances.
6. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
7. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa); however, Assistants may not wear a Cheerleading uniform during the routine.
8. Assistants shall wear athletic shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
9. Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner within a specific category (e.g. tumbling, partner stunts, pyramids, etc.) must not exceed the difficulty of a comparable skill or a skill within the same category – performed by an athlete with an intellectual disability, unless an athlete with an intellectual disability is part of the skill (e.g. a partner stunt group, pyramids, etc.), and complaint with the rules detailed herein.

### **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION PARTNER STUNTS**

1. Spotters:
  - a. A spotter is required for each top person above prep level.
  - b. A spotter is required for each top person in a floor stunt.

- Clarification: The spotter may grab the top person's waist in a floor stunt.
2. Stunt Levels:
    - a. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
 

*Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.*

*Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.*
  3. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation - by the top person in relation to the performing surface.
 

*Clarification 1: 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 ½ 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.*

*Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.*

*Clarification 2: A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.*

*Clarification 3: A log/barrel roll may be assisted by another top person.*
  4. During transitions, at least one base must remain in contact with the other top person.
  5. Free flipping or assisted flipping stunts and transitions are not allowed.
  6. 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 if 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.*
  7. Single based split catches are not allowed.
  8. Single based stunts with multiple top persons are not allowed.
  9. **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION Stunts-Release Moves**
    - a. No release moves are allowed other than those allowed in Special Abilities Intermediate Division "Dismounts" and "Tosses".
    - b. Release moves may not land in a prone or inverted position.
    - c. Release moves must return to original bases.
 

*Clarification: An individual may not land on the performing surface without assistance.*

Exception: See Dismounts "3".
    - d. Releasing from inverted to non-inverted body positions is not allowed.
    - e. Helicopters are not allowed.
    - f. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
 

*Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.*

*Clarification 2: A log/barrel roll may not be assisted by another top person.*

*Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.*

Example: No kick full twists.
    - g. Release moves may not intentionally travel.
    - h. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  10. **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION Stunts-Inversions**
    - a. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
 

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.*

Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).

Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

- b. 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.*

**SPECIAL ABILITIES (UNIFIED & TRADITIONAL)  
INTERMEDIATE DIVISION PYRAMIDS**

1. Pyramids must follow Special Abilities Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base.

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Abilities Intermediate Division "Dismount" rules.*

3. Extended stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid or individual 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.*

5. Extended single-leg stunts:
  - a. Extended single-leg stunts must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.
  - b. The connection must be made prior to initiating the extended single leg stunt.
  - c. Prep level top persons must have both feet in the bases' hands.

*Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.*

**SPECIAL ABILITIES (UNIFIED & TRADITIONAL)  
INTERMEDIATE DIVISION DISMOUNTS**

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

1. 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.

2. 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.
3. Dismounts must return to the original base(s):
  - Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
  - 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 performance surface without assistance.
4. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
5. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions/additional skills are not allowed.
  - Example: Toe touch, pike, tuck, etc. positions/additional skills are not allowed in the dismount.*
6. 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.
7. Cradles from extended single-leg stunts in pyramids are allowed
8. No free flipping or assisted flipping dismounts are allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.

**SPECIAL ABILITIES (UNIFIED & TRADITIONAL)  
INTERMEDIATE DIVISION TOSSES**

1. Tosses are not allowed.
  - Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*
  - Clarification 2: All waist level cradles are not allowed.*

**SPECIAL ABILITIES (UNIFIED & TRADITIONAL)  
INTERMEDIATE DIVISION GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing surface.
  - Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the*



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

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

2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
*Clarification: An individual may jump over (rebound) another individual.*
3. Tumbling while holding or in contact with any prop is not allowed.
4. 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.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
6. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.  
Example: A back handspring step out immediately moving into a ½ turn is not allowed.

#### **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION STANDING TUMBLING**

1. Flips and aerials are not allowed.
2. Series front and back handsprings are not allowed.  
*Clarification: A back walkover into a back handspring is allowed.*
3. Jump skills in immediate combination with handspring(s) is not allowed.  
Example: Toe touch handsprings and handspring toe touches are not allowed.
4. No twisting while airborne.  
Exception: Round offs are allowed.

#### **SPECIAL ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION RUNNING TUMBLING**

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne.  
Exception: Round offs are allowed.

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## **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION RULES**

### **SPECIFIC DIVISION CRITERIA**

1. All WSCC general rules and guidelines, as well as routine requirements apply.
2. All Adaptive Abilities Unified Teams must be comprised of a minimum 25% or more Athletes with disabilities per team.  
*Clarification: Athlete disability qualification is subject to respective WSCC general rules and guidelines, as well as Team confirmation and/or medical documentation, as requested. (Please see XV. ADAPTIVE ABILITIES QUALIFICATION GUIDELINES for more information)*
3. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface) for safety.  
*Clarification: For a wheelchair anti-dip attachment to be appropriate, it must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.*
4. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
5. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
6. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended beyond the elbow to adequately assist with the skill.
7. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
8. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid.  
Example: A top person may step upon any portion of a wheelchair, mobile device, and/or

- upon a base supporting a crutch to load into a skill.
9. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.
  10. Basket tosses are not allowed.

### **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION STUNTS**

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions to prep level are allowed up to 1 ½ 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, is not allowed if the resulting cumulative rotation of the top person exceeds a 1½ 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.*
4. Twisting stunts and transitions to an extended position are allowed under the following conditions:
  - a. Extended skills up to a ½ twist are allowed.  
Example: A ½ 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 ½ 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.*
  - b. Extended skills exceeding a ½ 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 (1 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.*

5. During transitions, at least 1 base must remain in contact with the top person.  
Exception: See “Release Moves”.
6. Free flipping mounts and transitions are not allowed.
7. 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.
8. Single based split catches are not allowed.
9. Single based stunts with multiple top persons require a separate spotter for each top person.  
Extended  
single leg top persons may not connect to any other extended single leg top person.
10. **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION Stunts-Release Moves**
  - a. 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.*
  - b. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted

positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot.

- c. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
- d. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.
- e. Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.
- f. Release moves initiating from an extended level may not twist.
- g. 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.
- h. Release moves may not intentionally travel.
- i. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- j. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

#### 11. ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION Stunts-Inversions

- a. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
- b. 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.*

- c. 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.
  - d. Downward inversions may not come into contact with each other.
12. 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.*

#### ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION PYRAMIDS

- 1. Pyramids must follow Adaptive Abilities Unified 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.
- 2. Top persons must receive primary support from a base.  
Exception: See Adaptive Abilities Unified Advanced "Pyramid Release Moves"
- 3. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
- 4. 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.

5. Any skill that is allowed as an Adaptive Abilities Unified 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.

**6. ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION PYRAMIDS - Release Moves**

- a. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(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 tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Adaptive Abilities Unified Advanced Division "Stunts", the same skill is allowed in Adaptive Abilities Unified 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 tic-tock must be braced the entire time during the release from the bases.

*Clarification 2: Adaptive Abilities Unified Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Adaptive Abilities Unified 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.*

- b. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
- c. Primary weight may not be borne at the 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*
- d. Non-inverted transitional pyramids may involve changing bases under the following conditions:
- 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.*
  - The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill

or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).

- e. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
- Both catchers must be stationary.
  - Both catchers must maintain visual contact with the top person throughout the entire transition.

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

**8. ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION Pyramids-Inversions**

- a. Must follow Adaptive Abilities Unified Advanced Division "Stunt Inversions" rules.

**9. ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION Pyramids-Release Moves w/ braced inversions**

- a. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 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.*

- b. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.
- c. Braced inversions (including braced flips) may not involve changing bases.
- d. Braced inversions (including braced flips) must be in continuous movement.
- e. 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.
- All required catchers / spotters must be stationary.

- ii. All required catchers / spotters must maintain visual contact with the top person throughout the entire transition.
- iii. 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.)
- f. Braced inversions (including braced flips) may not travel downward while inverted.
- g. Braced inversions (including braced flips) may not come in contact with other stunt / pyramid release moves.
- h. Braced inversions (including braced flips) may not be braced / connected to top persons above prep level.

## **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION DISMOUNTS**

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

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).  
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or 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.*
4. 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 Adaptive Abilities Unified Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.*
5. 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 Adaptive Abilities Unified Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.*

6. 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.  
Exception: If the "prop" is a mobile device of a Adaptive Abilities athlete, then it is allowed.
7. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.
12. 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.
13. Dismounts from an inverted position may not twist.

## **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION TOSSES**

1. Basket Tosses are not allowed.

## **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION - GENERAL TUMBLING**

1. All tumbling must originate from and land on the performance surface.  
*Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*  
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.

*Clarification: An individual may jump over another individual.*

3. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.
4. 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.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.  
Example: If an athlete in the Adaptive Abilities Unified Advanced Division performs a round off - toe touch - back handspring- whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Adaptive Abilities Unified Advanced Division Standing Tumbling regulations.

#### **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION STANDING TUMBLING**

1. Standing flips and flips from a back handspring entry are allowed.
2. Skills are allowed up to 1 flipping and 0 twisting rotations.  
Exception: Aerial cartwheels and Onodis are allowed.
3. Consecutive flip-flip combinations are not allowed.  
Example: Back tuck – back tuck, back tuck – punch front are not allowed.
4. 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 skills.*

#### **ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION RUNNING TUMBLING**

1. Skills are allowed up to 1 flipping and 0 twisting rotations.  
Exception: Aerial cartwheels and Onodis are allowed.

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#### **PRIMARY SCHOOL/CLUB NOVICE DIVISION (L1)**

*Note: For Athletes 6 years old and younger only- within the year of competition*

#### **PRIMARY SCHOOL/CLUB NOVICE DIVISION STUNTS**

1. Spotters:
  - a. A spotter is required for each top person at prep level and above.  
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts.  
Extended arm stunts that are not in the upright position (e.g. v-sits, extended flats backs, etc.) are considered prep level stunts.  
*Clarification 1: The center base in an extended visit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*  
*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.*  
Exception: Shoulder sits/straddles, t-lifts and stunts with up to a  $\frac{1}{2}$  twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.
  - b. A spotter is required for each top person in a floor stunt.  
Clarification: The spotter may grab the top person's waist in a floor stunt.
2. Stunt Levels:
  - a. Single leg stunts are only allowed at waist level.  
Exception 1: Prep level single legs stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.  
Exception 2: A walk up shoulder stand is allowed in the Primary School/Club Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
  - b. Stunts above prep level are not allowed. A stunt may not pass above prep level.  
*Clarification: Taking the top person above the head of the bases is not allowed.*
3. Twisting stunts and transitions are allowed up to a total of a  $\frac{1}{4}$  twisting rotation 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 a ¼ 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.*

Exception 1: Rebounding to a prone position (½ twist to stomach) is a stunt that is allowed in the Primary School/Club Novice Division.

Exception 2: ½ wrap around stunts are allowed in the Primary School/Club Novice Division.

Exception 3: Up to a ½ twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.

4. During transitions, at least one base must remain in contact with the other top person.

Exception: Leap frogs and leap frog variations are not allowed in the Primary School/Club Novice Division.

5. Free flipping or assisted flipping stunts and transitions are not allowed.

6. 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 if 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.

7. Single based split catches are not allowed.
8. Single based stunts with multiple top persons are not allowed.

#### 9. PRIMARY SCHOOL/CLUB NOVICE DIVISION Stunts-Release Moves

- a. No release moves are allowed other than those allowed in Primary School/Club Novice Division "Dismounts" and "Tosses".
- b. Release moves may not land in a prone or inverted position.
- c. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
- d. Helicopters are not allowed.

- e. A single full twisting log/barrel roll is not allowed.
- f. Release moves may not intentionally travel.
- g. Release moves may not pass over, under or through other stunts, pyramids or individuals.

#### 10. PRIMARY SCHOOL/CLUB NOVICE DIVISION Stunts-Inversions

- a. Inversions are not allowed.

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Primary School/Club Novice Division "Standing/Running Tumbling").*

Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

11. 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.*

#### PRIMARY SCHOOL/CLUB NOVICE DIVISION PYRAMIDS

1. Pyramids must follow Primary School/Club Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

2. Top persons must receive primary support from a base.

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Primary School/Club Novice Division "Dismount" rules.*

3. Two leg stunts:

- a. Two leg stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
  - i. The connection must be made prior to initiating the two leg extended stunt.
  - ii. Prep level top person bracers must have both feet in bases' hands.  
Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
- b. Two leg extended stunts may not brace or be braced by other extended stunts.

4. Single leg stunts:
  - a. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:
    - i. The connection must be made prior to initiating the single leg prep level stunt.
    - ii. Prep level top person bracers must have both feet in bases' hands.  
Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
  - b. Extended single leg stunts are not allowed.
5. No stunt, pyramid or individual 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.
5. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
6. 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.
7. No dismounts are allowed from skills above a prep level in pyramids.
8. No free flipping or assisted flipping dismounts are allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.

#### **PRIMARY SCHOOL/CLUB NOVICE DIVISION TOSSES**

1. Tosses are not allowed.  
*Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*  
*Clarification 2: All waist level cradles are not allowed.*

#### **PRIMARY SCHOOL/CLUB NOVICE DIVISION DISMOUNTS**

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

1. 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.
2. 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.  
*Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in any Special Abilities division.*  
*Clarification 2: All waist level cradles are not allowed.*
3. Dismounts must return to the original base(s):  
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.  
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 performance surface without assistance.  
*Clarification: An individual may not land on the performance surface from above waist level without assistance.*
4. Only straight pop downs, basic straight cradles are allowed.

#### **PRIMARY SCHOOL/CLUB NOVICE DIVISION GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing surface.  
*Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant Divisions, 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 for the Primary School/Club Novice Division. 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.  
Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Primary School/Club Novice Division.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
*Clarification: An individual may jump over (rebound) another individual.*
3. Tumbling while holding or in contact with any prop is not allowed.



4. Dive rolls are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

**PRIMARY SCHOOL/CLUB NOVICE DIVISION  
STANDING/RUNNING TUMBLING**

1. Skills must involve constant physical contact with the performance surface.  
Exception: Block cartwheels and round offs are allowed.
2. Forward and backward rolls, front and back walkovers, and handstands are allowed.
3. Cartwheels and round offs are allowed.
4. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
5. Front and back handsprings are not allowed.

**PRIMARY SCHOOL/CLUB INTERMEDIATE  
DIVISION (L2)**

*Note: For Athletes 8 years and younger only- within the year of competition*

**PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION  
STUNTS**

1. Spotters:
  - a. A spotter is required for each top person above prep level.
  - b. A spotter is required for each top person in a floor stunt.  
Clarification: The spotter may grab the top person's waist in a floor stunt.
2. Stunt Levels:
  - a. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.  
*Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.*  
*Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.*
  - b. Single based or assisted single based EXTENDED stunts are not allowed.
3. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.  
*Clarification 1: 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 ½ 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. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.  
*Clarification 2: A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.*  
*Clarification 3: A log/barrel roll may be assisted by another top person.**

4. During transitions, at least one base must remain in contact with the other top person.
5. Free flipping or assisted flipping stunts and transitions are not allowed.
6. 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 if 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.
7. Single based split catches are not allowed.
8. Single based stunts with multiple top persons are not allowed.
9. **PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION  
Stunts-Release Moves**
  - a. No release moves are allowed other than those allowed in Primary School/Club Intermediate Division "Dismounts" and "Tosses".
  - b. Release moves may not land in a prone or inverted position.
  - c. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception: See Dismount "3".

- d. Releasing from inverted to non-inverted body positions is not allowed.
- e. Helicopters are not allowed.
- f. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.  
*Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.*  
*Clarification 2: A log/barrel roll may not be assisted by another top person.*  
*Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.*  
Example: No kick full twists.
- g. Release moves may not intentionally travel.
- h. Release moves may not pass over, under or through other stunts, pyramids or individuals.

**10. PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION Stunts-Inversions**

- a. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.  
*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.*

Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).

Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

- 11. 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.*

**PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION PYRAMIDS**

- 1. Pyramids must follow Primary School/Club Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- 2. Top persons must receive primary support from a base.  
*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Primary School/Club Intermediate Division "Dismount" rules.*
- 3. Extended stunts may not brace or be braced by any other extended stunts.

- 4. No stunt, pyramid or individual 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.

- 5. Extended single-leg stunts:
  - a. Extended single-leg stunts must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.
  - b. The connection must be made prior to initiating the extended single leg stunt.
  - c. Prep level top persons must have both feet in the bases' hands.  
Exception: Prep level top persons do not have to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.

**PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION DISMOUNTS**

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

- 1. 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.
- 2. 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.
- 3. Dismounts must return to the original base(s):  
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.  
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 performance surface without assistance.  
*Clarification: An individual may not land on the performance surface from above waist level without assistance.*
- 4. Only straight pop downs, basic straight cradles and ¼ turns are allowed.

5. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions/additional skills are not allowed.  
Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.
6. 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.
7. Cradles from extended single-leg stunts in pyramids are allowed
8. No free flipping or assisted flipping dismounts are allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.

#### **PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION TOSSES**

1. Tosses are not allowed.  
*Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*  
*Clarification 2: All waist level cradles are not allowed.*

#### **PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing 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 for the Primary School/Club Intermediate Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
*Clarification: An individual may jump over (rebound) another individual.*
3. Tumbling while holding or in contact with any prop is not allowed.
4. 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.

5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
6. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.  
Example: A back handspring step out immediately moving into a ½ turn is not allowed.

#### **PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION**

##### **STANDING TUMBLING**

1. Flips and aerials are not allowed.
2. Series front and back handsprings are not allowed. *Clarification: A back walkover into a back handspring is allowed.*
3. Jump skills in immediate combination with handspring(s) is not allowed.  
Example: Toe touch handsprings and handspring toe touches are not allowed.
4. No twisting while airborne.  
Exception: Round offs are allowed.

#### **PRIMARY SCHOOL/CLUB INTERMEDIATE DIVISION**

##### **RUNNING TUMBLING**

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne.  
Exception: Round offs are allowed.

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#### **PRIMARY SCHOOL/CLUB MEDIAN DIVISION (L3)**

*Note: For Athletes 10 years and younger only- within the year of competition*

#### **PRIMARY SCHOOL/CLUB MEDIAN DIVISION STUNTS**

1. Spotters:
  - a. A spotter is required for each top person above prep level.
2. Stunt Levels:
  - a. Single leg extended stunts are allowed.
  - b. Single based or assisted single based EXTENDED stunts are not allowed.
3. Twisting stunts and transitions:
  - a. Twisting stunts and transitions are allowed up to a total of 1 twisting rotation by the top person in relation to the performance surface.

*Clarification 1: 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 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.*

- b. Full twisting transitions must land at and originate from prep level or below only.
- c. Twisting transitions to and from an extended position cannot exceed a ½ twisting rotation.

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set would be not allowed if the resulting cumulative rotation of the top person exceeds ½ rotation.*

- 4. During transitions, at least one base must remain in contact with the top person.  
Exception: See Primary School/Club Median Division Release Moves.

- 5. Free flipping or assisted flipping stunts and transitions are not allowed.

- 6. 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 if 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.

- 7. Single based split catches are not allowed.
- 8. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended stunts.

#### 9. PRIMARY SCHOOL/CLUB MEDIAN DIVISION Stunts-Release Moves

- a. Release moves are allowed but must not pass above the 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" and/or "Dismount" rules.

- b. Release moves may not land in an inverted position. Releasing from inverted to non-inverted body positions is not allowed.
- c. Release moves must start at waist level or below and must be caught at prep level or below.
- d. Release moves that land in a non-upright body position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
- e. Release moves are restricted to 1 skill/trick and no/0 twists. Only skills performed during the release are counted. Therefore; holding ("hitting") an immediate body position would not be counted as a skill.  
Exception: Log/barrel roll may twist up to 1 rotation and must land in a cradle, or in 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.*
- f. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception 1: See Dismount "3".  
Exception 2: Dismounting single based stunts with multiple top persons.
- g. Helicopters are not allowed.
- h. Release moves may not intentionally travel.
- i. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- j. Top persons in separate release moves may not come into contact with each other.

#### 10. PRIMARY SCHOOL/CLUB MEDIAN DIVISION Stunts-Inversions

- a. No inverted stunts are allowed above shoulder level. 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 position at prep level or at the performance surface level 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 bases(s).

- b. Inversions are limited to a ½ twisting rotation to the extended level and 1 twisting rotation to the prep level and below.  
Exception 1: A multi-based suspended forward roll may twist to 1 full twisting rotation (See “a”. Exception above), and if exceeding a ½ twist the top person must land in a cradle.  
Exception 2: In a multi-based suspended backward roll, the top person may not twist.
- c. Downward inversions are only allowed at waist level and must be assisted by at least 2 bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. The top person must maintain contact with an original base.  
*Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (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.*  
*Clarification 3: Two leg “Pancake” stunts are not allowed in the Primary School/Club Median Division.*
- d. Downward inversions may not come in contact with each other.
- e. 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.*

## **PRIMARY SCHOOL/CLUB MEDIAN DIVISION PYRAMIDS**

- 1. Pyramids must follow Primary School/Club Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high. (Single based and assisted single based EXTENDED stunts are not allowed).
- 2. Top persons must receive primary support from a base.  
Exception: See Primary School/Club Median Division Pyramid Release Moves.
- 3. Extended stunts may not brace or be braced by any other extended stunts.
- 4. No stunt, pyramid or individual 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.

- 5. 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 connected to at least 1 base. The connection to the bracer must be a hand/arm to hand/arm connection- and must be made prior to the initiation of the skill and must remain in contact throughout the skill. A hand/arm connection does not include a connection to the shoulder area.

## **6. PRIMARY SCHOOL/CLUB MEDIAN DIVISION Pyramids-Release Moves**

*Clarification 1: Any Primary School/Club Median Division Pyramid Release Move is allowed if it remains connected to a base and 2 bracers.*

*Clarification 2: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the Primary School/Club Median Division dismount rules.*

- a. 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 bracers 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 connection must be made prior to the initiation of the skill and must remain in contact throughout the entire skill.*

*Clarification 2: Primary School/Club Median Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the Release Move meets the criteria established under the Primary School/Club Median Division Stunt Release Moves or the Primary School/Club Median Division Dismounts.*

- b. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these contacts must be in a hand/arm to hand/arm connection; and the 2<sup>nd</sup> contact may be either a hand/arm to hand/arm connection OR in a hand/arm to foot/lower leg (below the knee) connection.  
*Clarification 1: Pyramid Release Moves must*

be braced on 2 separate sides (e.g. right side & left side, left side & back side, etc.) by 2 separate bracers. The 2 bracers located on the same arm is not permitted, and a top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.

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

- c. Primary weight may not be borne at second level.  
*Clarification: The transition must be continuous.*
- d. These release transitions may not involve changing bases.
- e. These transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter).
  - i. Both catchers must be stationary.
  - ii. Both catchers must maintain visual contact with the top person throughout the entire transition.
- f. Release moves may not be braced/connected to any top person(s) above prep level.

#### **7. PRIMARY SCHOOL/CLUB MEDIAN DIVISION Pyramids-Inversions**

- a. Must follow the Primary School/Club Median Division Stunt Inversions rules.
- b. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and 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 that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.

Example 1: A flat back split which rolls to a load in position would be allowed even if the base extends their arms during the inversion skill.

Example 2: A flat back split which rolls to an extended position would be not allowed because it did not first land in a position below extended level.

#### **8. PRIMARY SCHOOL/CLUB MEDIAN DIVISION Pyramids-Release Moves w/Braced Inversions**

- a. Pyramid transitions may not involve inversions while released from the bases.

#### **PRIMARY SCHOOL/CLUB MEDIAN DIVISION DISMOUNTS**

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

1. 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.
2. 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.
3. Dismounts must return to the original base(s)  
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.  
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 performance surface without assistance.  
*Clarification: An individual may not land on the performance surface from above waist level without assistance.*
4. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg stunt.
5. Up to 1 ¼ twisting dismounts are allowed from any 2 leg stunts.  
*Clarification: Twisting out of a platform body position is not allowed. A platform is not considered a 2 leg stunt.*
6. 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.
7. Up to 1 trick is allowed during a dismount from any 2 leg stunt.
8. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts are allowed.
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are not allowed.
13. When cradling single based stunt with multiple top persons, 2 catchers must catch each top person. Catchers and based must be stationary prior to the initiation of the dismount.
14. Dismounts from an inverted position are not allowed.

#### **PRIMARY SCHOOL/CLUB MEDIAN DIVISION TOSSES**

1. Tosses are not allowed.  
*Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*  
*Clarification 2: All waist level cradles are not allowed.*

**PRIMARY SCHOOL/CLUB MEDIAN DIVISION  
GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing 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 for the Primary School/Club Median Division. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
*Clarification: An individual may jump over (rebound) another individual.*
3. Tumbling while holding or in contact with any prop is not allowed.
4. 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.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.  
Example: A round off>toe touch> back handspring>back tuck is not allowed. A back tuck is not allowed in the Primary School/Club Median Division.

**PRIMARY SCHOOL/CLUB MEDIAN DIVISION  
STANDING TUMBLING**

1. Flips are not allowed.  
*Clarification: Jumps connected to ¾ front flips are also not allowed.*
2. Series front and back handsprings are allowed.
3. No twisting while airborne.  
Exception: Round offs are allowed.

**PRIMARY SCHOOL/CLUB MEDIAN DIVISION  
RUNNING TUMBLING**

1. Flips:
  - a. Back Flips may ONLY be performed 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.
  - b. 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.
  - c. Cartwheel tucked flips and/or cartwheel>back handspring(s)>tucks are not allowed.
  - d. Aerial cartwheels, running front tucks, and ¾ front flips are allowed.  
*Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.*
2. No tumbling is allowed after a flip or an aerial cartwheel.  
*Clarification: If any tumbling follows a flip or an aerial cartwheel, at least one step into the next tumbling skill must be included to separate the two 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 finishes the skill with both feet together, then one step out is all that is needed to create a new tumbling pass.*
3. No twisting while airborne.  
Exception: Round offs are allowed.  
Exception: Aerial cartwheels are allowed.

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**JUNIOR SCHOOL, VARSITY SCHOOL &  
REC/CLUB DIVISIONS**

*Note: The following rules apply to all remaining WSCC divisions (including Game Day, but with Game Day restrictions) not previously listed in the WSCC packet. These following rules are not the rules for the Special Abilities, Adaptive Abilities, and/or Primary School/Club Divisions rules- previously listed.*

**PARTNER STUNTS**

1. A spotter is required for extended stunts where the top person's weight is being borne by the base(s)  
Example: "Show and Go" stunts, where the top person is not in an extended static position, do not require a spotter.

2. A spotter is required for tosses to single base shoulder stands and single based shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
3. In stunts requiring a spotter, a spotter:
  - a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
  - b. Must be in position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts, this required spotter position is located behind or beside the top person.
  - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
  - d. May not have their hands behind their back.
  - e. May not support under the heel or sole of the top person's foot in a single based extended stunt. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
  - f. May not hold any objects in their hands.
4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
5. The base(s) of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
6. Bases may not:
  - a. Hold props that are made of hard material or have sharp corners or edges.
  - b. Hold any objects in a hand that is supporting the top person.
  - c. Assume a backbend, handstand or headstand position.
7. An athlete must not move over or under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid.
8. The total number of twists in a dismount from a stunt cannot be greater than  $1\frac{1}{4}$  rotations.
9. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in a position to protect the head, neck and shoulders of the top person.
10. In all dismounts to catchers who are not the original bases, the following conditions must be met:
  - a. The top person must be cradled by 2 catchers and a head-and-shoulders spotter/catcher.
  - b. The new catchers must remain close to the original bases.
    - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
    - d. The top person may not perform any skills (twist, toe touch, etc.) following the release.
11. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
12. Unless listed below, a release stunt must either be cradled or connected to at least on bracer.
  - a. Helicopters are allowed provided all of the following conditions are met:
    - i. The top person makes no more than a 180 degree rotation (half /  $\frac{1}{2}$  turn).
    - ii. Four bases must be in position during the entire release.
    - iii. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
    - iv. The bases are not allowed to change positions during the release.
    - v. The top person must begin and end in a face up position.
    - vi. The top person cannot perform a twisting skill.
  - b. A log roll is legal provided it does not involve more than 1 complete rotation and the top person is not in contact with another person in a release stunt. The following additional conditions apply:
    - i. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
    - ii. In a multi-base log roll, the top person must begin and end in a face-up or face-down position.
  - c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided that the top person remains vertical, and the top person performs no more than  $1\frac{1}{4}$  twisting rotations. Vertical releases from an extended position to an extended position may not perform more than a  $\frac{1}{4}$  twisting rotation
  - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or to a stunt at shoulder height or below.
  - e. Legal inversion releases are listed under Inversions Rule D.
13. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:



- a. The top person must have both hands in continuous hand-to-hand contact with a post or with both bases' hands or,
  - b. When transitioning into a split without continuous hand-to-hand contact, the following conditions are met:
    - i. There are a total of 3 bases that support the top person.
    - ii. At least 2 of the bases support under the legs of the top person. The 3rd base may support the top person under the legs or in contact with the hands of the top person.
    - iii. The top person must have both hands in contact with the bases during the split portion of the transition.
14. Double Based Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
  15. Single-based stunts in which the top person is parallel to the performance surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person (e.g. Bird, Side T. Single-Based Flatback, etc.)
  16. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
    - a. The top person maintains contact with at least 1 original base or spotter.
    - b. At least 2 catchers and/or based catch the upper body of the top person.
    - c. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.
    - d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least 3 catchers are required.
  17. A single-base may not be the only primary support for 2 extended top persons.  
EXCEPTION: Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be 3 people for each top person being cradled.
  18. Dismounts to the performance surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g. toe touch, twist, etc.), there must be an additional spotter who may, but is not required to provide assistance.
  19. A swinging stunt is legal provided all of the following conditions are met:
    - a. A downward movement is only allowed from below shoulder height.
    - b. The top person is face up.
    - c. The top person begins from the performance surface or in a stunt that is below shoulder height.
  20. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
  21. Single-based split catches are prohibited.
  22. Tension drops are prohibited.

## INVERSIONS

*Note: Inversions are partner stunts or pyramids in which the top person has her or his shoulders below the waist. In addition to the following rules, all persons involved in an inversion must follow all rules from the Partner Stunt and Pyramid sections.*

1. Unless allowed under the rules of this section, a top person must not be in an inverted position. Example: Basket toss flips are not allowed under this section, and therefore are prohibited.
2. An inverted top person may pass through an extended position, but must not begin, end, pause or stop in a static extended inverted position.
3. Braced inversion in a pyramid that do not flip or roll are allowed under the following conditions:
  - a. The inverted top person must have 2 bases or a base and a spotter.
  - b. In the case when a top person is released from the base(s), all of the rules for Pyramids #7 (Release Pyramid Transition Rules) are also met.
4. Braces rolls in a pyramid are allowed under the following conditions:
  - a. The bracer(s) must have 2 bases or a base and a spotter.  
Exception: Shoulder sits and thigh stands
5. Braces flips in a pyramid are allowed under the following conditions:
  - a. Both of the top persons' hands/arms are in continuous contact with a bracer or bracers. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and of the bracer.
  - b. Each bracer must be in a double base prep with a spotter.
  - c. The top person must be to the side of or in front of the bracer(s).
  - d. There must be 3 people involved in the toss and the catch of the top person either as a base or as a spotter. Any new

- catchers/spotters must be in place when the flip is initiated, remaining close to the original bases and may not be part of any other skill.
- e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and as long as the top person is no longer in an inverted body position.
  - f. The person ends in a non-inverted body position.
  - g. The top person does not perform more than 1 and  $\frac{1}{4}$  flipping rotations and no more than a  $\frac{1}{2}$  twist.
6. In all other inversions:
- a. Inversions may be released to the following provided there is a spotter:
    - i. Non-inverted dismounts with no more than a  $\frac{1}{2}$  twist.
    - ii. Loading positions below prep level with no more than a  $\frac{1}{2}$  twist.
    - iii. Non-inverted stunts at any level with no twists.
  - b. Inversions where the base of support begins and remains below prep level, at minimum, 1 person must maintain contact with the top person until the top person is no longer inverted or her/his hands are on the performance surface.
  - c. Inversions where the base of support begins at or passes through prep level, the following conditions must be met:
    - i. At minimum, 2 people must be positioned on the performance surface to protect the head/neck of the top person.
    - ii. Contact must be maintained between, at minimum, 1 base and the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or her/his hands are on the performance surface. The contact shall be sufficient to stabilize/control the top person's position.  
Exception: A foldover that begins at or below prep level and doesn't stop in an extended position is allowed without continuous upper body contact under the following conditions:
      - If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
      - The top person must not go directly to an inverted position on the performance surface from prep level or higher.
  - d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
7. An inverted top person must not hold objects (e.g. poms, signs, etc.) in his/her hands.  
EXCEPTION: A top person can hold objects during a transition from an inverted position on the performance surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.
  8. A Swing Roll Down stunt is no permitted.
- PYRAMIDS**
- Note: In addition to these specific pyramids rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.*
1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
  2. A bracer may not support a majority of a top person's weight.
  3. In pyramids where 1 extended stunt braces another extended stunt, the connection must be hand/arm to leg/foot.
  4. An athlete must not move over or be under a partner stunt or pyramid except when assisting to build, stabilize or dismount that partner stunt or pyramid.
  5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
  6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
  7. In a Released Pyramid Transition, the following rules apply:
    - a. The skills before and after the release must be legal, including the required spotters.
    - b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
    - c. The bracer(s) are at prep level or below. The bracer(s) must have 2 bases and spotter.  
Exception: Shoulder sits and thigh stands
    - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (e.g. shoulders of the bracer).

- e. The released top person and bases make no more than a  $\frac{1}{4}$  turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that there is a pause during the transition.
  - f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.
  - g. The top person does not land in an inverted position.
5. Tumbling over, onto, or under a stunt, person or prop is prohibited. Rebounding over a stunt, person or prop is also prohibited.  
EXCEPTIONS:
    - a. Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed)
    - b. Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are prohibited)

## TOSSES

*The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, toe pitch tosses.*

1. All tosses in this section are prohibited for Elementary/Primary School, Middle/Junior School and Junior High School, as well as all Rec Club and International Club Divisions- with the exception of the International Junior Club Division (ages 12-16 within the year of competition) and International Senior Club Division (ages 15 years + within the year of competition).
2. In all tosses:
  - a. No more than 4 tossers are allowed.
  - b. The top person must be caught in a cradle.
  - c. The cradle must include at least 3 of the original tossers.
  - d. 1 of the catchers must be at the head and shoulders of the top person.
  - e. The toss may not be directed so that the bases must travel to catch the top person (The bases can turn/rotate under the toss.)
  - f. The top person must not land in an inverted position.
  - g. The top person may not hold any objects (poms, signs, etc.) during the toss.
  - h. The top person cannot travel over or under another person or through a prop.
  - i. The total number of twists cannot be greater than  $1\frac{1}{4}$  rotations.  
EXCEPTION: Switch Ups to the same stunt group are allowed.
6. A flip that lands in a partner stunt or cradle is prohibited.  
Example: A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
7. Landings for all jumps must bear weight on at least 1 foot.  
Example: A toe touch jump to the seat, knees, or lands with both feet back, or to a push-up position is prohibited.
8. Knee drops are prohibited without first bearing weight on the hands.
9. Drops to a prone position (e.g. pushup) on the performance surface are prohibited.
10. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulder and hands. (This rule only refers to a type of entrance into the "kip-up/rubber band" skill.)

## XIV. SPECIFIC SURFACE RESTRICTIONS

*(Note: VERY IMPORTANT- For all Cheerleading Divisions in and out of competition)*

1. The following skills are only allowed on a matted surface, grass (real or artificial) or a rubberized track surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Partner stunts in which the base uses only 1 arm to support the top person.
  - c. Twisting tumbling skills (e.g. Arabians, full twisting layouts, etc.).  
EXCEPTION: Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a matted surface, grass (real or artificial) or a rubberized track surface.

## TUMBLING AND JUMPS

1. Dive rolls are prohibited.
2. Flips greater than 1 rotation are prohibited.
3. Twists greater than 1 rotation are prohibited.
4. A forward  $\frac{3}{4}$  flip to the seat or knees is prohibited.

The enclosed safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading skills including partner stunts, pyramids, tumbling and jumps should be carefully reviewed and supervised by a qualified adult coach.

Cheerleading jumps, tumbling, and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with USA Cheer/AACCA Safety Course and/or the ICU Safety Course will help to minimize the risk of injury, USA Cheer/AACCA and the ICU makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

## **XV. ADAPTIVE ABILITIES QUALIFICATION GUIDELINES**

For the purpose to assist and encourage the development of Adaptive Abilities opportunities for disabled and nondisabled athletes (e.g. “Adaptive Abilities Unified” divisions), enclosed (as a guideline only) please find a the IPC’s brief description of the 10 eligible\* impairment types (below) also shown on the IPC website: <https://www.paralympic.org/classification>; found under section 2 chapter 3.13 of the IPC Handbook.

*\*Note 1: Due to the newness of the Adaptive Abilities Division development at the grass-roots level, WSCC references the IPC’s excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As development continues, stricter adherence to these policies will be distinctly addressed for specific future competitions.*

*\*\*Note 2: Based on the uniqueness of Cheerleading competition, WSCC additionally includes Hearing Impairment (#11) as a guideline only compliant with the ICDS. The WSCC is committed to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for development purposes.*

### **IPC’s brief description of the 10 eligible\* impairment types (as a guideline):**

*Impairment: Explanation*

1. **Impaired muscle power:** Reduced force Generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. **Impaired passive range of movement:** Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. **Limb deficiency:** Total or partial absence of bones or joints as a consequence of trauma (e.g. car

accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).

4. **Leg length difference:** Bone shortening in one leg due to congenital deficiency or trauma.
5. **Short stature:** Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. **Hypertonia:** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. **Ataxia:** Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. **Athetosis:** Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. **Visual impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. **Intellectual Impairment:** A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
- 11\*\***. Hearing Impairment:** Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55decibels in an athlete’s “better ear”- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

## **XVI. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS PARTICIPATION**

It is understood that teams participating in the World School Cheerleading Championships will not knowingly and willingly participate in any other event promoted at a “World School Cheerleading Championships” or an equivalently named event. (Exception: Approved multi- sport international events congruent with the World School Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be subject to disqualification and will forfeit the opportunity to participate in the tournament the following year.

**XVII. TOURNAMENT FACILITY**

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

**XVIII. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)**

- 1. **Friday** (evening) will host the United States National High School Cheerleading Championships Game Day Competition.
- 2. **Saturday** (all day) will host the United States National High School Cheerleading Championships, and non-USA WSCC teams will conduct their routine performances (optional to the teams) in front of live audiences of the United States National Championships.
- 3. **Sunday** (all day) will host the World School Cheerleading Championships (WSCC) comprising of United States teams (divisions mentioned previously)

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

**XIX. WSCC POLICIES**

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

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

**XX. APPEARANCES, ENDORSEMENTS AND PUBLICITY**

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

**For any clarification or interpretation of the above safety guidelines, please email [info@cheerunion.org](mailto:info@cheerunion.org)**

**ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE WSCC COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.**

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

\_\_\_\_\_  
(Division- Junior High, Small Varsity, etc.)

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

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

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

\_\_\_\_\_  
(Administrator’s Signature)