



**WORLD<sup>TM</sup>  
SCHOOL**

**&**

**PERFORMANCE CHEER  
CHAMPIONSHIPS**

**31 January - 2 February 2020**

**DIVISIONS, RULES & REGULATIONS INFORMATION**

# 2020 WORLD SCHOOL & PERFORMANCE CHEER CHAMPIONSHIPS (WSPC)

## PERFORMANCE CHEER TEAM RULES AND REGULATIONS

### I. GENERAL RULES

- A. SCHOOL TEAMS- The competition is open to School Teams (USA and non-USA) for primary/elementary school, junior/middle school, high school/secondary school teams, and equivalent institutions that are compliant with the WSPC's eligibility guidelines. School teams must follow the School team rules.
- B. ALL STAR TEAMS- The competition is open to non-school school teams within the Tiny, Mini, Youth, Junior, Senior and Open categories that are compliant with the WSPC's eligibility guidelines. All Star teams must follow the All Star team rules.

### II. ELIGIBILITY GUIDELINES

#### A. SCHOOL TEAMS:

1. All Non-USA Participants must be compliant with their country's official School sports eligibility requirements, as it pertains to standard school international competition.
2. All USA participants must be students and official members of their respective school's team.
3. All USA School Teams competing in the 2020 WSPC must comply with the eligibility guidelines of the 2020 NDTC, and must have finished 10<sup>th</sup> place or higher at the 2019 NDTC (regardless of the division) and must be actively competing in the 2020 NDTC.

#### B. ALL STAR TEAMS:

1. All Non-USA Participants must be 6 consecutive month legal residents of the country where their team is located.
2. All USA participants must comply with the eligibility guidelines of the 2020 NDTC, and must be actively competing in the 2020 NDTC.

#### C. ALL TEAMS:

1. Any interpretations or decisions of eligibility for the 2020 WSPC will be rendered by the Championships Rules Committee. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the Championships.

### III. DIVISIONS/CATEGORIES

The World School & Performance Cheer Championships (WSPC) will consist of the following Performance Cheer Team divisions:

#### SCHOOL

- Primary School Tiny: Pom, Hip Hop, High Kick, Open 6 years and younger
- Primary School Mini: Pom, Hip Hop, High Kick, Open 9 years and younger
- Primary School: Pom, Hip Hop, High Kick, Open 12 years and younger  
*The Primary School Divisions are open to all primary/elementary school teams. Team size is 5 athletes or more: male/female athletes.*
- Junior High (JH): Pom, Hip Hop, High Kick, Open  
*The JH Division is open to all junior/middle school teams. Team size is 5 athletes or more: male/female athletes.*
- Junior Varsity (JV): Pom, Hip Hop, High Kick, Open  
*The JV Division is open for secondary/high schools with a 2<sup>nd</sup>/Preparatory Team or a 2<sup>nd</sup> Varsity School Team at the competition. Team size is 5 athletes or more: male/female athletes.*
- Small Varsity: Pom, Hip Hop, High Kick, Open 7 to 11 athletes- male/female
- Medium Varsity: Pom, Hip Hop, High Kick, Open 12 to 15 athletes- male/female
- Large Varsity: Pom, Hip Hop, High Kick, Open 16 athletes or more- male/female

#### ALL STAR

- Tiny: Pom, Hip Hop, High Kick, Open 6 years and younger- male/female
- Mini\*: Pom, Hip Hop, High Kick, Open 9 years and younger- male/female
- Youth\*: Pom, Hip Hop, High Kick, Open 12 years and younger- male/female
- Junior\*: Pom, Hip Hop, High Kick, Open 15 years and younger-all female
- Junior Coed\*: Pom, Hip Hop, High Kick, Open 15 years and younger-male/female
- Senior\*: Pom, Hip Hop, High Kick, Open 18 years and younger-all female
- Sr. Coed\*: Pom, Hip Hop, High Kick, Open 18 years and younger-male/female
- Open\*: Pom, Hip Hop, High Kick, Open 14 years and older-all female
- Open Coed\*: Pom, Hip Hop, High Kick, Open 14 years and older-male/female

*\*Note: Should a respective category/division (e.g. Mini Pom) have 3 or more teams within both "Small" (4-14 athletes) and "Large" (15 + athletes) possible divisions, then the WSPC will split these divisions into "Small" and "Large" accordingly.*

#### **IV. CROSSOVERS/ENTRY ELIGIBILITY**

- A. Cross-overs are only allowed for non-USA teams/athletes under the following conditions:
- **SCHOOL:** A School Team athlete may only compete with her/his official school's teams (one school) at WSPC within the WSPC eligibility requirements.
  - **ALL STAR:** An All Star Team athletes may only compete within her/his gym/studio/program's teams (one program) at WSPC within the WSPC eligibility requirements.
- B. Category entry eligibility: Qualified USA Schools (top 10 US Nationals finisher – of any division- in 2019) may only enter 1 category/division. All other teams non-USA School, non-USA All Star, and USA All Star teams are eligible to enter 2 category/division.

#### **V. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of the World School and Performance Cheer Championships (WSPC). As the teams make their presentations, the judges will score the teams using the respective School & All Star score sheets. Judges scores will be AVERAGED together to determine the overall team score.

#### **VI. SCORES AND RANKINGS**

- A. 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. No scores and rankings will be provided over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score within the group.
- B. All ties in each division or group will remain with the exception of first place. The first place tie will be broken based on the judges' final ranking points.

#### **VII. 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. DEDUCTION SHEETS**

Deduction sheets can be picked up shortly following each tea's performance. Questions regarding penalties can be made by the head coach of the team only and must be done 30 minutes of the final performance of the division or prior to final awards- whichever happens first. Once results are announced, no rules violations challenges will be accepted.

#### **VIII. SPORTSMANSHIP**

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

#### **IX. 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 will be removed from the activity at that time and will not be allowed to return to activity on that day or a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

- d. In addition to the WUCC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

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

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render 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.

## **XI. 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 and will automatically forfeit any right to any prizes or awards presented by the competition.

## **XII. FINALITY OF DECISIONS**

By participating in this championship, each team agrees that all decisions by the judges will be final; questions concerning comments on the score sheet will be allowed, however, scores and judges decisions will remain final. 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.

## **XIII. WORLD SCHOOL & PERFORMANCE CHEER CHAMPIONSHIPS-SCHOOL ONLY**

It is understood that School Teams participating in the World School & Performance Championships (WSPC) will not knowingly and willingly participate in any other event promoted as a "World School & Performance Cheer Championships", or an equivalent event. (Exception: Approved multi-sport international events congruent with the World School & Performance Cheer Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2021 World School & Performance Championships (WSPC) and will forfeit the opportunity to participate in the tournament the following year.

#### **XIV. TOURNAMENT FACILITY**

- A. The competition is scheduled to be held at **ESPN Wide World of Sports®** Complex.
- B. The performance floor will be professional grade material. All floors will have 8 panels in the rehearsal area and 10 panels on the main floor. Dimensions are as follows and can be subject to change if the tournament officials feel it is necessary for the successful execution of the championships. Each panel is 5 feet 3 ½ inches/1.613 meters wide.
- C. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championships.

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

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

#### **XVI. VIDEO 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 ground of such venues (collectively, "Event Location"). 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 the World School & Performance Cheer Championships (WSPC) and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, 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.

#### **XVII. LOGO USAGE**

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

#### **XVIII. PENALTIES**

- A. A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:
  - 0.5 Points: Starting/ending off of the marley surface, Performance Error- any skill or trick performed incorrectly that therefore classifies the skill/trick as a rule violation (example: touching down on an aerial cartwheel with non-hands free poms in hand)
  - Points: General rules violations including, but not limited to, time infractions, not enough kicks, costume/shoe rules, etc.
  - 1.5 Points: Routine safety rule violations.
- B. Should there be any questions concerning the legality of a trick or move, please email the World School & Performance Cheer Championships office/Liz Rifino at [lrifino@cheerunion.org](mailto:lrifino@cheerunion.org)

#### **XIX. 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.

#### **XX. GENERAL SAFETY GUIDELINES**

- A. All teams must be supervised during all official functions by a qualified coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete and team skill level with regard to proper performance placement.
- C. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
- D. All programs should have, and review, an emergency action plan in the event of an injury.
- E. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
- F. No technical skills should be performed when a coach is not present or providing direct supervision.
- G. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.
- H. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games,

competitions, performances, and other physical activities.

- I. The performance surface should be taken into consideration before engaging in any technical aspect of Performance Cheer. The performance area should be reasonably free of obstructions. Athletes should not perform technical skills on:
  - 1. Concrete, asphalt, or any other hard or uncovered surface
  - 2. Wet surfaces
  - 3. Uneven surfaces
  - 4. Surfaces with obstructions
- J. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

## **XXI. COMPETITION ROUTINE GUIDELINES**

- A. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
- B. Formal entrances which involve Performance Cheer, technical skills, and all traditions/chants are not permitted. Athletes should enter the performance area in a timely fashion.
- C. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc.).
- D. Center markers will not be allowed. This includes but is not limited to – stuffed animals, toys, alternate athletes, spacing ropes, etc.
- E. Teams may perform off of the performance floor; however, all routine choreography for the entire team must begin and end on the performance surface. Jumping on or off a raises performance surface is prohibited.
- F. Time limit is as follows:
  - 1. SCHOOL Teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit by more than (3) three seconds, the team will be assessed a penalty.
  - 2. ALL STAR Teams will have a minimum of (1:45) one minute forty five seconds and a maximum of (2:15) two minutes fifteen seconds to demonstrate their style and expertise. If a team exceeds the time limit over or under (3) three seconds, the team will be assessed a penalty.
- G. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

## **XXII. MUSIC GUIDELINES**

- A. Based on the location of the WSPC, teams must follow the ICU USA National Governing Body “USA Cheer” guidelines ([www.usacheer.net](http://www.usacheer.net)) and/or for countries with National Sport Authority recognized ICU National Cheer Federations, please contact your National Cheer Federation for more details, and for updates, as specific details adjust periodically.
- B. I have read and understand the USA Cheer 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.
- C. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- D. 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 WSPC).
- E. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition and will not be allowed to perform or compete.
- F. If there are concerns regarding a certain team’s use of music, a Challenge Form must be completed immediately following the team’s performance.
- G. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
- H. Challenge Process:
  - 1. All music challenges must be submitted in writing to the event director.
  - 2. There will be \$100 USD fee to request a music challenge and must be in the form of a check made out to St Jude Children’s Research Hospital.
  - 3. Fees collected will be voided if challenge is correct.
  - 4. If the team challenged can provide documentation during the event or be verified, the fees will be donated to St. Jude.
  - 5. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- I. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping

the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. Please make sure that the responsible adult playing the music is aware of any passcodes needed to lock/unlock the phone. Teams also need to provide their own adapter should one be needed to play off a specific device. If using CDs, please make sure the CD is unscratched so there is no skip while playing.

- K. It is recommended that person preparing the team's routine music (music editor, coach, etc.) should edit the music in a Digital Audio workstation (DAW) with the music volume set at 0- should this be available. Note: Most DAW's have a default that sets a track at -6 when a track is added.
- L. It is recommended that person preparing the team's routine music (music editor, coach, etc.) should check to see if there is a normalization process once the music is rendered or saved.
- M. Should a team be featured in a television broadcast using an original music composition or music commissioned for the team's routine or an original recording, the routine music may be possibly played for the television should the synchronization rights also be secured. Teams must be able to provide proof of synchronization rights (printed copy) during the WSPC registration for this consideration.
- N. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

### **XXIII. CHOREOGRAPHY AND COSTUMING**

- A. Routine choreography should be appropriate and suitable for family viewing and listening for all ages. Vulgar or suggestive material, choreography and/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swear words, connotations of inappropriate behavior, etc. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and will result in a 1 point deduction.
- B. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should athletes choose not to wear shoes during their performance, anything with wheels are not allowed (e.g. roller skates, roller blades, heelys,

etc.) Wearing socks and/or footed tights are not allowed.

- C. Teams may NOT use Disney themes nor may they have costumes that resemble a Disney character, movie or theme.
- D. When athletes are standing at attention, all costumes/uniforms must cover the midriff area (middle section of the body) completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable. This rule applies to all pom, jazz, kick, hip hop AND Game Day divisions.
- E. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
- F. Jewelry as part of the costume is allowed.

### **XXIV. PROPS**

Props are not allowed. A prop is defined as anything/any item that is used during the routine performance that is not continually attached to the athlete's uniform/costume. Articles of the athlete's costume/uniform (e.g. jackets, headbands, sunglasses, hats, etc.) may be removed during the performance; however, this item must be discarded, and not included within the performance- otherwise this item is considered a prop and is a violation of the rules contained herein. *Exception: Poms used within a pom routine is not considered a prop, as this is an essential component of the pom team's performance.*

### **XXV. HANDS FREE POMS**

The use of hands-free poms is allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, allowing for the pom to be easily transferable to place a hand – free of the pom – on the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together does not satisfy the definition of a "hands-free pom".

### **XXVI. HIGH KICK DIVISION SPECIFIC REQUIREMENTS**

- A. Each routine must have a minimum of 60 kicks. WSPC suggests that a High Kick routine should include more than 60 kicks to ensure that the 60 kick minimum requirement is met.
- B. A kick is defined as a skill where an athlete's 1 foot remains on the floor while the other foot is lifted with force from the floor - at least 1 inch/2.54 cm from the performance surface.

- C. At minimum, ½ of the team must perform a kick together in order for the kick to be counted. For teams with an odd number of athletes, ½ of the team’s athletes will be considered based on the higher (“rounded up”) even number. For example, with 17 athletes, at minimum 9 of the athletes must perform a kick for the kick to be counted for the routine kick requirement.
- D. Passe, flicks, turn sequences, toe taps etc. will not be counted as kicks  
EXCEPTION: Any time the kicking leg extends at or above 90 degrees from the performance surface and then contracts and extends again at or above 90 degrees – this is defined as a separate kick.

## XXVII. CATEGORIES

- POM- Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and performance cheer skill technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as “one”. A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Pom routines follow a more “traditional” theme- please see the score sheet for more information.
- HIP HOP – Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on incorporations such as jumps, jump variations, combo jumps, freezes and floor work and other skills. Distinctive clothing and accessories reflecting Hip Hop Culture must be worn. See the score sheet for more information.
- KICK/HIGH KICK – A kick routine incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. The choreography shall display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information.
- OPEN - Incorporates and exhibits traditional or stylized movements and combinations with strength,

attack and presence, formation changes, group work, visual effect and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style, musical interpretation, continuity of movement and team uniformity. The overall impression of the routine should be uptempo, lively, energetic and motivating, while allowing for texture of movement to utilize musicality. See Score Sheet for more information.

## XXVIII. SCHOOL DIVISIONS: JH-VARSITY ROUTINE RULES AND GUIDELINES

### A. WEIGHT BEARING SKILLS

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed.  
\*Please reference the Hands-Free Poms section for more details\*

### B. TUMBLING AND TRICKS (*Performed by Individuals*)

***\*Note: The following list is for reference only and includes common skills used within the Performance Cheer Divisions. These skills are not required within a routine and this list does not include all (“Allowed” & “Not Allowed”) Performance Cheer skills.***

#### ALLOWED:

Aerial Cartwheels	Front/Back Walkovers
Front Handsprings	Round Offs
Branny	Stalls/Freezes
Side Somi	Head Spins
Forward Rolls	Windmills
Backward Rolls	Kip Ups
Cartwheels	Shoulder Rolls
Headstands	Headsprings (with hands)
Handstands	Backbends

#### NOT ALLOWED:

Front Tucks	Back Handsprings
Front Aerials	No Handed Headsprings
Dive Rolls	Toe Pitch Back Tucks
Layouts	Shushunova
Back Tucks	

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand



support, aerial cartwheels, and side somis not connected to any tumbling skill are allowed).

2. If a team chooses to use hands-free poms for aerial cartwheels and/or side somis, and later touches down, the poms MUST be flipped off of the hand or a penalty will be assessed. Simply wearing the hands-free poms for the aerial cartwheel and/or side somi does not make the skill legal if the hands-free poms are not used correctly.
3. If a team chooses to use non-hands-free poms for aerial cartwheels and/or side somis, the non-hands-free poms MUST be moved to 1 hand. If the athlete later touches down with the hand that holds both poms, a penalty will be assessed. There are no exceptions to this rule.
4. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
5. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
6. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
7. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova (see glossary) are not allowed.
8. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" /"bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

### C. LIFTS AND PARTNERING

#### ***(Performed in pairs or groups)***

1. The Performing Athlete must receive support from a Supporting Athlete who is in direct contact with the performance surface throughout the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed.
3. The following cheerleading-based stunts are not allowed:

- a. Extended cheerleading stunts – which are skills where the lifted athlete is extended in an upright position over the base(s) who maintain fully extended arms and have the lifted athlete's feet in hands
- b. Pyramids and Basket Tosses
4. Swinging in and out of lifts and tricks in the prone position; swinging forwards, backwards, or making a complete circular rotation is not allowed if the Performing Athlete is in a prone position (body facing the ground)
5. Hip over-head rotation of the Performing Athlete(s) may occur as long as a Supporting Athlete maintains contact until the Performing Athlete returns to the performance surface or is returning to the upright position.
6. Vertical Inversions are allowed as long as:
  - a. The Supporting Athlete(s) maintain contact until the Performing Athlete returns to the performance surface or returns to the upright position.
  - b. When the height of the Performing Athlete's shoulders exceeds shoulder level of the Supporting Athlete(s), there is at least 1 additional athlete to spot who does not bear weight.

### D. RELEASE MOVES (*Unassisted Dismounts to the performance surface*)

1. A Performing Athlete may jump, leap, step, or push off a Supporting Athlete if:
  - a. The highest point of the released skill does not elevate the Performing Athlete's feet above head level of the Supporting Athlete. *Exception: Toe touches off of an athlete's back/leap frog jump(s) is allowed.*
  - b. The Performing Athlete may not pass through the prone or inverted position after the release.
  - c. Toe pitch back tucks are not allowed.
2. A Supporting Athlete may release/toss a Performing Athlete if:
  - a. The highest point of the release/toss does not elevate the Performing Athlete's hips above head level of the Supporting Athlete.
  - b. The Performing Athlete is not supine or inverted when released.

- c. The Executing Athlete does not pass through a prone or inverted position after release.
- d. Toe Pitch back tucks are not allowed.

## **XXIX. ALL STAR – TINY & MINI DIVISIONS/PRIMARY SCHOOL – TINY, MINI DIVISIONS: ROUTINE RULES AND GUIDELINES**

### **A. INDIVIDUAL SKILLS (*Performed by individuals*)**

#### ALL CATEGORIES

1. Inverted skills:
  - a. Non-airborne skills are allowed (e.g. Headstand)
  - b. Airborne skills with or without hand support are not allowed (*Clarification: Kip up with hand support originating from the performance surface is allowed, but may not hold poms/props in supporting hand(s)*)
2. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.
3. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performance surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
4. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

#### POM, HIGH KICK, OPEN

1. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s) (*Exception: Forward rolls, backwards rolls, and proper use of hands-free poms are allowed*)
  - b. Non-airborne skills are allowed
  - c. Airborne skills with or without hand support are not allowed (*Exception: Aerial cartwheels are allowed provided they are not connected to any other skill with hip-over head rotation*)

#### HIP HOP ONLY

1. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s) (*Exception: Forward rolls, backwards rolls, and proper use of hands-free poms are allowed*)
  - b. Non-airborne skills are allowed

- c. Airborne skills with or without hand support are allowed provided that the skills:
  - i. Are limited to 2 consecutive hip-over-head rotation skills.
  - ii. Are not airborne in approach but may be airborne in the descent (*Clarification: In the approach the hands must touch the ground before the feet leave the performance surface*)
- d. Airborne skills without hand support are not allowed (*Exception: An aerial cartwheel(s) that is not connected to any other skill with hip-over-head rotation*)

### **B. LIFTS AND PARTNERING (*Performed in pairs or groups*)**

#### ALL CATEGORIES

1. The Performing Athlete must maintain contact with a Supporting Athlete who is in direct contact with the performance surface. *Exception - Pom, High Kick and Open Divisions Only: Leaps & Jumps of connected athletes*  
*Exception - Hip Hop Division Only: Jumps of connected athletes*
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above shoulder level.
3. Hip-over-head rotation of the Performing Athlete(s) is allowed provided:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete's hips have crossed the vertical axis.
  - b. The Performing Athlete is limited to 1 continuous hip-over-head rotation.
4. A Vertical Inversion is allowed provided:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete returns to the performance surface or is returning to the upright position.
  - b. When the height of the Performing Athlete's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Performing Athlete. (*Clarification: When there are 3 Supporting Athletes- an additional spot is not required*).

## C. RELEASE MOVES (*Groups & Pairs: Dismounts to the performance surface*)

### ALL CATEGORIES

1. Dismounts are allowed provided:
  - a. At the highest point of the dismount, the Performing Athlete's hips may not elevate above shoulder level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete's hips may not cross the vertical axis while airborne and inverted. (*Clarification: While free of contact from both the performance surface and other athletes*)
  - c. The Performing Athlete is not inverted when released.

## XXX. ALL STAR – YOUTH & JUNIOR DIVISIONS/NON-TINY & NON-MINI PRIMARY SCHOOL DIVISIONS: ROUTINE RULES AND GUIDELINES

### A. INDIVIDUAL SKILLS (*Performed by individuals*)

#### ALL CATEGORIES

1. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.

#### POM ONLY

1. Airborne inverted skills with hand support are not allowed while holding poms.
2. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

#### HIP HOP ONLY

1. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s) (*Exception: Forward rolls, backwards rolls, and proper use of hands-free poms are allowed*)
  - b. Non-airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided that the skills:
    - i. Are limited to 2 consecutive hip-over-head rotation skills (*Clarification: Both skills must have hand support*)
  - d. Airborne skills without hand support are allowed provided the following conditions are met:
    - i. Involves no more than 1 twisting transition

- ii. May not connect to another skill that is airborne with hip-over-head rotation with or without hand support.

2. Only drops to the shoulder, back or seat are allowed provided the height of the airborne athlete doing the skill does not exceed hip level (*Clarification: Drops directly to the knee, thigh, front of head are not allowed*)

#### POM, HIGH KICK, OPEN

1. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s) (*Exception: Forward rolls, backwards rolls, and proper use of hands-free poms are allowed*)
  - b. Non-airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided that the skills:
    - i. Are limited to 2 consecutive hip-over-head rotation skills (*Clarification: Both skills must have hand support*)
  - d. Airborne skills without hand support are not allowed (*Exception: Front aerials and aerial cartwheels are allowed / Clarification: Provided they do not connect to another skill that is airborne with hip-over-head rotation with or without hand support.*)
2. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performance surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.

#### HIP HOP, HIGH KICK, OPEN

1. Inverted skills:
  - a. Non-airborne skills are allowed (e.g. Headstand)
  - b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Landing in a push up position may involve any jump.

### B. LIFTS AND PARTNERING (*Performed in pairs or groups*)

#### ALL CATEGORIES

1. The Supporting Athlete is not required to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.

2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head level.  
*Exception: The Junior Division follows the Senior & Open Rule B2.*
  3. Hip-over-head rotation of the Performing Athlete(s) is allowed provided:
    - a. Contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete's hips have crossed the vertical axis.
  4. A Vertical Inversion is allowed provided:
    - a. Contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete returns to the performance surface or is returning to the upright position.
    - b. When the height of the Performing Athlete's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Performing Athlete.  
*(Clarification: When there are 3 Supporting Athletes- an additional spot is not required).*
- b. Non-airborne skills are allowed
  - c. Airborne skills with hand support are allowed provided that the skills:
    - i. Are limited to 2 consecutive hip-over-head rotation skills
  - d. Airborne skills without hand support are allowed provided the following conditions are met:
    - i. Involves no more than 1 twisting transition
    - ii. May not connect to another skill that is airborne with hip-over-head rotation with or without hand support
    - iii. Are limited to 2 consecutive hip-over-head rotation skills
2. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed
  3. Only drops to the shoulder, back or seat are allowed provided the height of the airborne athlete doing the skill does not exceed hip level *(Clarification: Drops directly to the knee, thigh, front of head are not allowed)*

### **C. RELEASE MOVES (Groups & Pairs: Dismounts to the performance surface)**

#### ALL CATEGORIES

1. Dismounts are allowed provided:
  - a. At the highest point of the dismount, the Performing Athlete's hips may not elevate above head level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete's hips may not cross the vertical axis while airborne and inverted.  
*(Clarification: While free of contact from both the performance surface and other athletes)*
  - c. The Performing Athlete is not inverted when released.  
*Exception: The Junior Division follows the Senior & Open Rule C.*

## **XXXI. ALL STAR-SENIOR & OPEN DIVISIONS: ROUTINE RULES AND GUIDELINES**

### **A. INDIVIDUAL SKILLS (Executed by individuals)**

#### ALL CATEGORIES

1. Skills with hip-over head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s)  
*(Exception: Forward rolls, backwards rolls, and proper use of hands-free poms are allowed)*

#### POM ONLY

1. Airborne inverted skills with hand support are not allowed while holding poms.
2. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

#### HIP HOP, HIGH KICK, OPEN

1. Inverted skills:
  - a. Non-airborne skills are allowed *(Example: headstand)*
  - b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Landing in a push up position may involve any jump.

### **B. LIFTS AND PARTNERING (Executed in pairs or groups)**

#### ALL CATEGORIES

1. The Performing Athlete does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder-level.
2. At least 1 Supporting Athlete does not have to maintain contact with the Performing Athlete

above head-level provided the following conditions are met:

- a. There is only 1 Performing Athlete and 1 Supporting Athlete involved in the skill prior to the release
  - b. The Performing Athlete may not be inverted when released
  - c. The Performing Athlete's hips may not cross the vertical axis while airborne
  - d. The Performing Athlete must either be caught or assisted to the performance surface by 1 or more Supporting Athletes and may not be caught in a prone position
  - e. Supporting Athlete(s) may not hold poms/props in hands during any portion of the skill
3. Hip-over-head rotation of the Performing Athlete(s) is allowed providing condition is met:
- a. Contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete's hips have crossed the vertical axis.
4. A Vertical Inversion is allowed provided:
- a. Contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete returns to the performance surface or is returning to the upright position.
  - b. When the height of the Performing Athlete's shoulders exceeds shoulder-level there is at least 1 additional athlete to spot who does not bear the weight of the Performing Athlete. *(Clarification: When there are 3 Supporting Athletes- an additional spot is not required).*

**C. RELEASE MOVES (Groups & Pairs: Dismounts to the performance surface)**

POM ONLY

1. Dismounts are allowed provided:
- a. At the highest point of the dismount, the Performing Athlete's hip may not elevate above head-level and the Performing Athlete must land on their foot/feel *(No Exception)*
  - b. The Performing Athlete's hips may not cross the vertical axis while airborne and inverted. *(Clarification: While free of contact from both the performance surface and other athletes)*

HIP HOP, HIGH KICK, OPEN

1. Dismounts are allowed provided:
- a. At the highest point of the dismount, at least 1 part of the Performing Athlete's body must be at or below head-level and the Performing Athlete must land on their foot/feel *(Clarification: Or caught in the upright body position / Exception: May land on hand(s) when contact point between Performing Athlete and Supporting Athlete(s) is located at the knee-level or below)*
  - b. The Performing Athlete's hips may not cross the vertical axis while airborne and inverted. *(Clarification: While free of contact from both the performance surface and other athletes)*

**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 WSPC PERFORMANCE CHEER COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.**

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

\_\_\_\_\_  
(Division- Team Cheer Pom, Hip Hop, etc.)

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

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

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

\_\_\_\_\_  
(Administrator's Signature)