



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

**&**

**PERFORMANCE CHEER  
CHAMPIONSHIPS**

**02-04 February 2024**

**DIVISIONS, RULES & REGULATIONS INFORMATION**

# 2024 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 2024 WSPC must comply with the eligibility guidelines of the 2024 NDTC and must have finished 10<sup>th</sup> place or higher at the 2022 NDTC (regardless of the division) and must be actively competing in the 2024 NDTC.
- B. **ALL STAR TEAMS:**
1. All Non-USA Participants must be legal citizens or 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 2024 NDTC and must be actively competing in the 2024 NDTC.
- C. **ALL TEAMS:**  
Any interpretations or decisions of eligibility for the 2024 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** (If marked in red, not available in 2024, was available in 2019, under consideration for 2025.)

**Note: The new School NDTC Intermediate Divisions will not be available at the 2024 WSPC**

- **Primary School Tiny (6 years and younger within year of competition): Pom, Hip Hop, High Kick, Jazz**
- **Primary School Mini (8 years and younger within year of competition): Pom, Hip Hop, High Kick, Jazz**
- **Primary School (12 years and younger within year of competition): Pom, Hip Hop, High Kick, Jazz**  
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, Jazz**  
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, Jazz**  
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.
- **Varsity\*: Pom, Hip Hop, High Kick, Jazz**  
The Varsity Division is open to all secondary school team that do not meet the JV or JH criteria. Team size is 5 athletes or more: male/female athletes.

*\*Note: Varsity Divisions will split if there are more than 10 teams in a category in accordance with the NDTC Varsity Divisions.*

- **Special Abilities\*: Pom, Hip Hop, High Kick, Jazz**

The Special Abilities Division is open to all teams consisting of Athletes with and without an Intellectual Disability (ID) in the Unified (team composition has 50% or more athletes with an ID) or Traditional Team (team is comprised of 100% athletes with an ID) format. Athletes can belong to a school, club, rec program, all star team, gymnasium, or any institution. Up to 16 athletes per team.

*\*Note: Unified & Traditional Divisions are available for Pom, Hip Hop, High Kick or Jazz depending on WSPC Special Ability Team interest. As a new division(s) for the WSPC reserves the right to format the Special Abilities Divisions to assure the best experience for the athletes.*

- **Game Day (non-USA teams only)**

As the NDTC USA teams will be conducting the 2024 United States National Game Day Championships during the Championships weekend, and the WSPC Game Day Division will be available depending on non-USA interest in the Game Day Divisions for 2024. Should a non-USA team(s) be interested to compete in Game Day, please email [info@cheerunion.org](mailto:info@cheerunion.org) and WSPC will make arrangements to include non-USA Teams in the WSPC Game Day Division.

Team size is max 40 athletes: male/female athletes.

*Note: As a new division(s) for the WSPC reserves the right to format the Game Day Division for non-USA teams to assure the best experience for the athletes.*

### **ALL STAR / REC**

**NOTE: The NDTC Novice and Prep Divisions will not be available at the 2024 WSPC**

- **Tiny: Pom, Hip Hop, High Kick, Jazz**

The Tiny Division is for non-scholastic affiliated teams with athletes 5 to 7 years old (birth years 2016-2019) - male/female

- **Mini: Pom, Hip Hop, High Kick, Jazz**

The Mini Division is for non-scholastic affiliated teams with athletes 6 to 10 years old (birth years 2013-2018) - male/female

- **Youth: Pom, Hip Hop, High Kick, Jazz**

The Youth Division is for non-scholastic affiliated teams with athletes 9 to 13 years old (birth years 2010-2015) - male/female

- **Junior: Pom, Hip Hop, High Kick, Jazz**

The Junior Division is for non-scholastic affiliated teams with athletes 11 to 16 years old (birth years 2007-2013) - male/female

- **Senior: Pom, Hip Hop, High Kick, Jazz**

The Senior Division is for non-scholastic affiliated teams w/ athletes 13 to 19 years old (birth dates 01 June 2004-2011) - male/female

- **Open: Pom, Hip Hop, High Kick, Jazz**

The Open Division is for non-scholastic affiliated teams with athletes 16 years and older (on or before 31 December 2008)- male/female

## **IV. 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.

## **V. COMPETITION ROUTINE GUIDELINES**

- A. Formal entrances which involve Performance Cheer choreography, technical skills, and all traditions/chants are not permitted. Athletes should enter the performance area in a timely fashion.
- B. 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.).
- C. Center markers will not be allowed. This includes but is not limited to – stuffed animals, toys, alternate athletes, spacing ropes, etc.
- D. All Athletes (unless injured) must remain within the performance area throughout the entire routine. Athletes can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.
- E. 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.
- F. 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.

## **VI. CHOREOGRAPHY AND COSTUMING**

- A. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'. Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.
- 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 is 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. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.
- F. All male athletes' costumes must include a shirt that is fastened; however, it can be sleeveless.
- G. Jewelry as part of the costume is allowed.

## **VII. CATEGORIES/GENRES**

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

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

## **VIII. 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 and is used to enhance the routine. Articles of clothing brought onto the stage but not worn are considered a prop. This rule applies to the Game Day category as well. Poms being used in a Pom Division and/or Game Day Routine do not count as props. Signs being used in a Game Day routine ONLY will also not count as props. (See Game Day section for specifics).

## **IX. HANDS FREE POMS**

The use of hands-free poms is allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers hand. Proper use means "bars" (a gripping bar piece similar to/common in a traditional pom) cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

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

- 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.
- 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.
- At minimum, at least  $\frac{1}{2}$  of the team must perform a kick together in order for the kick to be counted. For teams with an odd number of athletes,  $\frac{1}{2}$  of the team's athletes *rounded down* to the next whole number of athletes will be considered  $\frac{1}{2}$  of the team and therefore sufficient. For example, for a team with 17 athletes (and odd number),  $\frac{1}{2}$  of the team would be 8.5 athletes; therefore (rounding down), 8 athletes would suffice as  $\frac{1}{2}$  of the team to comply with this requirement.
- Other High Kick Division Skills In Consideration:
  - **Leg Holds:** If the leg hold is lifted off the ground with force at or above 90 degrees and is performed by most of the team, it is considered a kick that counts towards the requirement.
  - **Ripple/Contagions:** When a kick is performed in a ripple or a contagion by most of the team, it will count as one (1) total kick toward the required minimum.
  - **Chasing ripples/Pickups:** These kicks will count as one (1) kick, however many times it is completed by most of the team.
  - **Contracted/Can-Can Kicks:** Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks.

- E. Passe, flick kicks which kick behind the athlete, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks.

## **XI. SPECIAL ABILITIES PERFORMANCE CHEER CRITERIA\***

*\*All WSPC Special Abilities Performance Cheer (Pom & Hip Hop) Division Rules/Criteria enclosed apply to both WSPC Special Abilities UNIFIED & TRADITIONAL Divisions unless otherwise specified herein*

### **A. Special Abilities General Rules & Guidelines**

1. All Performance Cheer WSPC general rules and guidelines, as well as routine requirements apply.
2. The use of Service Animals by athletes is permitted. (not allowed in the WSPC general rules & guidelines)
3. All Special Abilities Unified National Teams must be comprised of a 50% or more Athletes with an intellectual disability.
4. All Special Abilities Traditional National Teams must be comprised of 100% Athletes with an intellectual disability.
5. 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.
6. 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 light-colored t-shirt and pants in contrast to the Athletes' darker colored costume/uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer costume/ uniform during the routine.
7. Assistants shall wear athletic/performance style shoes (e.g., no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
8. Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner must not exceed the difficulty of a comparable skill performed by an athlete with an intellectual disability.
9. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression are strictly prohibited from any skills that may pose a danger to an athlete with AAI or with any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression at risk, etc.). Written approval/clearance by a medical professional and proof of all waivers and documentation prior to physical activity is the direct responsibility of the Team Director and Coach. For Special Olympic teams specifically (entering in the Special Abilities Division), additionally - approval/ clearance by a medical professional (via official medical waivers and documentation) must also be cleared and approved by the respective Special Olympics program or by Special Olympics.

### **B. Mobility & Support Device Rules**

*Note: The use of the term "wheelchair" below also applies to the use of scooters and similar mobility devices as is applicable*

1. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed and used to enhance the visual aspect of the performance, in which case they are considered props – and this is not allowed. *However, if any device is removed based on the need for an athlete to perform a skill and the device itself is not used as a prop for the purpose to enhance the visual aspect of the performance, then the device is not considered a prop and is allowed.*
2. Mobility devices (i.e., wheelchairs, crutches, etc.) are allowed within the rules of the division and may be used to support the athlete during the execution of skills.
3. It is the responsibility of the Coach to assure that there are no rocks or other sharp objects lodged in the wheels of the mobility device that could damage the performance surface - prior to the performance.
4. Athletes using non-motorized wheelchairs:
  - a. Must have a minimum of 2 wheels in contact with the performance surface with an added and appropriate anti-tip attachment (or a 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.

- b. If also basing a skill – without a 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 - must place the wheels in the lock position.

*Clarification For a wheelchair anti-tip 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.*

- 5. Athletes using motorized wheelchairs must have all wheels on the performance surface at all times.
- 6. An athlete may be lifted out of a wheelchair; however, the wheelchair may not be lifted from the performance surface.
- 7. Once an athlete in a wheelchair is in motion the Coach(es)/Team Manager(s) must remain with the athlete until the wheelchair has stopped. *Clarification: Athletes in a wheelchair that require assistance to initiate movement cannot be pushed and released.*

## **XII. WSPC ROUTINE RULES & GUIDELINES**

### **SCHOOL (JUNIOR HIGH THRU VARSITY) ROUTINE RULES & GUIDELINES**

#### **A. TUMBLING AND SKILLS (*Performed by Individuals*)**

- 1. 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 proper use of hands-free poms for hip over-head skills is allowed. \*Please reference the Hands-Free Poms section for more details\*
- 2. Tumbling skills with hip over-head rotation:
  - a. Airborne skills with hand support may not be airborne in approach but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed- hands touch the ground before the foot leaves the ground).
  - b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
- 3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- 4. Airborne hip overhead rotation skills without hand support are not allowed. (Exception: Aerial cartwheels/side somis not connected to any other hip over-head rotation skill are allowed.)
  - a. Airborne hip overhead rotation skills without hand support may not involve any twisting motion or a blind landing. Exception: Round Offs with no hands will be allowed.
  - b. Recommendation: If using non-hands-free poms in an aerial cartwheel/side somi, athletes should place both poms in non-dominant hand. If an athlete bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed.
- 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 is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova 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, shoulder, 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)
- 9. Below are some examples of commonly known Performance Cheer skills. This does NOT mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. The above rules still apply\*

ALLOWED			
Aerial Cartwheels	Backbends	Backward Rolls	Cartwheels
Forward Rolls	Front/Back Walkovers	Front Handsprings	Handstands
Head Spins	Headsprings (with hands)	Headstands	Kip Ups



Round Offs (with & without hands)	Shoulder Rolls	Side Somis	Stalls/Freezes
Windmills			

NOT ALLOWED			
Back Handsprings	Back Tucks	Dive Rolls	Front Aerials
Front Tucks	Layouts	No Handed Headsprings	Shushunovas
Toe Pitch Back Tucks			

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

- 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)
- At least one Supporting Athlete must maintain contact with Performing Athlete(s) throughout the entire skill.
- Lifting with poms is allowed.
- Extensions, pyramids, and basket tosses are NOT allowed.
- Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; 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)
- 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.
- Vertical Inversions are allowed as long as:
  - The Supporting Athlete(s) maintain contact until the Performing Athlete returns to the performance surface or returns to the upright position.
  - 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.

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

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

## **SPECIAL ABILITIES DIVISIONS (UNIFIED AND TRADITIONAL POM & HIP HOP)**

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

*Tumbling & Aerial Street Style Skills as a performance cheer skill are allowed but not required in all divisions with the following limitations:*

- Inverted Skills:
  - Non-airborne inverted skills are allowed (*Example: Headstand*); however, the skill must involve hand support with at least 1 hand throughout the skill.
  - POM DIVISIONS ONLY: Poms & articles of clothing (e.g., used for choreography purposes) are not allowed in the supporting hands of any inverted skills.
  - HIP HOP DIVISIONS ONLY: Articles of clothing (e.g., used for choreography purposes) are not allowed in the supporting hands of any inverted skills.
  - Airborne inverted skills are not allowed.
- Skills with hip over-head rotation:
  - Cannot be airborne.



- b. Are limited to 2 consecutive rotations.
- c. Must use hand(s) free of any materials in the supporting hand(s) for the skill. For example: Poms & articles of clothing (e.g., used for choreography purposes) are not allowed in the supporting hands in any hip-over-head rotation skills. *(Exception: forward and backward rolls)*
- 3. Simultaneous hip overhead rotation over or under another athlete is not allowed.
- 4. Drops to any other body part than the hand(s) or foot/feet are not allowed.
- 5. Landing in a push up position onto the performance surface from any jump is not allowed.

**B. PERFORMED BY GROUPS AND PAIRS**

*Lifts and Partnering are allowed to be performed; however, only with a Coach/Assistant as an additional spotter under the following limitations:*

- 1. The lift may not elevate the Performing Athlete's hips above head level.
- 2. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance Surface.
- 3. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill.
- 4. Hip-over-head rotation skills and inverted skills are not permitted when the Performing Athlete is elevated from the performance surface.

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

- 1. The Performing Athlete may not be released to the performance surface.

**ALL STAR/REC: TINY & MINI DIVISIONS**

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

*Tumbling & Aerial Street Style Skills as a performance cheer skill are allowed but not required in all divisions with the following limitations:*

- 1. Inverted skills:
  - a. Airborne inverted skills with 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) or must have proper use of hands-free poms).*
  - b. Airborne inverted skills without hand support are not allowed.
- 2. Skills with hip-over-head rotation:
  - a. With hand support are not allowed while holding poms/props in supporting hand(s). *(Exception: forward rolls, backward 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:
    - i. Are limited to two consecutive hip-overhead rotation skills.
    - ii. It is 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 ground. 2. MINI ONLY – back handsprings and front aerials not connected to any other skill with hip-over-head rotation are allowed)*
  - d. Airborne skills without hand support are not allowed. *(Exception: 1. Aerial cartwheels not connected to any other skill with hip-over-head rotation.)*
  - e. Airborne skills with or without hand support over another athlete are not allowed
- 3. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.
- 4. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
- 5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

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

- 1. A Performing Athlete must maintain contact with a Supporting Athlete who is in direct contact with the performance surface. *(Exception: leaps and 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*)**

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.

**ALL STAR/REC: YOUTH & JUNIOR DIVISIONS**

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

*Tumbling & Aerial Street Style Skills as a performance cheer skill are allowed but not required in all divisions with the following limitations:*

1. Inverted skills:
  - a. Airborne inverted skills with hand support are not allowed while holding props. (*Exception: Kip ups are allowed while holding poms.*)
  - b. Airborne inverted skills without hand support are not allowed
2. Skills with hip-overhead 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 limited to two 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 full twisting transition
    - ii. May only connect to one non airborne hip-over-head rotation skill. (*Clarification: limited to 2 consecutive hip-over-head rotation skills*)

***\*Exception: Junior Division follows the Senior & Open Division Individual Rule 2***

3. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.
4. Only drops to the shoulder, back or seat are permitted provided the height of the airborne athlete does not exceed hip level. (*Clarification: drops directly to the knee, thigh, front, or head are not allowed.*)
5. Landing in a push up position from any airborne skill is not allowed while holding poms or props.

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

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

1. A 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 Executing Athlete(s) throughout the entire skill above head-level. (*\*Exception: Jr follows Sr & Open Rule 2*)
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*).

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

- 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 5*

**ALL STAR/REC: SENIOR & OPEN DIVISIONS**

*Tumbling & Aerial Street Style Skills as a performance cheer skill are allowed but not required in all divisions with the following limitations:*

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

- 1. Inverted skills:
  - a. Airborne inverted skills with hand support are not allowed while holding props. (*Exception: Kip ups are allowed while holding poms*)
  - b. Airborne inverted skills without hand support are not allowed.
- 2. 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 limited to two 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 without hand support
    - iii. Are limited to 2 consecutive hip-over-head rotation skills
- 3. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.
- 4. 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, or head are not allowed*)
- 5. Landing in a push up position from any airborne skill is not allowed while holding poms or props.

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

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

- 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 and inverted
  - 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*)**

1. Dismounts are allowed provided:
  - a. At the highest point of the dismount, at least one part of the Performing Athlete's body must be at or below head level.
  - b. The Performing Athlete must land on their foot/feet or is assisted the upright position. Exception: may land on hand(s) provided:
    - i. The contact point prior to release between Supporting Athlete (s) and Performing Athlete is at or below knee level.
    - ii. The Performing Athlete is not holding poms or props in supporting hands.
  - c. 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*)

**XIII. GAME DAY (SCHOOL & ALL STAR/REC) FORMAT, RULES & GUIDELINES**

- A. GAME DAY SAFETY RULES: Teams competing in the Game Day Divisions must follow the WSPC School Routine Safety Rules and Regulations as enclosed herein.
- B. GAME DAY FORMAT: Game Day will take place in the following order:
  1. Fight Song: Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. There is a max time limit of one minute (1:00)
  2. Spirit Raising: Teams will choose to perform ONE of the following:
    - Sideline Routine
    - Stand Routine
    - Drum Cadence
 The performance of your choice should have an emphasis on crowd appeal. There is a max time limit of one minute (1:00)
  3. Performance Routine: A routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team's energy and connection to the crowd. There is a max time limit of one minute (1:00)
- C. GAME DAY GENERAL NOTES:
  1. Teams will be evaluated and scored on each Game Day component. Within each component, performances will be scored on synchronization, execution of motion and overall effect. In addition, other components that pertain specifically to each section will be judged.
  2. The performance will follow this order: Fight Song, Spirit Raising, and Performance Routine.
  3. Teams are required to wear a traditional uniform that you would wear when representing your school. These should be in school colors; uniforms must follow all midriff rules, which states when athletes are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
  4. Teams may use poms, but they are not required.
  5. Teams will be permitted to use signs in the Fight Song and Spirit Raising components ONLY.
    - a. Signs must be made of poster board, corrugated poster, or fabric.
    - b. Flags are not allowed.
    - c. Signs must not be larger than 3 feet/0.914 meters in any direction.
    - d. Signs cannot be tossed or thrown on stage or into the crowd and must be safely placed or dropped outside the competition area.

- e. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
  - f. No other props will be allowed, and all other prop rules as outlined herein must be followed as well.
6. For mascots performing in a Game Day Routine: Teams may add up to 1 (one) mascot in their routine. The mascot will not count toward the number of participants allowed but may impact the overall impression score.
- a. Mascots may only perform in one role throughout the entirety of the routine. The mascot must remain in costume.
  - b. The mascot must enter the floor with the team and remain on the floor for the entire routine.
  - c. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed.
  - d. Mascot Game Day Props:
    - Mascots will only be allowed to use traditional sideline props, such as signs and/or poms.
    - No other props are allowed, and all prop rules as outlined herein will apply.
    - Uniform/costume pieces must be worn from the beginning of the routine. Items/articles of clothing brought on to the stage but not worn will be considered a prop.
    - If any part of your mascot uniform / costume is taken off, it must be immediately put down.
7. Bands/drum lines/pep bands are not allowed.

**D. GAME DAY TIME LIMITATIONS:**

1. For teams competing in the Game Day divisions, teams will be allowed to have up to a maximum of 30 seconds to enter the floor and set their poms/signs. The timing will begin at the 30 second mark, regardless if team is set or not. All entry and rules guidelines will still apply, and keep in mind that your entry to the floor will not be judged; however, deductions will still be assessed. The overall routine time limit is 3:30.
2. All components (Fight Song, Spirit Raising, and Performance Routine) should not exceed 1 minute. If a component exceeds the 1 minute time limit, a penalty will be assessed.
3. The overall time limit (including transitions) should not exceed 3 minutes 30 seconds (3:30). Timing will begin with your fight song music, or any choreographed movement/chants- whichever happens first.
4. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

**XIV. MUSIC GUIDELINES**

- A. For the 2024 WSPC, all USA teams must follow the USA National Governing Body “USA Cheer” ([www.usacheer.net](http://www.usacheer.net)) Music Copyrights Educational Initiative also required for and in compliance with the 2024 NDTC Music Guidelines. All non-USA teams will have the choice of the USA Cheer guidelines ([www.usacheer.net](http://www.usacheer.net)) or ICU ([www.cheerunion.org](http://www.cheerunion.org)) Music Copyrights Educational Initiative.
- B. 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.
- C. For the most up to date information, please reference [www.usacheer.net](http://www.usacheer.net) or [www.cheerunion.org](http://www.cheerunion.org) and the sites’ Preferred Provider list for updates and changes periodically. For questions, please email: [info@usacheer.net](mailto:info@usacheer.net) or [portal@cheerunion.org](mailto:portal@cheerunion.org).
- D. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event. Examples include but are not limited to:
  1. Music Provider – provide a printed copy of proof of licensing
  2. iTunes – provide a screenshot of the song you are using from your purchased playlist
  3. Local/National Sports Authority Authorization – provide in written form with the signed authorization and a signed Music Clearance Certificate provide by WSPC registration.
  4. Band Music – for any team planning to perform to a recording of their institution’s musical band or orchestra playing a single musical composition, documentation must be provided that confirms the following:
    - a. The team has secured a compulsory license to make copies of the recording made by the band or orchestra
    - b. The band or orchestra recorded the song for and in conjunction with the performance cheer team
    - c. The school principal, or dean (or the institution’s administrative supervisor of similar stature) was aware and approved of the respective recording

- d. The band or orchestra does not provide music to other performance cheer teams
  - e. No other musical compositions are embodied in the recording to be used by the authorized performance cheer team
- E. Should a team choose an original recording that is featured in any potential television broadcast, the team's routine music may be used if synchronization rights are also secured. In this case, teams must be able to provide proof of synchronization rights in the form of a printed copy that can be provided during registration at the event for the original routine music to be included in the television broadcast.
- F. If available, the WSPC recommends that teams preparing their routine music should edit the music in a Digital Audio Workstation (DAW) and should be sure that the volume of the song is at "0". Should a DAW be available, a few important reminders:
1. Most DAW's have a default that sets a track at -6 when a track is added.
  2. Check to see if there is a normalization process after you render or save your work.
- G. For teams performing an original university/ scholastic institution fight song and/or traditional university/scholastic institution music, the team can use a recording of the university's/scholastic institution's designated musical group (e.g., Marching Band, etc.); however, a letter on official letterhead of the university/scholastic institution from the administrative supervisor granting permission to the team is required. *(Note: It is common for secondary schools, with granted permission, to use university fights songs as their own fight song)*
- H. If a team cannot provide required paperwork, the team will be given the option to count the routine verbally or to perform to an optional approved track of music or a track with counts.
- I. If a team cannot provide the required paperwork and chooses not to perform to an approved track of music or a track with counts, the team will be disqualified from the competition and will not be allowed to perform or compete.
- J. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- K. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
- L. 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 ("St. Jude").
  3. Fees collected will be voided if challenge is correct.
  4. If the team challenged can provide documentation during the event or the challenge can be refuted, 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.
- M. Each team is required to have a responsible adult remain at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for starting the music (e.g., "pressing play") and stopping the music in case of technical malfunction or injury. Should an adult choose not to remain at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
- N. It is not recommended that a smart phone be used for playing music, due to potential music interference that may be caused during the routine. All MP3 covers must be removed for sound system connection accessibly.
- O. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CDs will no longer be allowed, and CD players will not be provided at competition.
- P. Please ensure that all devices have a headphone jack to connect to the sound system, that are fully charged with volume turned up and placed in airplane mode.
- Q. Please ensure that jacks are clean and free of any debris of which may impact connectivity. Please note that you will require to have your own adapter in advance should your player not have a headphone jack.
- R. Teams/Mascots 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.

## **XV. INTERRUPTION OF PERFORMANCE**

#### **A. Unforeseen 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. **UNIFORM MALFUNCTION** As a precaution, each athlete is required to take the necessary steps to avoid inappropriate exposure during the performance. Should a uniform malfunction resulting in indecent exposure occur, the routine should be stopped immediately. This is a shared responsibility of all parties involved to recognize a malfunction has occurred.
3. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determines by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, at the coach's discretion, they will take the score they have received up to that point. Teams that limit/mark skills prior to the point of injury could result in an adjustment in scores based on the skills performed.

#### **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 the competition officials allow a routine to be performed later, the spot in the schedule where the reperformance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.

#### **C. Injury / Illness**

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.

Note: This is a shared responsibility of all parties involved to recognize an injury has occurred.

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 reperformance 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 team competing.
  - 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 has a suspected concussion should be removed from the activity immediately and should not be allowed to return to participation the same day of the incident and without being cleared by a medical professional in accordance with state law or organizational policy.
  - d. In addition, team directors and coaches attending the competition must be familiar with federal, state, and local laws applicable to such individuals and relating to individuals' duties and responsibilities regarding the recognition and treatment of injuries. (We encourage all stakeholders to be familiar with the specific law(s) of the state/country where the competition is being held.)
4. In the event of an injury or emergency, one (1) parent or legal guardian maybe allowed backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

#### **D. RE-PERFORMANCE SCHEDULE**

1. The competition officials will determine whether the team will be allowed to perform at a later time.
2. If the competition officials allow a routine to be performed later, the spot in the schedule where the reperformance is to take place is at the sole discretion of competition officials and must be within 30 minutes after the rest of the division is complete.



3. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.
4. Teams that limit/mark skills prior to the point of interruption could result in an adjustment in scores based on the skills performed.
5. If a team prefers not to re-perform the routine, at the coach's discretion, they will take the score they have received up to that point.

## **XVI. 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: Performance Error- any skill or trick performed incorrectly that classifies the skill/trick as an illegal skill/trick = a rule violation (example: touching down on an aerial cartwheel with non-hands- free poms in hand)
  - 1 Point: General rules violations including, but not limited to, time infractions of 1-5 seconds over time, not enough kicks, costume/shoe rules, prop rules, etc.
  - 1.5 Points: Timing infractions of 6 or more seconds over time, Routine safety rule violations.
- B. Should there be any questions concerning the legality of a trick or move, please email [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org). Include your team's name, your name, a contact phone number, and the event attending. Videos sent via text message will not be accepted. Videos for the WSPC must be received by 12 January 2024. All videos will only be accepted from the head coach of the team. If received after the deadline, the video is not guaranteed a response. Videos from choreographers will not be allowed. For questions, please contact [portal@cheerunion.org](mailto:portal@cheerunion.org).

## **XVII. 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 1-point penalty, removal of the coach or disqualification.

## **XVIII. 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/Rec & Special Abilities scoresheets. Judges scores will be AVERAGED together to determine the overall team score.

## **XIX. SCORES AND RANKINGS**

- A. Individual score sheets are for the exclusive use of each 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. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score within the group. Scores and rankings will be available only to coaches at the conclusion of the event.
- B. WSPC Scoresheets can be accessed at <https://cheerunion.org/championships/performancecheer/>
- C. Please note that all judges' decisions are FINAL.
- D. Any deductions or violations will be taken off the final score.
- E. In the event of a first-place tie, event officials will look at the raw scores per judge to see which team was ranked higher most often in each caption. Should a tie remain, the ranking points from the "overall Impression" portion of the score sheet will be used to break the tie.

## **XX. 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.

## **XXI. DISQUALIFICATION**

Any team and/or spectators of that team that do 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.

## **XXII. 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/head coach of the team and will be directed to the Competition Director. Such questions should be made prior to the event.

### **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. Questions regarding another team and/or their performance will not be allowed.

### **C. Deduction Sheets**

Deduction sheets will be available shortly following each team’s performance. Questions regarding penalties can be made by the head coach of the team only and must be done within 30 minutes of the final performance of the division or prior to final awards-whichever happens first. Once results have been announced, no rules violation challenges will be accepted.

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

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

## **XXIV. 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 Locations”). In the event a team authorizes the commercial recording or streaming in any Event Locations, 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.

## **XXV. LOGO USAGE**

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

## **XXVI. COMPETITION RULES**

While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on national, state, and local guidance, please be assured that WSPC is committed to

delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge to abide by the WSPC Competition Rules.

## **XXVII. WSPC PARTICIPATION - SCHOOL TEAMS 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” (virtual or in-person), or an equivalent event in 2024. This includes all awards and prizes labeled as International School Champions within a school division or category regardless of team name. (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 2025 World School & Performance Championships (WSPC) and will forfeit the opportunity to participate in the tournament the following year.

## **XXVIII. 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.

## **XXIX. 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.

## **XXX. FLOOR DIMENSIONS & GUIDELINES**

- A. All main floors will have 10 panels of marley floor, each panel approximately 5 feet 3.5 inches wide / 1.613 meters making the full floor approximately 53.5 x 53.5 feet / 16.307 x 16.307 meters.
- B. All rehearsal areas will ONLY hold 8 panels of marley.
- C. All athletes (unless injured) must remain within the performance area throughout the entire routine.
- D. Athletes can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.

## **XXXI. CROSSOVERS & NUMBER OF PERFORMANCES**

- 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. The max number of performances an athlete may compete in at WSPC with a school team or an All Star/Rec Team is three (3), under the following conditions:
  - USA TEAMS (School & All Star): Must follow the NDTC -WSPC qualification/participation requirements
  - NON USA: School & All Star/Rec Teams may compete in up to 3 of the 5 WSPC categories available (POM, HIP HOP, HIGH KICK, JAZZ, GAME DAY)

## **XXXII. 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. As detailed herein, 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.

### **XXXIII. RULES AND REGULATIONS AGREEMENT**

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director/head coach of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the World School & Performance Cheer Championships (WSPC), (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programmes.

**For any clarification or interpretation of the above safety guidelines, please email  
pc.rules@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)

