



**UNIVERSITY™**  
**WORLD CUP**  
**CHEERLEADING**  
**CHAMPIONSHIPS**

**12-14 January 2024**

**DIVISIONS, RULES & REGULATIONS INFORMATION**

# 2024 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) CHEERLEADING & PERFORMANCE CHEER DIVISIONS RULES & REGULATIONS

## I. PARTICIPATION GUIDELINES

- A. The competition is open to all USA colleges, universities and junior/community colleges, **AND** all non-USA universities and equivalent institutions.
- B. All USA Participants must be compliant with the 2024 College Cheerleading and Dance Team National Championships eligibility requirements & guidelines.
- C. All Non-USA Participants must be compliant with their country's official University sports eligibility requirements & guidelines, as it pertains to standard university international competition, including proof of student identification of the respective educational institution represented as required.
- D. Any interpretations or decisions of eligibility for the 2024 University World Cup Cheerleading Championships 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.
- E. The team and each participating team member/coach should constantly display good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as any discrimination of any nature.
- F. It is recommended that the team and each of its members display an overall appearance conducive to servicing as public representatives and ambassadors of their school in regard to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

## II. COACH ELIGIBILITY/MEMBERSHIP

- A. All USA Coaches must be compliant with the 2024 College Cheerleading and Dance Team National Championships membership and eligibility requirements & guidelines.
- B. All Non-USA Coaches must be compliant with the University World Cup Championships eligibility requirements & guidelines as defined herein, including the ICU Safeguarding and background check policies found at [www.cheerunion.org](http://www.cheerunion.org). Upon registration, ICU will follow up with all coaches and entourage members for safeguarding and background check processes required for the event.

## III. ELIGIBILITY GUIDELINES

- A. Any USA university or college team competing in the UWCC must comply with the eligibility guidelines of the 2024 College Cheerleading and Dance Team National Championships.
- B. Any non-USA university or college team competing in the UWCC must comply with the participation guidelines as detailed herein.
- C. Teams violating the eligibility rules could forfeit their titles and ranking as well as be prohibited from entering future UWCCs or associated competitions.
- D. Any interpretations or decisions of eligibility for the 2024 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee, which will consist of the Tournament Director, the College Program Director and one other UWCC official appointed by the Tournament Director. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the championships.

## IV. MUSIC GUIDELINES

- A. For the 2024 UWCC, 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 College Cheerleading and Dance Team National Championships 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 compliance of these guidelines, I have read and understand the USA Cheer Music or ICU 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:
- Music Provider – provide a printed copy of proof of licensing
  - iTunes – provide a screenshot of the song you are using from your purchased playlist
  - Local/National Sports Authority Authorization – provide in written form with the signed authorization and a signed Music Clearance Certificate provide by UWCC registration.
  - 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:
    - The team has secured a compulsory license to make copies of the recording made by the band or orchestra
    - The band or orchestra recorded the song for and in conjunction with the cheer team / performance cheer team
    - The school principal, or dean (or the institution's administrative supervisor of similar stature) was aware and approved of the respective recording
    - The band or orchestra does not provide music to other cheer teams / performance cheer teams
    - No other musical compositions are embodied in the recording to be used by the authorized cheer team/performance cheer team
- E. Should a team choose an original recording that is featured in any potential television broadcast of the UWCC, 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 UWCC 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:
- Most DAW's have a default that sets a track at -6 when a track is added.
  - Check to see if there is a normalization process after you render or save your work.
- 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.
- 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:
- All music challenges must be submitted in writing to the event director.
  - 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.
  - Fees collected will be voided if challenge is correct.
  - If the team challenged can provide documentation during the event or the challenge can be refuted, the fees will be donated to St. Jude.
  - 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 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. Music must be recorded at the correct speed/tempo and loaded onto an MP3 device.
- Q. 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.
- R. 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.
- S. 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.

## V. INTERRUPTION OF PERFORMANCE

### A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition, venue (power outage, fire alarms, etc.), the coach of the team at the music stand affected should **STOP** the routine.
  - a. Examples: Equipment issue- Music volume is too low for the athletes to hear the beginning of the routine music, etc.
  - b. Venue Emergency – power outage, fire alarm, etc.
2. If the coach chooses not to stop the routine, the team may not have the option to perform again.
3. While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials.
4. 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.
5. 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 the point of interruption/injury 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. If a skill has not been performed a "0" will be given in the category. 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 re-performance 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: competition officials, the advisor/ coach from the team performing or an injured individual. 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 later, the spot in the schedule where the re-performance 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.
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. An 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.
4. In addition, the coach/director all stakeholders must be familiar with all respective federal/national, state/provincial and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.
5. In the event of an injury or emergency, 1 parent or legal guardian may be allowed backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

## **VI. CODE OF CONDUCT**

- A. UWCC encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading and dance including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.
- B. To ensure the most positive experience for all attendees, UWCC asks that the following Code of Conduct be adhered to during all Competitions including the UWCC:
  1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Head Judge or designated UWCC Official to discuss the situation with the coach.
  2. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
  3. Judges' rulings are final related to deductions, final team placements and legalities.
  4. Any unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future UWCC Championships.
  5. UWCC reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

## **VII. 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 are responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
- 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 coach, or disqualification.

## **VIII. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of the UWCC. The judges will score each team according to the judging criteria to determine their total score. Judges scores will be averaged together to determine the overall team score. The judges' score will be combined with deductions taken off the total score.

## **IX. DISQUALIFICATION**

Any team that does not adhere to the terms and procedures of these “Rules and Regulations” will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

## **X. FINALITY OF DECISIONS**

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

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

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

1. 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**

1. 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.
2. Questions regarding another team and/or their performance will not be allowed.

### **C. MUSIC/AGE**

1. Any questions concerning a specific violation in music compliance must be submitted in writing immediately following the team’s performance.

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

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

## **XIII. MEDIA POLICY**

- A. No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, “Event Locations”).
- B. 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.
- C. By attending/purchasing admission to the event, each attendee grants permission to UWCC, and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

## **XIV. LOGO USAGE**

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

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

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

## **XVI. 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.

## **XVII. TOURNAMENT FACILITY**

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

## **XVIII. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)**

**Friday** (all day) will host Day 1 of the United States University Cheer Championships.

**Saturday** (all day) will host Day 2 the United States University Cheer Championships, and non-USA UWCC teams will conduct their routine performances (optional to the teams) in front of live audiences of the United States National Championships.

**Sunday** will host the University World Cup Cheerleading Championships (UWCC) comprising of United States teams (divisions mentioned previously) and non-USA teams. Crossovers for the UWCC and within the UWCC only will be allowed. Awards for Nations rankings and individual team results will be presented. (**Sunday** also hosts several divisional finals, Day 3, of the US National Championships.)

## **XIX. UWCC COVID-19 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 state and local guidance, please be assured that the UWCC 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 UWCC Competition Rules.

## **XX. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS PARTICIPATION**

It is understood that teams participating in the University World Cup Cheerleading Championships (UWCC) will not knowingly and willingly participate in any other event promoted as a "University World Cup Cheerleading Championships" for Individual University Teams. (Exception: Approved international events congruent with International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2024 University World Cup Cheerleading Championships and will forfeit the opportunity to participate in the tournament the following year.

## **XXI. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS POLICIES**

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

- A. ICU's Privacy Policies: <http://cheerunion.org/contact/privacypolicy/>
  - B. ICU Safeguarding Policies (and additional information): ICU is committed to safeguarding our Athletes. ICU Safeguarding Policies and additional information:  
<https://olympics.com/athlete365/what-we-do/integrity/safe-sport/>, <https://cheerunion.org/education/coach/>, <http://cheerunion.org/about/bureau/>  
[https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/Safegaurding/docs/ICU\\_Guidelines-for-Athlete-Safety-and-Welfare.pdf](https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/Safegaurding/docs/ICU_Guidelines-for-Athlete-Safety-and-Welfare.pdf)
- Note: Additional ICU World Championship venue safeguarding requirements provided upon team registration.

# 2024 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) CHEERLEADING DIVISIONS RULES & REGULATIONS

## I. CHEERLEADING SPECIFIC DIVISIONS

### A. UWCC Cheerleading Competition Routine Divisions.

1. Teams may not exceed 20 members in the routine divisions, with the exception of the Super Coed Divisions that may not exceed 24 members.
2. Crossovers are allowed (only applies to the University World Cup Cheerleading Championships non-USA teams)
3. The Small Coed Divisions will be limited to 1-5 male participants per team; Large Coed Divisions will be limited to a maximum number of 10 male participants per team\*; Super Coed Divisions will be limited to a maximum number of 13 male participants per team.
4. \*The Premier Large Coed Division specifically will be limited to 10 male participants per team within the following scale:
  - Large Coed Team with 14-15 total athletes = 8 maximum males
  - Large Coed Team with 16-17 total athletes = 9 maximum males
  - Large Coed Team with 18-19 total athletes = 10 maximum males
  - Large Coed Team with 20 total athletes = 11 maximum males

### 5. **Cheerleading Routine Divisions (8):**

- UWCC Premier All Girl (maximum 20 female athletes)
- UWCC Premier Small Coed (1-5 males, maximum 20 athletes)
- UWCC Premier Large Coed\* (5-11 males, maximum 20 athletes)
- UWCC Premier Super Large Coed (up to 13 males, maximum 24 athletes)
- UWCC Elite All Girl (maximum 20 female athletes)
- UWCC Elite Small Coed (1-5 males, maximum 20 athletes)
- UWCC Elite Large Coed\* (5-11 males, maximum 20 athletes)
- UWCC Elite Super Large Coed (up to 13 males, maximum 24 athletes)

*\*Floating scale will apply to the Premier Large Coed Division per article I.A.4*

### B. UWCC Cheerleading Game Day Performance Divisions:

*Note: Please see Game Day Division Guidelines*

1. Teams may not exceed 30 members in all UWCC Game Day Divisions
2. Crossovers are allowed (only applies to the UWCC non-USA teams)
3. Teams may add up to 1 (one) mascot in their routine. The mascot must enter the floor with the team and remain on the floor for the entire routine or an out of bounds penalty will be assessed. Mascots should be used to raise crowd energy and participation. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed. The mascot will not count toward the number of participants allowed but may impact the overall impression score. Mascots will only be allowed to use the following traditional sideline props i.e., rally towels, signs, pom, megaphones, or flags.
4. **Cheerleading Game Day Divisions (2):**
  - UWCC All Girl (maximum 30 female athletes)
  - UWCC Coed (maximum 30 female & male athletes)

## II. TIME LIMITATIONS – COMPETITION ROUTINE & GAME DAY PERFORMANCE

- A. Each team's presentation must include at least one (1) cheer and/or sideline chant (*use of native language in cheer and/or sideline chant is encouraged*).
- B. **COMPETITION ROUTINE ONLY:** Each Competition Routine will have a maximum of 2 minutes and 30 seconds (1 minute and 45 seconds maximum of music) to demonstrate its cheerleading expertise.



- C. GAME DAY COMPETITION ONLY: Each Game Day Competition Performance should consist of a Fight Song, Situational Sideline (offense/defense) and a Game Day Timeout. The maximum Game Day Performance time must not exceed 3 minutes. Each Game Day section should have a beginning and an end. Note: Spirited crowd leading interaction between each section is encouraged to continue to enhance the Game Day feeling/experience.
- D. Timing will begin with the first movement, voice or note of music; whichever comes first.
- E. If a team exceeds the time limit, a penalty will be assessed for each violation: 1 point deduction for 1-5 seconds over; 2-point deduction for 6 seconds or more.
- F. The routine time limit is 2:30 (Competition Routine) / 3:00 (Game Day Competition). Acknowledging the potential variance cause by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33 / 3:03 respectfully. If a routine is timed as part of a review, the exact time will be used without the 3 second allowance listed above.
- G. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
- H. Introductions:
  1. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance.
  2. All team breaks, rituals and traditions need to take place prior to entering the performance surface.
  3. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc. This would include running of the flags or other similar entrances and exits.
  4. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE (1) point deduction.
  5. There should not be any organized exits or other activities after the official ending of the routine.

### **III. CHEERLEADING COMPETITION AREA**

- A. Participants must start in the competition area with at least one (1) foot on the ground.
- B. Teams may line up anywhere inside the competition area.
- C. The competition area will be determined by the tournament director according to the size of the facility used.
- D. The performance floor will be approximately 54 feet x 42 feet/16.5 meters x 12.8 meters (9 strips).
- E. The surface will be traditional foam Cheerleading mat.
- F. Any team member stepping outside the performance area will cause the team to receive a point-five (.5) penalty per occurrence.
  1. The white line is considered the warning mark.
  2. A penalty will be assessed when any ONE full hand, foot, or body part touches outside the performance surface.
  3. Once a team member takes the floor, they must remain on the floor until the end of the performance.
- G. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. A HALF (0.5) point penalty will be assessed for props (signs, etc.) that are made of solid material and/or have sharp edges/corners released from a top person. A HALF (0.5) point will be assessed for persons on the ground throwing hard props (signs, megaphones, etc.) – breaking the of the wrist (indicating a hard toss of the prop) or if the arm extends away from the body (also indicating a hard toss of the prop).
- H. A center mark will be prohibited for all performance floors. Teams are prohibited from bringing any non-used props to the performance area (e.g., to mark the center of the floor).

### **IV. SPOTTER POLICY**

In an effort to promote a higher level of safety for competition athletes, UWCC will provide spotters for all rehearsal and competition floors. Teams may provide additional spotters ONLY in the warmup area at the UWCC. The use of additional spotters is left to the discretion of the coach. A team may only use up to 4 additional spotters maximum for each team warm-up; however, the use of additional spotters is not mandatory and is again discretionary to the coach. UWCC spotters will be provided on the main competition floor at all venues.

### **Guidelines for Additional Spotters:**

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed.
3. Additional spotters should only be used to prevent a fall to the competition floor.
4. Spotters are not allowed to count or coach while on the floor.
5. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
6. Should not dress or act in a manner that distracts from the athletes and their performance.
7. Should be at least 18 years old, listed on the official event roster and familiar with spotting the skills of the performing team.

**Note:** Teams should not attempt skills beyond their ability level.

## **V. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of the University World Cup Cheerleading Championships (UWCC). The judges will score each team according to the judging criteria to determine their total score. Each team will automatically receive the "crowd segment" full 15 points of the total score. The judges' scores will be averaged together with deductions being taken off the average scores. All ties in each division or group will remain. In the event of a first-place tie, the team with the lessor deductions will be awarded 1<sup>st</sup> place. If the deductions remain equal, the tie will not be broken and both teams will be awarded 1<sup>st</sup> place.

## **VI. JUDGING CRITERIA**

### **A. UWCC Competition Routine Criteria:**

1. The judges will score using criteria listed on the UWCC score sheet. Each team will be evaluated on a 100 point system.
2. The Cheer will attribute to 30 possible points (15 total crowd tape points automatically granted to each UWCC team and 35 possible points on the score sheet); Building 50 possible points; and 15 points possible for overall routine.
3. Any deduction or violations will be removed from the final score.

### **B. UWCC Game Day Competition Criteria - Overall:**

1. The UWCC Game Day Championship Division showcases what traditional cheerleading is all about- leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations, execution of skills, motion technique and of the overall performance.
2. The use of crowd leading tools such as rally towels, signs, poms, flags and/or megaphones is recommended (All are not required). No other props, musical instruments, etc. may be used by anyone on the performance floor. Props may not be thrown into the crowd.
3. Native language is recommended.
4. Order of the UWCC Game Day components will be: Fight Song, Situational Sideline (offense/defense), Game Day Time Out (in this order).
5. The judges will score teams following the criteria listed on the UWCC Game Day score sheet. Each team will be evaluated on a 100-point system (the 5 points for Spirit Video Score that exists on the US National Championships Scoresheet will be automatically awarded on the UWCC scoresheet).
6. UWCC Game Day Competition – Components Explanation

*Note: For a visual reference of the UWCC Game Day Components, on the internet please search "Game Day" with the name of the component ("Game Day Fight Song", "Game Day Situational Sideline", "Game Day Time Out") to assist with the explanations below:*

#### **a. Fight Song**

- i. Should represent the traditional Fight Song played & performance by your university/related scholastic institution. Should your university/related scholastic institution not possess a traditional Fight Song, another Fight Song may be used following the music guidelines contained herein.
- ii. Skills within the Fight Song should be minimal and practical.
- iii. Teams should begin the Fight Song in a sideline formation.

#### **b. Situational Sideline**

- i. Each team will be presented with an option of an offensive, defensive, or general (not offensive not defensive) sideline provided by an audio cue during the performance (e.g., “situational”)
 

Note: This is subject to change to be pre-set (as offensive, defensive or general), should this be determined to serve the UWCC best at the competition.
- ii. Teams are encouraged to use native language.
- iii. Use of signs, poms, and/or megaphones are encouraged. (All are not required) No other props, musical instruments, etc. may be used by anyone on the performance floor. Props may not be thrown into the crowd.
- iv. Skills should be minimal and practical.

**c. Game Day Timeout**

- i. Similar to Cheerleading team game performances during a 60 second timeout (e.g., at a Basketball and/or American Football Game, Baseball Game, for example) that is designed for crowd interaction and involves crowd response.
  - ii. Traditionally performed to popular Game Day timeout music (e.g., a band chant), this component is designed to showcase your team’s energy, leadership, visual appeal, and your team’s connection to the crowd.
7. Skills must be practical for Game Day and performed with strong technique while providing a visual effect that encourages crowd energy and participation. The incorporation of skills will be allowed with the following restrictions:
- 1. Flips into or from partner stunts and pyramids will not be allowed.
  - 2. Twisting stunts and dismounts may not exceed 1¼ rotations.
  - c. Flipping tosses are permitted with 0 twisting rotations.
  - d. No twisting airborne tumbling is allowed. Exception – Aerials are allowed.
8. Any deductions or violations will be removed from the final score.
9. Traditional Game Day uniform attire is encouraged.

**VII. RULE VIOLATIONS**

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

**VIII. 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 scores for all teams. Scores and rankings will be available only to coaches at the conclusion of the competition. Judges’ decisions are final.
- B. Any deductions or violations will be taken off the final score.
- C. After each round of competition, teams will receive the judges’ score sheets and comments for their team. In addition, teams will receive a ranking sheet with the names and scores of all teams in their group.
- D. 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.
- E. Once results have been announced, no rules violation challenges will be accepted. (*Scoresheets are enclosed on the next page for reference*):

## JUDGING SHEET - ROUTINE

### **CHEER Score Sheet- 30 points**

#### **CROWD LEADING 10 POINTS**

*Note: Use of native language is encouraged.*

Crowd Effective material (5)

Ability & Energy to Lead the Crowd & Proper

Use of Signs, Poms or Megaphones (5)

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

Proper Use of Skills to Lead the Crowd (5)

Execution - Proper Technique, Synchronization, & Spacing (10)

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

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

### **BUILDING Score Sheet- 50 points**

#### **PARTNER STUNTS 25 POINTS**

Perfection of Skill - Proper technique, Synchronization & Spacing (15)

Difficulty- Level of Skills, Number of Stunts & Number of Bases

(Coed Teams Only) Use of Coed Skills, Assisted vs. Unassisted (10)

#### **PYRAMIDS 25 POINTS**

Perfection of Skill - Proper technique, Synchronization & Spacing (15)

Difficulty- Level of Skill, Number of Pyramids & Number of Bases (10)

### **OVERALL Score Sheet- 15 points**

#### **STANDING/RUNNING GROUP 5 POINTS**

#### **TUMBLING**

Execution & Difficulty – Proper Technique, Difficulty of Skills Performed in Groups & Synchronization (5)

#### **BASKET TOSSES 5 POINTS**

Proper Technique, Height & Form (3)

Type of Skill & Number of Tosses (2)

#### **ROUTINE OVERALL 5 POINTS**

Overall Choreography, Visual Appeal, Flow, Formations & Transitions (5)

#### **SPIRIT VIRTUAL SCORE- 5 points (Automatic)**

#### **ROUTINE TOTAL 100 POINTS**

## JUDGING SHEET- GAME DAY

*Note: Spirit Program Day & Team Game Day are the same scoresheet with the exception that in "Overall Impression" of each element, the judges will also score based on "Integration & Coordination of all performers as 1 cohesive program, leaving a last impression while maintaining an overall university image of the performance"*

### **FIGHT SONG Score Sheet- 40 points\***

*Note: Use of native language is encouraged. (if applicable)*

#### **GAME DAY MATERIAL 10 POINTS**

Proper use of Material & Skills Relevant to Game Day Environment (10)

#### **EXECUTION OF SKILLS 10 POINTS**

Technique, Stability, Synchronization and Spacing (10)

#### **MOTION TECHNIQUE 5 POINTS**

Motion Placement, Sharpness & Synchronization (5)

#### **VISUAL APPEAL 5 POINTS**

Crowd Coverage and Creative Movements (5)

#### **\*FIGHTSONG OVERALL IMPRESSION 10 POINTS**

Energy and Connection to the Crowd (10)

\*Sideline, Timeout & Fight Song Overall Impression will be averaged together.

### **SITUATIONAL SIDELINE Score Sheet- 40 points\***

*Note: Use of native language is encouraged.*

#### **GAME DAY MATERIAL 10 POINTS**

Proper use of Material, Proper Response to Game Day Situational Cue & Skills Relevant to Game Day Environment (10)

#### **EXECUTION OF SKILLS 10 POINTS**

Technique, Stability, Synchronization and Spacing (10)

#### **CROWD EFFECTIVENESS 5 POINTS**

#### **& MOTION TECHNIQUE**

Voice, Pace, Flow, Crowd Coverage, Motion Technique, Sharpness & Placement (5)

#### **CROWD LEADING TOOLS 5 POINTS**

Proper use of Signs, Poms, Megaphones and/or Flags (5)

#### **\*SIDELINE OVERALL IMPRESSION 10 POINTS**

Energy and Connection to the Crowd (10)

\*Sideline, Fight Song & Timeout Overall Impression will be averaged together.

### **GAME DAY TIMEOUT Score Sheet- 40 points\***

*Note: Use of native language is encouraged. (if applicable)*

#### **GAME DAY MATERIAL 10 POINTS**

Proper use of Material & Skills Relevant to Game Day Environment (10)

#### **EXECUTION OF SKILLS 10 POINTS**

Technique, Stability, Synchronization and Spacing (10)

#### **CROWD LEADING TOOLS 5 POINTS**

Proper use of Signs, Poms, Megaphones and/or Flags (5)

#### **VISUAL APPEAL 5 POINTS**

Crowd Coverage and Creative Crowd Interaction (5)

#### **\*GAME DAY TIMEOUT OVERALL IMPRESSION 10 POINTS**

#### **IMPRESSION**

Energy and Connection to the Crowd (10)

\*Sideline, Timeout & Fight Song Overall Impression will be averaged together.

#### **GAME DAY TOTAL 100 POINTS**

## **IX. GENERAL GUIDELINES- “UWCC PREMIER” & “UWCC ELITE” DIVISIONS**

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

### **B. GENERAL PROGRAM GUIDELINES**

1. Cheerleading squads/teams should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g., use of appropriate matting, away from excessive noise and distractions, etc.)
3. Prior to the performance of any skill, the immediate environment to do the activity should be taken into consideration including, but not limited to proximity of non-cheerleading team personnel, performance surface, lighting and/or any weather precipitation (re: outdoor activities). Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
4. Advisors/coaches should recognize the particular ability level of all participants and should limit the team's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
5. Skills that have not been mastered should be performed only in a supervised practice environment.
6. Thorough training in proper spotting techniques should be mandatory for all teams.
7. All cheerleaders should receive proper training before attempting any form of cheerleading skills (e.g., tumbling, partner stunts, pyramids, and jumps).
8. All cheerleading teams should adopt a comprehensive conditioning and strength-building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all team members demonstrate mastery of the skill, and when spotting is required by a specific rule.
11. In environments where there is close proximity to the athletic event and out of bounds plays pose a significant risk of injury to the participant, no technical skills should be performed while the ball is in play.
12. All partner stunts, pyramids and tosses should be reviewed and approved by the coach prior to execution.

### **C. GENERAL RESTRICTIONS**

1. The use of any height-increasing apparatus (e.g., mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. When using props (signs, etc.) that are made of solid material or have sharp edges/corners:
  - a. A top or middle person may not release the props to the ground.
  - b. A person on the ground must gently toss or place the props.
  - c. A top person may not perform any skills (i.e., toe touch, twist, etc.) to a cradle
3. Unless otherwise stated herein, the top person in a partner stunt, pyramid or transition cannot be released from bases or leave the floor unassisted with the intent to land or be caught in an inverted body position.
4. An individual may not jump, flip, or dive over, under or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
5. A required spotter:
  - a. Cannot be in a position of providing support for a top person.
  - b. Must be in a position to protect the top person coming off a stunt or pyramid.
  - c. Must remain visually focused on the head, neck and shoulders of the top person, except when it is necessary to briefly check other stunts, surrounding environment and/or personnel.
6. Dismounts to the performance surface from shoulder level or higher require assistance from a base or spotter on the performance surface.
7. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne in the hands/feet of which breaks the impact of the drop.
8. Jewelry of any kind is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, etc.). Medical bracelets are allowed provided they are taped to the body.
9. Fingernails, including artificial nails, must be kept short, near the end of the fingers.
10. Soft-soled athletics shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.

11. Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast, or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling.

## **IX. SPECIFIC SAFETY GUIDELINES - UWCC PREMIER DIVISIONS**

**Note:** As reference only, the UWCC Premier Division Guidelines and Rules are closer aligned with the US University Championships Rules and will slightly differ from the ICU Premier Division guidelines. Every coach & team must read closely the enclosed UWCC Premier Division Guidelines & Rules for team compliance and should there be any questions and/or questions concerning the legality of a move or trick, it is recommended to contact and/or send a video copy of any skill of question to [rules.cheer@cheerunion.org](mailto:rules.cheer@cheerunion.org).

### **A. UWCC PREMIER PARTNER STUNTS**

1. Released load-ins and released transitions with more than 1 ¼ twists require an additional spotter.
2. Dismounts with more than 1 ¼ twists require an additional spotter that assists on the cradle.
3. Stunts in which the base uses only 1 arm for support require a spotter when:
  - a. The stunt is anything other than a cupie /awesome or basic liberty. All other 1-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.)
  - b. There is a released twisting load-in or dismount. The spotter must be in a place during the twist to assist on the cradle during the twisting dismount(s).
  - c. The top person is popped from one arm to the other.
4. A single base release to shoulders requires a spotter positioned to the side or back of the base during the release and landing phase of the skill.
5. Releases from a handstand position on the ground or a skill to a partner stunt (e.g., handspring loads, hand-to-hand releases) require an additional spotter.
6. Stunts in which the top person is in an extended handstand position require an additional spotter.
7. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided that the top person does not twist or rotate.
8. A top person can be released from a standing position on the performance surface to a hand-to-hand stunt provided adherence to the following criteria:
  - a. The top person does not twist.
  - b. The top person does not rotate beyond a ½ rotation into the hand-to-hand skill.
  - c. A spotter is present.
9. A top person can be released from a cradle position or a horizontal position below shoulder level to an inverted position.
10. Single based split catches are prohibited.
11. Twisting mounts and dismounts greater than 2 ¼ rotations are prohibited.
12. Front, back and side tension drops are prohibited.
13. Unless allowed by Rule D-14, all leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited.
14. Flipping into and out of stunts is allowed with the following conditions: (*Note that flipping from a basket or sponge loading position is a "toss" and must follow the Toss section rules*)
  - a. The top person is limited to 1 ¼ flipping rotations and one twisting rotation.
  - b. Flips must be caught by the original group and may not be directed so that the bases must move to catch the top person.
  - c. Bases are limited to ½ turn under the top person.
  - d. In rewinds:
    - i. Rewinds require a spotter and may land in a stunt (including loads and horizontal positions), a standing position on the performing surface, or a cradle with assistance from the spotter.
    - ii. Spotters may throw from under a single foot or leg of the top person.
  - e. In flips from stunts:
    - i. Flips from stunts must initiate from prep level or below.

- ii. Flips that initiate from prep level or from below prep level in a cradle or horizontal position may land in a cradle, horizontal or vertical stunt or in a standing position on the performance surface.
- iii. Flips that initiate from an elevator toss may land in a cradle, horizontal or vertical stunt; however, may not land in a standing position on the performance surface.
- iv. Flips to vertical stunts or to the performance surface may not perform any skills (i.e., toe touch, twist, etc.)
- v. Flips that land in a vertical stunt require a spotter.
- vi. Landings from all other flips with a single (1) rotation or less, require 2 people.
- vii. Landings from flips with greater than 1 rotation requires 3 people. When landing in a cradle position, 1 of the catchers must be in a “scoop” position behind the top person.
- viii. Flips to the performing surface require the top person landing on at least 1 foot with assistance from at least 1 base. The spotter must be active but is not required to make contact.
- ix. In all other landings from flips, all required catchers must be active in assisting the top person during the landing by making contact.

## **B. UWCC PREMIER PYRAMIDS**

1. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.
2. In all pyramids:
  - a. There must be at least two spotters designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground.
  - b. Spotters must be in position as the top person lands in the 2 ½ high position. They can load and move to this position as the top is loading.
  - c. One (1) spotter must be behind the top person and the other must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. If on the side, the spotter must have at least 1 foot/shoulder in front of the base to show a clear path to the front.
  - d. The required spotter behind the top person must not place their hands directly under the sole of the foot of a middle layer or under the hands of a base in a support role.
  - e. The required front/side spotter is allowed to place one hand under the exposed sole of the foot of a middle layer or under the hands of a base in a support role. The other hand may be in direct contact with the body or may be free but it may not be directly under the sole of the foot of a middle layer or under the hands of a base in a support role.
  - f. Once the pyramid shows adequate stability and just prior to the dismount, either required spotter can move to catch the cradle.
  - g. As pyramid design and loading varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
  - h. Loaders may act as spotters. The most important issue is that there is someone in position to provide assistance to the top person when they land.
  - i. Only bases and middle layer persons can bear primary weight of another person.
3. In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter who is not in contact with a pyramid is required.
4. A top person can be released from an inverted position (e.g., handspring up) and land inverted in a pyramid with the following conditions:
  - a. A minimum of 2 bases/spotters must load the skill.
  - b. The top person cannot flip (must be less than one complete rotation).
  - c. The release is limited to ½ twist.
5. Twisting released mounts and dismounts greater than 2 ¼ rotations are prohibited.
6. Cradles and horizontal landings from pyramids over 2 high must use at least 2 catchers, 1 on each side of the top person.
7. Front, back, and side tension drops are prohibited.
8. Flipping dismounts from pyramids are allowed under the following conditions:

- a. A front flip and Arabian dismounts may land in a cradle, face up horizontal position, or the performance surface to a minimum of 2 catchers who assist on the landing.
  - b. Front flip with up to 1 complete twist may land in a 2-person cradle only.
9. Flips into a pyramid are allowed under the following conditions:
- a. The flip is initiated from prep level or below.
  - b. The top person is limited to 1 ¼ flipping rotations and 1 twisting rotation.
  - c. The top person(s) may not land in an inverted position.
  - d. A rewind to a pyramid does not require an additional spotter.

### **C. UWCC PREMIER TOSSES**

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than 4 bases, and must be cradled by 3 of the original bases, 1 of which must catch in a scoop under the head and shoulders.  
Exceptions:
  - a. Elevator tosses may flip into stunts or pyramids as outlined herein.
  - b. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of first contact with the bases and top.
2. Basket tosses and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
3. The top person in a basket toss or similar toss that lands in a cradle cannot hold anything in their hands with the exception of poms.
4. In non-flipping basket tosses, the top person is limited to 2 ¼ twisting rotations and 3 total tricks (e.g., kick double full).
5. In flipping basket/sponge tosses, only the following skills are allowed:
  - a. Non-twisting backward somersaults in a tuck, layout, or pike position with up to one additional non-flipping trick.
  - b. Non-twisting forward somersaults in an arched, tuck, layout, or pike position with no additional tricks.
  - c. Back Layout Full Twist.
6. The following backward somersault skills may be performed with male athletes in position for the side thrower positions and back spot position:
  - a. Layout Straddle Full Twist
  - b. Tuck X Out Full Twist
  - c. Tuck Kick Full Twist or Tuck Split Full Twist
  - d. Layout Kick Full Twist or Layout Split Full Twist
  - e. Layout Double Full Twist

(All other flipping basket positions and combinations are prohibited, i.e., Front Fulls, Arabians, Pike-Open Full Twists, Side Sumis, Kick Double Full Twists, Double Flips and greater, etc.)

### **D. UWCC PREMIER TUMBLING**

1. Tumbling skills performed over, under, or through a partner stunt, pyramids, or individuals are prohibited.
2. Tumbling skills that exceed 1 flipping rotation are prohibited.
3. Tumbling skills with 2 or more twisting rotations are prohibited
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performance surface are prohibited. (Examples: A back flip or a jump landing in a pushup position is not allowed. A handspring to a pushup position is allowed - as it is not airborne prior to the prone landing.)

### **E. UWCC PREMIER SPECIFIC SURFACE RESTRICTIONS**

1. The following skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Inversion releases from the ground or a skill (e.g., handspring loads, hand-to-hand releases).
  - c. Flipping skills into or from stunts, tosses, or pyramids.
  - d. Two and one half (2 ½) high pyramids. Mounts or dismounts to or from 2 ½ high pyramids may not flip or twist on a rubberized track surface.



2. At American Football Games, kick double basket tosses, and basket tosses that flip AND twist are only allowed during a pre-game or half-time situations while on grass (real or artificial) or a matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
3. At indoor court surface sporting events such as Basketball, Volleyball, etc., the following skills are prohibited for all timeouts situations (regardless of the use of a matted surface or not) and for pre-game, half-time or post-game situations without a matted surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Partner stunts in which the base uses only 1 arm to support the top person. Exception: Non-twisting cupies/awesomes are allowed.
  - c. Flips into or from partner stunts.
  - d. Inversions. Exceptions: High School / Secondary School level inversions are allowed. (For university teams, braced flips can be braced by single based skills with a spotter.)
  - e. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
  - f. Two and one half (2 ½) high person high pyramids.
  - g. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)
4. At basketball, volleyball, and other indoor games during pre-game, half-time, or post-game performances where sufficient matting is used, there are no additional restrictions to the standard rules. (Sufficient matting varies by skill. In general, there should be at least 2 to 3 feet / .6 meters to .9 meters of clearance between non-tumbling skills and the edge of the mat.)

*The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. The UWCC, ICU or any other affiliated parties make no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.*

## **X. SPECIFIC SAFETY GUIDELINES - UWCC ELITE DIVISIONS**

**Note:** *As reference only, the UWCC Elite Division Guidelines and Rules are closer aligned with the ICU Elite Division rules. Every coach & team must read closely the enclosed UWCC Elite Division Guidelines & Rules for team compliance and should there be any questions and/or questions concerning the legality of a move or trick, it is recommended to contact and/or send a video copy of any skill of question to rules.cheer@cheerunion.org.*

### **A. UWCC ELITE PARTNER STUNTS**

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance surface.

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

4. Free flipping stunts and transitions are not allowed.
5. Single based split catches are not allowed.
6. Single based stunts with multiple top persons require a separate spotter for each top person.
7. **UWCC ELITE Stunts-Release Moves**

- a. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.

*Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the*

*length of the top person's legs plus an additional 18 inches/46 centimeters, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*

- b. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from an inverted to non-inverted positions may not twist.  
Exception: Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
- c. Release skills that land in a non-upright position must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.
- d. Release moves must return to original bases.  
*Clarification: An individual may not land on the performance surface without assistance. Exception 1: See UWCC Elite Division Dismounts "C.3".*  
Exception 2: Dismounting single based stunts with multiple top persons.
- e. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
- f. Release moves may not intentionally travel.
- g. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
- h. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting single based stunts with multiple top persons.

#### **8. UWCC ELITE Stunts-Inversions**

- a. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
  - b. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.  
*Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*  
*Clarification 2: Downward inversion skills originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)*  
Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.
  - c. Downward inversions must maintain contact with an original base.  
Exception: The original base may lose contact with the top person when it becomes necessary to do so.  
Example: Cartwheel-style transition dismounts.
  - d. Downward inversions from above prep level:
    - i. May not stop in an inverted position.  
Example: A cartwheel roll off would be legal because the top person is landing on their feet.  
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
    - ii. May not land on or touch the ground while inverted.  
*Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.*
  - e. Downward inversions may not come in contact with each other.
9. Bases may not support any weight of a top person while that base is in a backbend or inverted position.  
*Clarification: A person standing on the ground is not considered a top person.*

#### **B. UWCC ELITE PYRAMIDS**

- 1. Pyramids must follow UWCC Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- 2. Top persons must receive primary support from a base.  
Exception: See UWCC Elite Division "Pyramids Release Moves".
- 3. **UWCC ELITE PYRAMIDS - Release Moves**
  - a. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.

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

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

*Clarification: The transition must be continuous.*

- c. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
  - i. Both catchers must be stationary.
  - ii. Both catchers must maintain visual contact with the top person throughout the entire transition.
- d. Non inverted transitional pyramids may involve changing bases. When changing bases:
  - i. The top person must maintain physical contact with a person at prep level or below.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  - ii. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- d. Release moves may not be braced / connected to the top persons above prep level.

#### 4. UWCC ELITE Pyramids-Inversions

- a. Must follow UWCC Elite Division "Stunt Inversions" rules.

#### 5. UWCC ELITE Pyramids-Release moves w/ braced inversions

- a. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

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

- b. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.
- c. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e., cradle, flat back, prone) and doesn't exceed 1 twisting rotation.  
*Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e., basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.*
- d. Inverted transitional pyramids may involve changing bases.
- e. Braced inversions (including braced flips) must be in continuous movement.
- f. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers. Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
  - i. The 3 catchers/spotters must be stationary.
  - ii. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - iii. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- g. All braced inversions (including braced flips) that twist (including ¼ twist or more) must be caught by at least 3 catchers. If 3 catchers must make contact during the catch.
  - i. The catchers must be stationary.
  - ii. The catchers must maintain visual contact with the top person throughout the entire transition.
  - iii. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- h. Braced inversions (including braced flips) may not travel downward while inverted.
- i. Braced flips may not come in contact with other stunt/pyramid release moves.
- j. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

### C. UWCC ELITE DISMOUNTS

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

1. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).  
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).  
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
4. Up to a 2 ¼ twisting rotations are allowed from all stunts.
5. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
6. No free flipping dismounts allowed.
7. Dismounts may not intentionally travel.
8. Top persons in dismounts may not come in contact with each other while released from the bases.
9. Tension drops/rolls of any kind are not allowed.
10. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person.  
Catchers and bases must be stationary prior to the initiation of dismount.
11. Dismounts from an inverted position may not twist.

### D. UWCC ELITE TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.  
Exception: A ½ turn is allowed by bases as in a kick full basket.
3. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
4. Flipping, inverted, or traveling tosses are not allowed.
5. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Up to 2 ½ twisting rotations allowed.
7. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.
8. Only a single top person is allowed during a basket toss.

### E. UWCC ELITE TUMBLING

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

3. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.
4. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
5. Standing Tumbling – skills are allowed up to 1 flipping and 1 twisting rotation.
6. Running Tumbling- skills are allowed up to 1 flipping and 1 twisting rotation.

**F. UWCC ELITE DIVISION SPECIFIC SURFACE RESTRICTIONS**

1. All Premier Division skills that are not allowed within the Elite Division are not allowed to be performed by Elite Division teams regardless of performance surface.
2. The following Elite Division skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Inversion releases from the ground or a skill (e.g., handspring loads, hand-to-hand releases).
  - c. Kick double baskets that twists are not allowed at a football game during regular play or timeouts. They may be performed during a pre-game or half-time situations, but only on grass (real or artificial) or matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
3. At indoor court surface sporting events such as Basketball, Volleyball, etc., the following Elite Division skills are prohibited for all timeouts situations (regardless of the use of a matted surface or not) and for pre-game, half-time or post-game situations without a matted surface:
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Partner stunts in which the base uses only 1 arm to support the top person. Exception: Non-twisting cupies/awesomes are allowed.
  - c. Inversions. Exceptions: High School / Secondary School level inversions are allowed. (For university teams, braced flips can be braced by single based skills with a spotter.)
  - d. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
  - e. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)
4. At basketball, volleyball, and other indoor games during pre-game, half-time, or post-game performances where sufficient matting is used, there are no additional restrictions to the standard rules. (Sufficient matting varies by skill. In general, there should be at least 2 to 3 feet / .6 meters to .9 meters of clearance between non-tumbling skills and the edge of the mat.)

*The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. The UWCC, ICU or any other affiliated parties make no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.*

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

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

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

\_\_\_\_\_  
(Division- All Girl, Small Coed, etc.)

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

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

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

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

# 2024 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) PERFORMANCE CHEER DIVISIONS RULES & REGULATIONS

## I. PERFORMANCE CHEER SPECIFIC DIVISIONS

### A. UWCC Performance Cheer Competition Routine Divisions

1. All eligibility requirements for UWCC USA teams/athletes & Non-USA teams/athletes as listed herein applies.
2. USA Teams may enter up to 2 UWCC Team Divisions (Pom, Hip Hop and/or Jazz) with a limit of 2 Doubles entries per university (or similar UWCC eligible scholastic institution) within the UWCC Doubles Divisions (Pom Doubles & Hip Hop Doubles).
3. Non-USA Teams may enter up to 3 UWCC Team Divisions (Pom, Hip Hop and/or Jazz) with a limit of 2 doubles entries per university (or similar UWCC eligible scholastic institution) within each of the UWCC Doubles Divisions (Pom Doubles & Hip Hop Doubles).
4. Performance Cheer Teams (Pom, Hip Hop and Jazz) may not exceed 20 athletes per team, Doubles (Pom Doubles and Hip Hop Doubles) must comprise of 2 athletes per team.
5. Crossovers: Crossovers are allowed for non-USA teams. USA Teams must follow the crossover rules of the USA National Championships.
6. **UWCC Performance Cheer Competition Routine Divisions (5):**
  - Pom (up to 20 athletes, male and female)
  - Hip Hop (up to 20 athletes, male and female)
  - Jazz (up to 20 athletes, male and female)
  - Pom Doubles (2 athletes, male and female)
  - Hip Hop doubles (2 athletes, male and female)

### B. UWCC Performance Cheer Game Day Performance Division:

*Note: Please see Game Day Division Guidelines*

1. Teams may not exceed 30 members in all UWCC Game Day Divisions
2. **Cheerleading Game Day Divisions (1):**
  - UWCC Performance Cheer Game Day (maximum 30 female & male athletes)

## II. GENERAL SAFETY GUIDELINES

- A. All athletes agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible to assure that team members, coaches, parents, and any other person(s) affiliated with the team conduct themselves accordingly.
- B. All programs should have, and review, an emergency action plan in the event of an injury.
- C. Coaches must recognize the entire team's ability level and limit the team's activities accordingly.
- D. No technical skills should be performed when a coach is not present or providing direct supervision.
- E. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.
- F. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
- G. 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:
  - Concrete, asphalt, or any other hard or uncovered surface
  - Wet surfaces
  - Uneven surfaces
  - Surfaces with obstructions
- H. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

### **III. COMPETITION ROUTINE SPECIFIC GUIDELINES**

- A. 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.
- 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.

### **IV. TIME LIMITATIONS – COMPETITION ROUTINE (For Game Day Time Limitations: See Performance Cheer Game Day)**

- A. Each team competition routine will have a maximum of 2 minutes to demonstrate the team's style and expertise. If a team exceeds the time limit by more than 3 seconds, they said team will be issued a penalty.
- B. Timing will begin with the 1<sup>st</sup> choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever is last.

### **V. PERFORMANCE CHEER – FLOOR DIMENSIONS & CRITERIA**

- A. All floors will have 10 panels of Marley floor, each panel approximately 5 feet 3.5 inches / 1.61 meters wide making the full floor approximately 53.5 x 53.5 feet / 16.31 x 16.31 meters.
- B. Jumping on or off a raised performance surface is prohibited. This rule applies in all categories, including Game Day.
- C. 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.
- D. IN GAME DAY SPIRIT PROGRAM DIVISIONS ONLY (if applicable): Cheerleading and Performance Cheer teams will split the performance surface ½ mat (approximately 25 feet deep x 42 feet wide=5 strips / 7.62 meters deep x 12.8 meters wide = 5 strips) and ½ Marley (approx. 25 feet deep x 53.5 feet wide for Performance Cheer / 7.62 meters deep x 16.31 meters wide for Performance Cheer). Athletes may stand or perform on either surface and must stay within the 53.5 X 53.5 feet area/16.31 x 16.31 meter area. Skills must be performed on the surface that is legal for the skill being performed. Athletes must follow the specific Safety Rules and Regulations for their team (cheerleading/performance cheer).

### **VI. CHOREOGRAPHY & COSTUMING**

- A. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for all family and audience members 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 sounds effects or other words may still constitute "inappropriate". Music or movement in which the appropriateness is questionable or with a potential level of uncertainty, it is recommended that the coach should remove anything that might be considered "inappropriate" to place the team in its best situation for best results at the UWCC.
- B. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should athletes choose shoes, anything with wheels is not allowed (Example: roller skates, roller blades, Heelys, etc.). Wearing socks and/or footed tights only is not allowed.
- C. Teams competing at the UWCC and/or any competition venue at Walt Disney World may NOT use Disney themes and they may not have costumes that resemble a Disney character, movie, or theme.

- D. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- E. Jewelry as part of the costume is allowed.

## **VII. PROPS**

Props are allowed in all Hip Hop, Pom and Jazz categories; however, they must fit through a standard 36 inch/.914-meter door. Props must be handheld and cannot be used to bear the weight of the athlete. Standing props that can be used to bear the weight of an athlete are not allowed (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.). Any props used must first be approved through the UWCC Office. For approval, please send a video of the prop in use to pc.rules@cheerunion.org. Deadline to submit props for approval is 03 January 2024.

## **VIII. HANDS-FREE POMS RULES**

The use of hands-free poms is allowed. Hands-free poms are defined as poms specifically designed to affix to the athlete's hand(s), not requiring the athlete to physically grasp the pom, leaving the pom "hands-free" for the athlete. "Proper use" is required which means bars cannot be in the palm of the athlete's hand and only elastic bands 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 considered a hands-free pom.

## **IX. JUDGING PROCEDURES – ROUTINE (see Game Gay for Game Day Scoring)**

The judges for the event will be appointed at the sole discretion of the University World Cup Cheerleading Championships (UWCC). The judges will score each team according to the judging criteria, using a 100-point system for the routine to determine each team's total score. The additional 15 point "crowd segment" score for USA teams will be waived for the UWCC.

## **X. SCORES AND RANKINGS (Routine & Game Day)**

- 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 scores for all teams. Scores and rankings will be available only to coaches at the conclusion of the competition. Judges' decisions are final.
- B. Any deductions or violations will be taken off the final score.
- C. 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.
- D. After each round of competition, teams will receive the judges' score sheets and comments for their team. In addition, teams will receive a ranking sheet with the names and scores of all teams in their group. 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.
- E. By participating in an UWCC, teams give their consent for performances and scores to be made public.
- F. UWCC publishes and makes available all competition routine videos from live-streamed events to recognize the hard work and talent of the athletes competing, and ultimately, to serve and grow the global Cheer community. Due to the sheer number of teams and routines published, UWCC is unable to accommodate requests for removal.
- G: UWCC PERFORMANCE CHEER ROUTINE & GAME DAY TEAM SCORESHEETS are as follows (*see next page*):



## **ROUTINE JUDGING SHEET-POM, HIP HOP, JAZZ**

### **EXECUTION 40 POINTS**

#### **EXECUTION OF MOVEMENT (10)**

Proper control, placement and completion of movement/motions while staying true to style. Quality & strength of movement.

#### **EXECUTION OF SKILLS (10)**

Proper execution of technical skills, tricks and/or elements.

#### **SYNCHRONIZATION/UNIFORMITY (10)**

Consistent unison and timing by the team. Uniformity of team movement within choreography and skills.

#### **SPACING (10)**

Consistent and even positioning of athletes throughout all formations and transitions.

**Overall Execution (each segment is 5 points each/or = 5 pts via an average)**

#### **COMMUNICATION/PROJECTION (5)**

Ability to connect with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy, and entertainment value.

#### **OVERALL IMPRESSION (5)**

Appropriateness of the music, costume, and choreography. Impact of performance to create a lasting impression.

### **CHOREOGRAPHY 40 POINTS**

#### **CREATIVITY/MUSICALITY (10)**

Originality of the routine. New concepts/movement, levels/group work, visual effects and variety that compliments the intricacy of the music.

#### **ROUTINE STAGING (10)**

Use of varied formations & creative ways to move from one formation to another for quick & seamless transitions. Adequate use of the performance floor throughout the routine.

#### **COMPLEXITY OF MOVEMENT (10)**

Level of difficulty implemented through movement such as, but not limited to, weight changes, varied intricate movement, temp changes, etc.

#### **DIFFICULTY OF SKILLS (10)**

Level of difficulty implemented through technical skills, tricks and/or elements. Appropriate utilization of team's ability level.

**Overall-Choreography (each segment is 5 pts each/or=5 pts via an average)**

#### **COMMUNICATION/PROJECTION (5)**

Ability to connect with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy, and entertainment value.

#### **OVERALL IMPRESSION (5)**

Appropriateness of the music, costume, and choreography. Impact of performance to create a lasting impression.

### **ROUTINE TOTAL 100 POINTS**

*Note: For UWCC, the additional 15-point crowd score – common in the USA Championships, will be waived for the UWCC Performance Cheer Routine Competition.*

## **JUDGING SHEET- GAME DAY**

Note: Spirit Program Day & Team Game Day are the same scoresheet with the exception that in "Overall Impression" of each element, the judges will also score on "Integration & Coordination of all performers as 1 cohesive program." The final Game Day element also differs for the Spirit Program Game Day which is "Timeout" instead of "Performance Routine, although the judging criteria remain essentially the same for each element.

### **FIGHT SONG Score Sheet- 40 points\***

*Note: Use of native language is encouraged (if applicable)*

### **GAME DAY MATERIAL 10 POINTS**

Appropriate use of materials and skills relevant to your school's traditional Game Day (10)

### **SYNCHRONIZATION 10 POINTS**

Consistent unison and timing by the team. Uniformity of team of team movement within choreography and skills. Consistent and even positioning of athletes throughout all formations and transitions (10)

### **EXECUTION OF MOVEMENT 10 POINTS**

Proper control, placement and completion of motions and skills. Quality of strength of motions and skills (10)

### **OVERALL EFFECT 10 POINTS**

Ability to connect with the crowd. Leave a lasting impression while maintaining a university/collegiate image. Integration & Coordination of all performers as one cohesive programme (10)

*\*Fight Song, Game Situation & Performance Routine Overall Impression will be averaged together to = 10 points total on the Game Day Total.*

### **GAME SITUATION Score Sheet-40 points\***

*Note: Use of native language is encouraged.*

### **CROWD EFFECTIVENESS 10 POINTS**

Proper use of material could include but not limited to (poms/signs). Proper response to situational game cue (if not pre-assigned). Ability to engage and lead the crowd (10)

### **SYNCHRONIZATION 10 POINTS**

Consistent unison and timing by the team. Uniformity of team movement within choreography and skills. Consistent and even positioning of athletes throughout all formations and transitions (10)

### **EXECUTION OF MOVEMENT & SKILLS 10 POINTS**

Proper control, placement and completion of motions and skills. Quality of strength of motion and skills (10)

### **OVERALL EFFECT\* 10 POINTS**

Ability to connect with the crowd. Leave a lasting impression while maintaining a university/collegiate image. Integration & Coordination of all performers as one cohesive programme (10)

*\*Fight Song, Game Situation & Performance Routine Overall Impression will be averaged together to = 10 points total on the Game Day Total.*

### **PERFORMANCE ROUTINE Score Sheet- 40 points\***

*Note: Use of native language is encouraged. (if applicable)*

### **CHOREOGRAPHY 10 POINTS**

Elements included in choreography (group work, levels, visuals, etc.) for an entertaining and Game Day appropriate performance (10)

### **SYNCHRONIZATION 10 POINTS**

Consistent unison and timing by the team. Uniformity of team of team movement within choreography and skills. Consistent and even positioning of athletes throughout all formations and transitions (10)

### **EXECUTION OF MOVEMENT & TECHNIQUE 10 POINTS**

Proper control, placement and completion of motions and skills. Quality of strength of motions and skills (10)

### **OVERALL EFFECT 10 POINTS**

Ability of connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value while maintaining a university/collegiate image (10)

*\*Fight Song, Game Situation & Performance Routine Overall Impression will be averaged together to = 10 points total on the Game Day Total.*

### **GAME DAY TOTAL 100 POINTS**

*Note: Fight Song, Game Situation & Performance Routine Overall Impression will be averaged together = 100 points total.*

## XI. ROUTINE CATEGORIES

- **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 41 complexities of movement and skills. Poms are required to be used throughout the routine.
- **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.
- **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.

## XII. UWCC PERFORMANCE CHEER ROUTINE SAFETY RULES

### A. TUMBLING AND SKILLS (Executed 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. Hip over-head rotation skills with hand support that are not airborne in approach are limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Hip over-head rotation skills with hand support that are airborne in approach OR hip over-head rotation skills without hand support are allowed provided the following:
  - a. May not connect to any other hip over-head rotation skill
  - b. May not be done consecutively without a stop or stall in momentum in between each skill
  - c. Involves no more than 1 twisting transition
  - d. Standing full twisting back flip will not be permitted
4. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
5. 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.
6. Landing in a push-up position on 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.

**Note: The following are skills are commonly known as Performance Cheer skills; however, this does not indicate that these skills are required in your routine and does not encompass all skills that are legal/illegal within a routine. The rules detailed herein still apply.**

### ALLOWED

Aerial Cartwheels	Cartwheels	Front Tucks	Kip Ups	Round Offs (with or without hands)
Back Tucks	Forward Rolls	Handstands	Shoulder Rolls	
Back Handsprings	Front Aerials	Head Spins	Side Somi	
Backbends	Front/Back Walkovers	Headsprings (w/hands)	Stalls/Freezes	
Backward Rolls	Front Handsprings	Headstands	Windmills	

## NOT ALLOWED

Dive Rolls	No Handed Headsprings	Shushanova
Layouts	Toe Pitch Back Tucks	

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

1. The Executing/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. At least 1 Supporting Athlete must maintain contact with the Executing/Performing Athlete(s) throughout the entire skill.
  - a. Lifting with poms is allowed.
  - b. Extensions, pyramids, and basket tosses are NOT allowed.
3. 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 will not be allowed if the Executing/Performing Athlete is in a prone position (body facing the ground).
4. Hip over-head rotation of the Executing/Performing Athlete(s) may occur if a Supporting Athlete maintains contact until the Executing/Performing Athlete returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed if:
  - a. The Supporting Athlete(s) maintain contact until the Executing/Performing Athlete returns to the performance surface or returns to the upright position.
  - b. When the height of the Executing/Performing Athlete(s) shoulders exceeds shoulder level of the Supporting Athlete, there is at least 1 additional Athlete to spot who does not bear weight.

### **C. RELEASE MOVES/UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE**

1. An Executing/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 Executing/Performing Athlete's feet above head level of the Supporting Athlete.  
*Exception: Toe touches off an Athlete's back/leapfrog jumps will be allowed.*
  - b. The Executing/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 an Executing/Performing Athlete if:
  - a. The highest point of the release/toss does not elevate the Executing/Performing Athlete's hips above head level of the Supporting Athlete.
  - b. The Executing/Performing Athlete is not supine or inverted when released.
  - c. The Executing/Performing Athlete does not pass through a prone or inverted position after release.
  - d. Toe Pitch back tucks are not allowed.

### **XIII. DEDUCTIONS**

Deduction sheets can be picked up shortly following each team's performance. Questions regarding penalties can be made by the head coach of the team only and must be initiated 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

### **XIV. PENALTIES**

- A. A deduction will be given for EACH safety/general competition rule violation. The point values of this deduction will be as follows:
  - 0.5 Points: Performance error. Any skill or trick executed incorrectly that then makes the skill/trick illegal (Example: Touching down on an aerial cartwheel with a non-hands-free poms in hand)

- 1.0 Points: General Rule violations including but not limited to timing infractions of 1-5 seconds over time, costume/shoe rule violations, Incorrect Situational Sideline response including calling a general sideline, prop rules, etc.
  - 1.5 Points: Timing infractions of 6 or more seconds over time, routine safety Rule violations.
- B. If you have any questions concerning the legality of a trick or move, please email the University World Cup Cheerleading Championships office at [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org).

## **XV. PERFORMANCE CHEER GAME DAY COMPETITION GUIDELINES**

- A. UWCC Performance Cheer Team and Athlete Game Day competition eligible matches the UWCC Performance Cheer Team and Athlete routine eligibility rules and criteria outlined herein.
- B. Performance Cheer Teams competing in the UWCC Game Day competition must follow the 2024 UWCC Performance Cheer Safety Rules and Regulations.
- C. Team size may not exceed 30 team members (male and female).
- D. The order for the UWCC Performance Cheer Game Day Divisions will be Fight Song, Game Situation (offense/defense), Performance Routine.
1. **Fight Song:**  
Skills and choreography should represent a traditional fight song your team performs at games.
  2. **Game Situation:**  
This component of the Game Day Championship includes two elements. Teams are encouraged to use spirit raising props. The following props are allowed: signs, poms, flags and/or megaphones.
    - In the USA National Championships, it is formatted with a real-life scenario where the team will react to an audio cue with an offense or defense game chant. These chants should be specific to the verbal cue given. **Teams in the UWCC will have the option of the verbal cue or a pre-set Game Situation (no verbal cue) due to the variety of native languages of the teams at the UWCC.**
    - Timeout (band music/traditional team music) designed for crowd interaction. The timeout should be the same, regardless of what situation (offense or defense) you are given -if applicable.
  3. **Performance Routine:**
    - a. A routine (any style) that is designed for crowd entertainment. This routine has a max time limit of 30 seconds.
    - b. This is the best time to showcase your team's energy and connection to the crowd.
- E. Teams will be evaluated and scored on each section of the Game Day Competition. Within each section, performances will be scored on synchronization, execution of motions/skills and overall effect. In addition, other components that pertain specifically to each section will be judged. For more information, please contact, [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org).
- F. The use of crowd leading tools such as signs, poms, megaphones, flags, and rally towels are recommended but not required. No other props, musical instruments, etc. may be used by anyone on the performance floor.
- G. Props cannot be tossed or thrown except for a pom toss. Props may not be thrown into the crowd and hip overhead rotation skills (with or without hand support) with props (exception: poms) will be prohibited. See *Hands-Free Pom Rules* as they pertain to skills and tricks.
- H. For Cheerleading and Performance Cheer Teams competing in the Game Day divisions, teams are allowed to have up to a maximum of 30 seconds to enter the floor and set up Game Day props. 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 time limit is 3:00.
- I. Teams may add up to 1 mascot in their routine. The mascot must enter the floor with the team and remain on the floor for the entire routine or an out of bounds penalty will be assessed. Mascots should be used to raise crowd energy and participation. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed. The mascot will not count toward the number of participants allowed but may impact the overall impression score. Mascots will only be allowed to use traditional sideline props. The following props are allowed: signs, poms, megaphones, flags, and rally towels. 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.

- J. The judges will score teams using the criteria listed on the UWCC Game Day Championship score sheet. Each team will be evaluated on a 100-point system.
- K. Any deductions or violations will be taken off the final average score.
- L. Traditional game day uniform is required. Uniform pieces must be worn from 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 uniform is taken off, it must be immediately put down.

**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 UWCC 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)

# 2024 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) CHEERLEADING & PERFORMANCE CHEER DIVISIONS RULES & REGULATIONS

## I. DIVISIONS

- A. Pom Doubles
- B. Hip Hop Doubles

## II. MUSIC, TIME LIMITATIONS AND ROUTINE FORMAT

- A. The competition is open to all USA & non-USA teams competing in the University World Cup Cheerleading Championships.
- B. All routines must be "Music" only and must comply with the UWCC music guidelines.
- C. Performance time may not exceed one minute and thirty seconds (1:30) in length.
- D. Timing will begin with the first movement, voice or note of music whichever comes first. Timing will end with the last choreographed movement or note of music whichever comes last.
- E. There should not be any organized entrances, exits, or other activities before the routine begins or after the official ending.

## III. GENERAL RULES

- A. UWCC eligibility requirements apply.
- B. Up to 2 entries are allowed per university / scholastic institution per each Doubles (Pom Doubles, Hop Hop Doubles) Divisions.
- B. Each Doubles group will be comprised of two (2) members.
- C. Each Doubles group performance is required to follow the University World Cup Cheerleading Championships (UWCC) Safety Rules and Regulations.

## IV. PENALTIES/VIOLATIONS

- A. Any doubles group in violation of any of the Specific Guidelines or these Rules and Regulations will be assessed a deduction(s) compliant with the UWCC Performance Cheer violation policies detailed herein.
- B. Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to deductions and/or disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in the competition or the University World Cup Cheerleading Championships the following year.

## V. DOUBLES SCORE SHEET

### TECHNICAL EXECUTION

**Execution of Category Specific Style** 10 \_\_\_\_\_

POM: Pom motion technic, control, levels, placement complete, precise, and strong

HIP HOP: Groove and quality of authentic hip hop/street style

**Execution of Overall Movement** 10 \_\_\_\_\_

Body alignment, placement, balance, control, completion of movement, extension, and flexibility

**Execution of Technical Skills & Movement** 10 \_\_\_\_\_

#### Used Within Category

Kicks, leaps, jumps, turns, floor work, freezes, partner work, lifts, etc.

**Execution of Quality of Movement** 10 \_\_\_\_\_

Strength, intensity, presence, and commitment to the movement

### EXECUTION AS A PAIR

**Synchronization** 10 \_\_\_\_\_

Timing of movement with the music

Synchronization & uniformity of the athletes

### CHOREOGRAPHY

**Musicality** 10 \_\_\_\_\_

Movement that compliments the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative & original manner

**Routine Staging** 10 \_\_\_\_\_

Utilization of floor space, transitions, partner work, group work, levels, opposition, etc. Interaction of the pair while allowing for a seamless flow of the routine

**Complexity of Movement** 10 \_\_\_\_\_

Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc.

**Difficult of Skills** 10 \_\_\_\_\_

Level of difficulty of technical skills, partner work, lifts, etc.

### OVERALL EFFECT

**Communication/Projection/Audience Appeal & Appropriateness** 10 \_\_\_\_\_

Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age-appropriate music, costume & choreography that enhances the performance

**TOTAL** 100 PTS \_\_\_\_\_

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

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