INTERNATIONAL CHEER UNION

Adaptive Abilities Divisions (ParaCheer)

Divisions Rules & Regulations
2017-2019

2017 - 2019 ICU Adaptive Abilities/ParaCheer Divisions Rules & Regulations

CHEERLEADING & PERFORMANCE CHEER
ADAPTIVE ABILITIES DIVISIONS - GENERAL PROVISIONS

I. **Adaptive Abilities Team Types ("Sectors") of Cheerleading & Performance Cheer**

Includes: Club, All Star, Recreational (Rec), Scholastic, Masters, National Team- all respective age levels, teams sizes and gender groupings within each category (Competitive and Exhibition-Only)

II. **Adaptive Abilities Disciplines & Divisions of Cheerleading & Performance Cheer**

A. CHEERLEADING – TEAM CHEER ADAPTIVE ABILITIES *UNIFIED*: Teams consisting of 1% to 99% Athletes with disabilities per team. Percentages/divisions established by competition organizer prior to event. Disciplines include:
1. Team Cheer Routine: Beginner (L0)* – Advanced (L4) Divisions*
   Equivalent to ICU Levels; however, with no basket tosses- with Adaptive Abilities rule modifications
2. Group Stunt & Partner Stunt
3. Game Day - Individual or any combination of a Cheer(s), Sideline(s), Band Chant(s), Fight Song(s) & Time Out Performance(s)

B. CHEERLEADING – TEAM CHEER ADAPTIVE ABILITIES *TRADITIONAL*: Teams consisting of 100% Athletes with disabilities per team. Disciplines include:
1. Team Cheer Routine: Beginner (L0)* – Advanced (L4) Divisions*
   Equivalent to ICU Levels; however, with no basket tosses- with Adaptive Abilities rule modifications
2. Group Stunt & Partner Stunt
3. Game Day - Individual or any combination of a Cheer(s), Sideline(s), Band Chant(s), Fight Song(s) & Time Out Performance(s)

C. PERFORMANCE CHEER – TEAM CHEER ADAPTIVE ABILITIES *UNIFIED*: Teams consisting of 1% to 99% Athletes with disabilities per team. Percentages/divisions established by competition organizer prior to event. Disciplines include:
1. Team Cheer Routine & Doubles Freestyle Pom (also known as "Pom", "Pom-pon"/variations of "Pom")
2. Team Cheer Routine & Doubles Hip Hop
3. Team Cheer Routine & Doubles Jazz
4. Team Cheer Routine & Doubles High Kick (also known as "Kick")
5. Game Day - Individual or any combination of a Drum Line(s), Sideline(s), Band Chant(s), Fight Song(s) & Time Out Performance(s)

D. PERFORMANCE CHEER – TEAM CHEER ADAPTIVE ABILITIES *TRADITIONAL*: Teams consisting of 100% Athletes with disabilities per team. Disciplines include:
1. Team Cheer Routine & Doubles Freestyle Pom (also known as "Pom", "Pom-pon"/variations of "Pom")
2. Team Cheer Routine & Doubles Hip Hop
3. Team Cheer Routine & Doubles Jazz
4. Team Cheer Routine & Doubles High Kick (also known as "Kick")
5. Game Day - Individual or any combination of a Drum Line(s), Sideline(s), Band Chant(s), Fight Song(s) & Time Out Performance(s)

III. **Time of Routine** (Overall routine time subject to event organizer- standard times listed below)

A. Cheerleading Team Cheer Routine - Adaptive Abilities Unified & Traditional:
1. Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds. Maximum time between Cheer and Music portion: Twenty (20) seconds.
2. Music portion: Two minutes, thirty seconds (2:30)

B. Performance Cheer Routine – Adaptive Abilities Unified & Traditional Hip Hop, Freestyle Pom, Jazz, High Kick:
1. Music portion: Two minutes, thirty seconds (2:30)

C. Performance Cheer Doubles – Adaptive Abilities Unified & Traditional Hip Hop, Freestyle Pom, Jazz, High Kick:
1. Music portion: One minute, thirty seconds (1:30)

D. Game Day – Adaptive Abilities Unified and Traditional Hip Hop, Freestyle Pom, Jazz, High Kick:

1. Each element: Average thirty seconds (:30) to one minute (1:00) each - with breaks in between each element

VI. COMPETITION AREA RECOMMENDATION/GUIDELINES
A. Cheerleading
   1. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters. The surface will be traditional foam Cheerleading mat.
   2. Teams may line up anywhere inside the competition area.
   3. No penalty for stepping outside the area.
B. Performance Cheer
   1. The performance floor will be approximately 42 x 42 feet/12.8 x 12.8 meters.
   2. The surface will be professional grade material (e.g. Marley floor or a wooden parquet floor)
   3. There is no penalty for stepping outside the performance floor area.

V. Team Size/Number of athletes per team (Team size can vary based on event organizer, ICU team sizes listed below)
Objective is to best represent global cheerleading in its present status allow best size to form the best routines, without creating a financial barrier for emerging nations.
A. Cheerleading Team Cheer Routine – Adaptive Abilities Unified/ Traditional:
   ICU Divisions: 16 athletes, maximum 24 athletes
B. Team Performance Cheer Routine- Adaptive Abilities Unified/Traditional Freestyle Pom, Hip Hop & High Kick:
   ICU Divisions: Minimum 16 athletes, maximum 24 athletes
C. Team Performance Cheer Routine - Adaptive Abilities Unified/Traditional Team Cheer Jazz:
   ICU Divisions: Minimum 18 athletes, maximum 24 athletes
D. Team Performance Cheer Doubles - Adaptive Abilities Unified/Traditional Freestyle Pom, Hip Hop, Jazz & High Kick:
   Two (2) athletes
E. Game Day - Cheerleading Adaptive Abilities Unified /Traditional Freestyle Pom, Hip Hop & High Kick:
   ICU Divisions: Minimum 16 athletes

VI. Age of Athlete
A. Adaptive Abilities Unified/Traditional - Cheerleading Beginner Division (L0*) through Median Division (L3*) & Performance Cheer - All Genres
   Recommended for all ages & all divisions. *(All ages based on the year of competition)*
   Equivalent to ICU Levels; however, with Adaptive Abilities rule modifications
B. Adaptive Abilities Unified/Traditional - Cheerleading Beginner (L0*) through Advanced Division (L4*) & Performance Cheer - All Genres
   Recommended for Youth Divisions (8 to 12 years), Junior Divisions (12-16), Scholastic Divisions (e.g. students of the respective scholastic institution), Open Divisions (8 and older), Senior Divisions (12 and older), and Masters Divisions (25 and older). *(All ages based on the year of competition)*
   Equivalent to ICU Levels; however, with Adaptive Abilities rule modifications

VII. ICU Anti-Doping Rules and Regulations- Guidelines and Operations Procedures
The ICU is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.
http://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Guidelines_Drug-Testing.pdf

VIII. ICU Rules and Regulations against Illegal Betting and Competition Fixing
The ICU is committed to fair play for our athletes and the integrity of the sport, and follows rules and regulations in the fight against illegal betting and competition fixing.
http://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Rules_Competition-Fixing.pdf

CHEERLEADING
DIVISION RULES & REGULATIONS
ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ROUTINE & GAME DAY DIVISIONS RULES & REGULATIONS

I. ALL DIVISIONS - GENERAL SAFETY RULES & ROUTINE REQUIREMENTS

A. All athletes must be supervised during all official functions by a qualified director/coach.

B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.

C. All teams, coaches and directors must have an emergency response plan in the event of an injury.

C. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.

D. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.

E. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.

F. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.

G. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.

H. Flags, banners, signs, poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

I. Supports, braces and soft casts that are unaltered from the manufacturer's original design/production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch/1.27 centimeters thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses.

J. From a level grid standpoint- all skills allowed for at a particular level encompass all skills allowed in the preceding levels.

K. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.

L. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovas are allowed.
Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.

N. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.
Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

O. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

P. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

II. ICU ADAPTIVE ABILITIES DIVISIONS-SPECIFIC RULES & ROUTINE REQUIREMENTS
SPECIFIC DIVISION CRITERIA

A. All ICU general rules and guidelines, as well as routine requirements apply.
B. All Adaptive Abilities/ParaCheer Unified Teams must be comprised of a minimum 25% or more Adaptive Athletes per team.
Clarification: Adaptive Abilities/ParaCheer Athlete qualification is subject to respective ICU general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested. (Please see XI. PARACHEER QUALIFICATION GUIDELINES for more information)
C. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment for safety.
Clarification: An appropriate wheelchair anti-tip attachment must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.
D. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
E. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
F. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended beyond the elbow to adequately assist with the skill.
G. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
H. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid.
Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.
I. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.
J. Basket tosses are not allowed.

III. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION/LEVEL 0 RULES

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION
GENERAL TUMBLING
A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant Divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Adaptive Abilities (Unified & Traditional) Beginner Division.
B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump over (rebound) another individual.
C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are not allowed:
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION

STANDING/RUNNING TUMBLING

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

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION STUNTS

A. Spotters:
   1. A spotter is required for each top person above ground level.
      Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.
      Clarification: The spotter may grab the top person's waist for all stunts above ground level.
B. Stunt Levels:
   1. Single leg, 2 leg and all stunts are only allowed at waist level if the top person is connected to someone standing on the performance surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection, etc.), which must be a separate person other than the base(s) or spotter.
   2. Stunts above waist level are not allowed. A stunt may not pass above waist level.
      Clarification 1: Taking the top person above the waist level of the bases is not allowed.
C. Twisting stunts and transitions are not allowed.
   Clarification 1: Rebounding to a prone position (½ twist to stomach) is a stunt allowed in the Adaptive Abilities (Unified & Traditional) Beginner Division.
D. During transitions, at least one base must remain in contact with the other top person.
   Exception: Leap frogs and leap frog variations are <u>not</u> allowed in the Adaptive Abilities (Unified & Traditional) Beginner Division.
E. Free flipping or assisted flipping stunts and transitions are not allowed.

F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
   Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
   Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is <u>separate</u> or not.
   Example: A load in walking under another stunt is not allowed.
   Exception: An individual may jump over another individual.
G. Single based split catches are not allowed.
H. Single based stunts with multiple top persons are not allowed.
I. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION Stunts-Release Moves**
   1. Release moves are not allowed.
      Clarification 1: Helicopters are not allowed.
      Clarification 2: Log/barrel rolls are not allowed.
J. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION Stunts-Inversions**
   1. Inversions are not allowed.
      Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Adaptive Abilities (Unified & Traditional) Beginner Division "Standing/Running Tumbling").
      Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.
K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION PYRAMIDS

A. Pyramids must follow Adaptive Abilities (Unified & Traditional) Beginner Division "Stunts" and "Dismounts" rules.

B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performance surface, may not cradle and must follow the Adaptive Abilities (Unified & Traditional) Beginner Division "Dismount" rules.

C. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso *(midsection of an athlete's body)* of another top person regardless if the stunt or pyramid is *separate* or not.
Example: A load in walking under another stunt is not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION DISMOUNTS

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

A. Only straight pop downs are allowed.
Clarification 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
Clarification 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below to the performance surface require assistance in the Adaptive Abilities (Unified & Traditional) Beginner Division.
Clarification 3: An individual may not land on the performance surface from waist level without assistance.

B. Waist level cradles are not allowed.
C. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
D. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
E. No dismounts are allowed from skills above waist level in pyramids.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
F. No free flipping or assisted flipping dismounts are allowed.
G. Dismounts may not intentionally travel.

H. Top persons in dismounts may not come in contact with each other while released from the bases.
I. Tension drops/rolls of any kind are not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) BEGINNER DIVISION TOSSES

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

IV. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION/LEVEL 1 RULES

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION
GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant Divisions, if the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Adaptive Abilities (Unified & Traditional) Novice Division.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump over (rebound) another individual.

C. Tumbling while holding or in contact with any prop is not allowed.
D. Dive rolls are not allowed:

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

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION
STANDING/RUNNING TUMBLING
A. Skills must involve constant physical contact with the performance surface.
Exception: Block cartwheels and round offs are allowed.
B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
C. Cartwheels and round offs are allowed.
D. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
E. Front and back handsprings are not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION STUNTS
A. Spotters:
1. A spotter is required for each top person at prep level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (e.g. v-sits, extended flats backs, etc.) are considered prep level stunts.
Clarification 1: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.
Exception: Shoulder sits/straddles, t-lifts and stunts with up to a ½ twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.

2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
B. Stunt Levels:
1. Single leg stunts are only allowed at waist level.
Exception 1: Prep level single legs stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.
Exception 2: A walk up shoulder stand is allowed in the Adaptive Abilities (Unified & Traditional) Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.
2. Stunts above prep level are not allowed. A stunt may not pass above prep level.
Clarification: Taking the top person above the head of the bases is not allowed.
C. Twisting stunts and transitions are allowed up to a total of a ¼ twisting rotation by the top person in relation to the performing surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ¼ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
Exception 1: Rebounding to a prone position (½ twist to stomach) is a stunt that is allowed in the Adaptive Abilities (Unified & Traditional) Novice Division.
Exception 2: ½ wrap around stunts are allowed in the Adaptive Abilities (Unified & Traditional) Novice Division.
Exception 3: Up to a ½ twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.

D. During transitions, at least one base must remain in contact with the other top person.
   Exception: Leap frogs and leap frog variations are <u>not</u> allowed in the Adaptive Abilities (Unified & Traditional) Novice Division.

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

F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
   Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
   Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is <u>separate</u> or not.
   Example: A shoulder sit walking under a prep is not allowed.
   Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

I. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION Stunts-Release Moves**
   1. No release moves are allowed other than those allowed in Adaptive Abilities (Unified & Traditional) Novice Division "Dismounts" and "Tosses".
   2. Release moves may not land in a prone or inverted position.
   3. Release moves must return to original bases.
      Clarification: An individual may not land on the performing surface without assistance.
   4. Helicopters are not allowed.
   5. A single full twisting log/barrel roll is not allowed.
   6. Release moves may not intentionally travel.
   7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION Stunts-Inversions**
   1. Inversions are not allowed.

Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Adaptive Abilities (Unified & Traditional) Novice Division "Standing/Running Tumbling").
Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION PYRAMIDS

A. Pyramids must follow Adaptive Abilities (Unified & Traditional) Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
   Note: *Single based or assisted single based EXTENDED stunts are <u>not allowed</u> in Youth Divisions or any of the younger Divisions.*

B. Top persons must receive primary support from a base.
   Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Adaptive Abilities (Unified & Traditional) Novice Division "Dismount" rules.

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

D. Single leg stunts:

1. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:
   a. The connection must be made prior to initiating the single leg prep level stunt.
   b. Prep level top person bracers must have both feet in bases' hands.
   Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
2. Extended single leg stunts are not allowed.

E. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in any Special Abilities division.
Clarification 2: All waist level cradles are not allowed.
C. Dismounts must return to the original base(s):
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
D. Only straight pop downs, basic straight cradles are allowed.
E. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
G. No dismounts are allowed from skills above a prep level in pyramids.
H. No free flipping or assisted flipping dismounts are allowed.
I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) NOVICE DIVISION TOSSES

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

V. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION/LEVEL 2 RULES

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION GENERAL TUMBLING

A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also

be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump over (rebound) another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

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

F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.
Example: A back handspring step out immediately moving into a ½ turn is not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION
STANDING TUMBLING

A. Flips and aerials are not allowed.

B. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.

C. Jump skills in immediate combination with handspring(s) is not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.

D. No twisting while airborne.
Exception: Round offs are allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION
RUNNING TUMBLING

A. Flips and aerials are not allowed.

B. Series front and back handsprings are allowed.

C. No twisting while airborne.
Exception: Round offs are allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION STUNTS

A. Spotters:

1. A spotter is required for each top person above prep level.

2. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels:

1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.
Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.
Clarification 2: If the primary bases squat down, place their knees in the ground or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

C. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.
Clarification 1: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.
Clarification 2: A log/barrel roll may not include any other skills (e.g. kick full twists, etc.) other than the twist.
Clarification 3: A log/barrel roll may be assisted by another top person.

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

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

F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate *or not.*

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

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons are not allowed.

I. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION**
Stunts-Release Moves

1. No release moves are allowed other than those allowed in Adaptive Abilities (Unified & Traditional) Intermediate Division "Dismounts" and "Tosses".

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
Exception: See Dismount "C".

4. Releasing from inverted to non-inverted body positions is not allowed.

5. Helicopters are not allowed.

6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.
Clarification 2: A log/barrel roll may not be assisted by another top person.
Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.
Example: No kick full twists.

7. Release moves may not intentionally travel.

8. Release moves may not pass over, under or through other stunts, pyramids or individuals.

J. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION**

Stunts-Inversions

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.
Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g. a shoulder sit).
Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION PYRAMIDS

A. Pyramids must follow Adaptive Abilities (Unified & Traditional) Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
***Note**: Single based or assisted single based EXTENDED stunts are* not allowed *in Youth Divisions or any of the younger Divisions.*

B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Adaptive Abilities (Unified & Traditional) Intermediate Division "Dismount" rules.

C. Extended stunts may not brace or be braced by any other extended stunts.

D. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate *or not.*

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

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

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
C. Dismounts must return to the original base(s):
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
C. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
D. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions/additional skills are not allowed.
Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.
F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not

be thrown over, under, or through stunts, pyramids, individuals, or props.
G. Cradles from extended single-leg stunts in pyramids are allowed
H. No free flipping or assisted flipping dismounts are allowed.
I. Dismounts may not intentionally travel.
J. Top persons in dismounts may not come in contact with each other while released from the bases.
K. Tension drops/rolls of any kind are not allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) INTERMEDIATE DIVISION TOSSES

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

VI. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION/LEVEL 3 RULES

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION
GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
B. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.
D. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.
E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Adaptive Abilities (Unified & Traditional) Median/L3 performs a round off - toe touch - back handspring- back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Adaptive Abilities (Unified & Traditional) Median/L3 Standing Tumbling regulations.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION STANDING TUMBLING
A. Flips are not allowed.
Clarification: Jumps connected to ¾ front flips are also not allowed.
B. Series front and back handsprings are allowed.
C. Twisting while airborne is not allowed.
Exception: Round offs are allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION RUNNING TUMBLING
A. Flips:
1. Back Flips may ONLY be performed in a tuck position only from a round off or round off back handspring(s).
Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
2. Other skills with hand support prior to the round off or round off back handspring are allowed.
Example: Front hand spring(s) and front walk over(s) through to round off back handspring tuck is allowed.
3. Cartwheel tucked flips and/or cartwheel to back handspring(s) to tuck(s) is not allowed.
4. Aerial cartwheels, running front tucks, and ¾ front flips are allowed.
Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

B. No tumbling is allowed after a flip or an aerial cartwheel.
Clarification: If any tumbling follows a flip or an aerial cartwheel, at least 1 step into the next tumbling skill must be included to separate the 2 passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete finishes the skill with both feet together, then 1 step is all that is required to create a new tumbling pass.
C. Twisting while airborne is not allowed.
Exception 1: Round offs are allowed.
Exception 2: Aerial cartwheels are allowed.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION STUNTS
A. A spotter is required for each top person above prep level.
B. Single leg extended stunts are allowed.
C. Twisting stunts and transitions:
1. Twisting stunts and transitions are allowed up to 1 twisting rotation by the top person in relation to the performance surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
2. Full twisting transitions must land at and originate from the prep level or below only.
Example: No full ups to an extended position.
3. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.
Clarification: A twist performed with an additional turn by the bases performed in the same set, would not be allowed if the resulting cumulative rotation of the top person exceeds a ½ rotation.
D. During transitions, at least 1 base must remain in contact with the top person.
Exception: See Adaptive Abilities (Unified & Traditional) Median Division "Release Moves".

E. Free flipping mounts and transitions are not allowed.

F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.
Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended top person.

I. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION Stunts-Release Moves**
   1. Release moves are allowed but must not pass above extended arm level.
   Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.
   2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted positions is not allowed.
   3. Release moves must start at waist level or below and must be caught at prep level or below.
   4. Release moves that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
   5. Release moves are restricted to a single skill/trick and 0 twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill.
   Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal (e.g. flat back or prone body position)
   Clarification: Single base log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.
   6. Release moves must return to original bases.
   Clarification: An individual may not land on the performing surface without assistance.
   Exception 1: See Adaptive Abilities (Unified & Traditional) Advanced Division Dismount "C".
   Exception 2: Dismounting single based stunts with multiple top persons.
   7. Helicopters are not allowed.
   8. Release moves may not intentionally travel.
   9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
   10. Top persons in separate release moves may not come in contact with each other.
   Exception: Dismounting single based stunts with multiple top persons.

J. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION Stunts-Inversions**
   1. No Inversion stunt above shoulder stunts is allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.
   Exception: Multi-based suspended rolls to a cradle, to a load in position, to flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a hand of the base(s).
   2. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.
   Exception: Multi-based suspended forward roll(s) may twist up to 1 twisting rotation. (see #1. Exception above)

3. Forward Suspended Rolls exceeding ½ twist must land in a cradle.
   Exception: In a multi-based suspended backward roll, the top person may not twist.
4. Downward inversions are allowed at waist level and must be assisted by at least 2 catchers positioned at the waist to shoulder region to protect the head and shoulder area. The top person must maintain contact with an original base.
   Clarification 1: The stunt may not pass through prep level and then become inverted below prep level. (The momentum of the top person coming down is the primary safety concern.)
   Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
   Clarification 3: Two-leg "Pancake" stunts are not allowed in the Adaptive Abilities Median (Unified & Traditional) Division.
4. Downward inversions may not come into contact with each other.

K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION
PYRAMIDS

A. Pyramids must follow Adaptive Abilities (Unified & Traditional) Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
   ***Note**: Single based or assisted single based EXTENDED stunts are not allowed in Youth Divisions or any of the younger Divisions.*

B. Top persons must receive primary support from a base.
   Exception: See Adaptive Abilities (Unified & Traditional) median "Pyramid Release Moves"

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

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

Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is <u>separate</u> of not.
Example: A shoulder sit walking under a prep is not allowed.

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

F. **ADAPTIVE ABILITIES (UNIFIED & TRADIITION) MEDIAN DIVISION PYRAMIDS - Release Moves**
   Any skill that is allowed within the Adaptive Abilities (Unified & Traditional) Median Division Pyramid "Release Move" is also allowed if it remains connected to a base and 2 bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules (below), the top person must land in a cradle or dismount to the performance surface and, must following the Adaptive Abilities (Unified & Traditional) Median Division "Dismount" Rules.

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. Contact must be maintained with the same bracers throughout the entire transition.
   Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least 2 bracers at prep level or below with arm/arm connections. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
   Clarification 2: Adaptive Abilities (Unified & Traditional) Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided that the Release Move meets the criteria established under Adaptive Abilities

(Unified & Traditional) Median Division Pyramid "Release Moves" or "Dismounts" rules.

2. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One (1) of these contacts must be in a hand/arm-to-foot/lower leg (below the knee) connection.
Clarification 1: Pyramid release moves must be braced on 2 separate sides (i.e. right side & left side, left side & back side, etc.) by 2 separate bracers. A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
Clarification 2: Two (2) bracers on the same side is not permitted.
Clarification 3: Contact between a top person and base(s) that are in contact with the performance surface must be made BEFORE contact with the bracer(s) is lost.

3. Primary weight may not be borne at the 2nd level.
Clarification: The transition must be continuous.

4. These release transitions may not involved changing bases.

5. These release transitions must be caught by ar least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
   a. Both catchers must be stationary.
   b. Both catchers must maintain visual contact with the top person throughout the entire transition.

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

G. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISIOIN Pyramids-Inversions**
1. Must follow Adaptive Abilities (Unified & Traditional) Advanced Division "Stunt Inversions" rules.
2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base that

remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.
Example 1: A flat back split which rolls to a load in position would be allowed even if the base extends their arms during the inversion skill.
Example 2: A flat back which rolls to an extended position would be not allowed because it did not first land in a position below extended level.

H. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION Pyramids-Release Moves w/ braced inversions**
1. Pyramid transitions may not involve inversions while released from the bases.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION
DISMOUNTS
Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed from any single leg (1 leg) stunt.

E. Up to a 1 ¼ twisting rotations are allowed from all 2 - leg stunts.
Clarification: Twisting from a platform position is not allowed. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Adaptive Abilities

(Unified & Traditional) Median Division "Stunts" regarding Twisting Stunts and Transitions specifically.

F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

G. Up to 1 trick is allowed during a dismount from any 2-leg stunt.

H. Any dismount from prep level and above involving a skill/trick (e.g. twist, toe touch) must be caught in a cradle.

I. No free flipping dismounts are allowed.

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

L. Tension drops/rolls of any kind are not allowed.

M. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

N. Dismounts from an inverted position may not twist.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) MEDIAN DIVISION TOSSES

A.   Basket Tosses are not allowed.

VII. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION/LEVEL 4 RULES

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION GENERAL TUMBLING

A. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.
Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for the Beginner/L0 – Elite/L5 Divisions. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.
Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.

D. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
Example: If an athlete in Adaptive Abilities (Unified & Traditional) Advanced/L4 performs a round off - toe touch - back handspring- whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Adaptive Abilities (Unified & Traditional) Advanced/L4 Standing Tumbling regulations.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION STANDING TUMBLING

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

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

C. Consecutive flip-flip combinations are not allowed.
Example: Back tuck – back tuck, back tuck – punch front are not allowed.

D. Jump skills are not allowed in immediate combination with a standing flip.
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.
Clarification 1: Jumps connected to ¾ front flips are not allowed.
Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skills.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION RUNNING TUMBLING

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

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION STUNTS
A. A spotter is required for each top person above prep level.
B. Single leg extended stunts are allowed.
C. Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations by the top person in relation to the performance surface.
Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
D. Twisting stunts and transitions to an extended position are allowed under the following conditions:
   1. Extended skills up to a ½ twist are allowed.
      Example: A ½ up to extended single leg stunt is allowed.
      Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
   2. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a 2 -leg stunt, platform position or a liberty (body position variations are not allowed).
      Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

Clarification 1: An extended platform position must be visibly held prior to executing a single leg (1 leg) stunt other than a liberty.
Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
E. During transitions, at least 1 base must remain in contact with the top person.
   Exception: See "Release Moves".
F. Free flipping mounts and transitions are not allowed.
G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
   Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.
   Example: A shoulder sit walking under a prep is not allowed.
   Exception 1: An individual may jump over another individual.
   Exception 2: An individual may move under a stunt or a stunt may move over an individual.
H. Single based split catches are not allowed.
I. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.
J. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION Stunts-Release Moves**
   1. Release moves are allowed but must not exceed extended arm level.
      Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance

from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.

4. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.
   Clarification: An individual may not land on the performing surface without assistance.
   Exception 1: See Adaptive Abilities (Unified & Traditional) Advanced Division Dismount "C".
   Exception 2: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may no involve twisting or flipping.

6. Release moves initiating from an extended level may not twist.

7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

8. Release moves may not intentionally travel.

9. Release moves may not pass over, under or through other stunts, pyramids or individuals.

10. Top persons in separate release moves may not come in contact with each other.
    Exception: Dismounting single based stunts with multiple top persons.

K. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION Stunts-Inversions**

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."

2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.
   Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
   Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)
   Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.
   Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.
   Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.
   Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.

3. Downward inversions must maintain contact with an original base.
   Exception: Side rotating downward inversions. Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.

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

L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
   Clarification: A person standing on the ground is not considered a top person.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION PYRAMIDS

A. Pyramids must follow Adaptive Abilities (Unified & Traditional) Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
   Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if

connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

Note: Single based or assisted single based EXTENDED stunts are not allowed in Youth Divisions or any of the younger Divisions.

B. Top persons must receive primary support from a base.
Exception: See Adaptive Abilities (Unified & Traditional) Advanced "Pyramid Release Moves"

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

D. No stunt or pyramid may move over or under another separate stunt or pyramid.
Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate of not.
Example: A shoulder sit walking under a prep is not allowed.
Exception 1: An individual may jump over another individual.
Exception 2: An individual may move under a stunt or a stunt may move over an individual.

E. Any skill that is allowed as an Adaptive Abilities (Unified & Traditional) Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).
Example: An extended Pancake would be required to remain connected to 2 bracers.

F. **ADAPTIVE ABILITIES (UNIFIED & TRADIITIONAL) ADVANCED DIVISION PYRAMIDS - Release Moves**
   1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.
   Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
   Exception: While a tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Adaptive

Abilities (Unified & Traditional) Advanced Division "Stunts", the same skill is allowed in Adaptive Abilities (Unified & Traditional) Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tic-tock must be braced the entire time during the release from the bases.
Clarification 2: Adaptive Abilities (Unified & Traditional) Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Adaptive Abilities (Unified & Traditional) Advanced Division "Stunt Release Moves" or "Dismounts" criteria.
Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.

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

   3. Primary weight may not be borne at the 2nd level.
   Clarification: The transition must be continuous.

   4. Non-inverted transitional pyramids may involve changing bases under the following conditions:
      a. The top person must maintain physical contact with a person at prep level or below.
      Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
      b. The to person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).

   5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
      a. Both catchers must be stationary.

22

b. Both catchers must maintain visual contact with the top person throughout the entire transition.

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

G. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISIOIN Pyramids-Inversions**

1. Must follow Adaptive Abilities (Unified & Traditional) Advanced Division "Stunt Inversions" rules.

H. **ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION Pyramids-Release Moves w/ braced inversions**

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.
Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.
Clarification 2: Braced flips must be braced on 2 separate sides (i.e. right side - left side, left side-back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right or left) of their body.

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.

3. Braced inversions (including braced flips) may not involve changing bases.

4. Braced inversions (including braced flips) must be in continuous movement.

5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
   a. All required catchers / spotters must be stationary.

b. All required catchers / spotters must maintain visual contact with the top person throughout the entire transition.

c. The required catchers / spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

6. Braced inversions (including braced flips) may not travel downward while inverted.

7. Braced inversions (including braced flips) may not come in contact with other stunt / pyramid release moves.

8. Braced inversions (including braced flips) may not be braced / connected to top persons above prep level.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION DISMOUNTS

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

A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

C. Dismounts must return to the original base(s).
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.
Clarification: An individual may not land on the performing surface from above waist level without assistance.

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

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

F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.

H. No free flipping dismounts are allowed.

I. Dismounts may not intentionally travel.

J. Top persons in dismounts may not come in contact with each other while released from the bases.

K. Tension drops/rolls of any kind are not allowed.

L. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

M. Dismounts from an inverted position may not twist.

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) ADVANCED DIVISION TOSSES

A. Basket Tosses are not allowed.

VIII. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) GAME DAY DIVISIONS

A. Overview: Either in Competition or Exhibition format, Game Day places each Cheer team in Sporting event game day situations to perform elements (often situational) common to Sporting events, including but not limited to; Cheer(s), Sideline(s), Fight Song(s), Band Chant(s), and Time Out Performance(s).

B. Game Day Divisions: To the event organizer's discretion, the Game Day Divisions can vary by team skill level (e.g. Beginner – Advanced), by age groups (e.g. Youth- Masters), and by Unified or Traditional team structures- based on an events participation level respectfully.

C. Format: To the event organizer's discretion, the format can include individual elements only for competition or exhibition (e.g. Band Chant only competition), or combinations of 2 or more Game Day segments with breaks in between (e.g. Cheer & Band Chant), with the option for real game situations in which the segment (e.g. Sideline or Band Chant) can be announced seconds prior to a Team's performance.

Example: A Defense or Offense Sideline situation is announced to the Team on the performance floor- to immediately perform the correct Sideline to reflect a real game situation. Another example includes a choice of Band Chants, with any Band Chant being played for the Team to quickly adjust and perform the correct Band Chant to the crowd.

D. Elements:

1. CHEER: The Cheer is a thirty second (:30) to one minute (1:00) Time Out-style Cheer without music- where the Cheer Team leads and motivates the crowd in a Cheer to yell for their team and/or nation, with a focus on their team's/nation's colors, name, mascot, or common yell. Teams are highly encouraged to use signs, poms and flags to enhance crowd effectiveness, as well as incorporate crowd-effective skills. The Cheer should remain consistent with a Time Out of a Sporting event. Native language is encouraged.

2. SIDELINE: The Sideline is a situational and repetitive chant with motions and simple skills, to encourage the crowd to yell, for each team performing. With either an Offensive or Defensive scenario, the squad will determine which Sideline to do based on the cues. (The Sidelines can also be pre-established- depending on the event organizer). The teams will perform one of the situational Sidelines they have prepared and are encouraged to use crowd-motivating props such as signs, poms and megaphones. Skills should be minimal and simple. Native language is encouraged.

3. BAND CHANT: The Band Chant is an estimated thirty second (:30) Chant with music that can incorporate (or can be restricted to not incorporate other than kicks and jumps) Cheerleading skills (e.g. stunts, simple pyramids, basket tosses, dances, simple tumbling) and should showcase the Team's sharp motions, high energy and synchronization. Teams can choose to use signs, flags, and other crowd motivating props to help encourage crowd response. Native language is encouraged.

4. FIGHT SONG: The Fight Song should represent the traditional Fight Song (e.g. to music that is unique to the specific team) that is commonly performed at a Team's sporting event, usually following a Score/Goal, etc. Cheerleading teams can incorporate up to 3 consecutive 8-counts of crowd effective stunts, tumbling, and/or jumps to a sport team's recorded music. Should any chants be included, native language is encouraged.

5. TIME OUT PERFORMANCE: Similar to a Band Chant, a Time Out Performance can be thirty seconds (:30) to one minute (1:00) in length and is commonly performed to a popular crowd leading

songs of Sporting events (e.g. songs similar to Dr. Who, Hey, Zombie Nation, etc.). Cheerleading teams can incorporate crowd effective stunts, tumbling, and/or jumps to a sport team's recorded music. Teams can choose to use signs, flags, and other crowd motivating props to help encourage crowd response. Should any chants be included, native language is encouraged.

*Note: Subject to the discretion of an event organizer, as a guideline- four (4) elements of the five (5) elements combined, the Game Day Routine traditionally does not exceed **3 minutes.***

IX. GLOSSARY OF TERMS

1/2 Wrap around: A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in "Swing Dancing"). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back or the base.

Aerial (noun): Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective): To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

All 4s Position: An "All 4s Position" is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this person is supporting a top person, the "All 4s" position is a waist level stunt.

Assisted-Flipping Stunt: A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

Backbend: An athlete's body position created when an athlete bends forming a backward arched body position, typically supported by the athlete's hands and feet with the abdomen facing upward.

Back Walkover: A non-aerial tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Ball – X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

Barrel Roll: See "Log Roll".

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (See also: "New Base" and/or "Original Base"). If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base.

Basket Toss: A toss involving 2 or 3 bases and a spotter - 2 of the bases use their hands to interlock wrists.

Block: A tumbling term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Brace: A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

Braced Flip: A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Bracer: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

Cartwheel: A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers:

1. must be attentive
2. must not be involved in other choreography
3. must make physical contact with the top person upon catching
4. must be on the performing surface when the skill is initiated

Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Coed Style Toss: A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle: A dismount in which the top person is caught in a cradle position.

Cradle Position: Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.

Cupie: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount: The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.)

Dive Roll: An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Double-Leg Stunt: See "Stunt".

Double Cartwheel: An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

Downward Inversion: A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Extended Arm Level: The highest point of a base's arm(s)(not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Position: A top person, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie. Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead, but are NOT considered "Extended

Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

Extension Prep: See "Prep".

Flat Back: A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

Flip (Stunting): A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

Flip (Tumbling): A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flipping Toss: A toss where the top person rotates through an inverted position.

Floor Stunt: Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

Flyer: See "Top Person".

Forward Roll: A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free Flipping Stunt: A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Front Walkover: A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

Full: A 360 degree twisting rotation.

Ground Level: To be on the performance surface.

Half (Stunt): See "Prep".

Hand/Arm Connection: The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand: A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and 1/2 high pyramid due to the weight of the top person being borne at the second level.

Helicopter Toss ("Helicopter"): A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis (Twisting in Stunts): An invisible line drawn from front to back through belly button of the top person.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Jump Skill: A skill that involves a change in body position during a jump. (e.g. a toe touch, pike, etc..)

Jump Turn: Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

Kick Double Full ("Kick Double"): Skill, typically from a toss, which involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full: Skill, typically from a toss, which involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: See "Drop".

Layout: An airborne tumbling skill that involves a hip over head rotation in a stretched, hollow body position.

Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

(Second Level) Leap Frog: Same as a "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Leg/Foot Connection: The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty: A stunt in which the base(s) hold 1 foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Mount: See "Stunt".

Multi-Based Stunt: A stunt having 2 or more bases not including the spotter.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Non-Inverted Position: A body position in which either of the conditions below are met:
1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

Nugget: A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi: Starting from a back handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): Base(s) that is/are in contact with the top person during the initiation of the skill/stunt.

Pancake: A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Pike: Body bent forward at the hips with legs straight and together.

Platform Position: A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

Prep (stunt): A multi base, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

Prep-Level: The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit, etc.). A stunt may also be considered at prep-level if the arm(s) of the base(s) are extended overhead, but are not considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. (e.g. flatback, straddle lifts, chair, t-lift, etc.). *Clarification: A stunt is considered below prep level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base.* (Exception: chair, t-lift and should sits are prep level stunts)

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, pom pons, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch: See "Rebound".

Punch Front: See "Front Tuck".

Pyramid: Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.

Release Move: When the top person becomes free of contact with all people on the performing surface; see "Free Release Move"

Rewind: A free-flipping release move from ground level used as an entrance skill into a stunt.

Round Off: Similar to a cartwheel except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level: Any person being supported above from the performing surface by one or more bases.

Second Level Leap Frog: Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

Shoulder Level: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

Show and Go: A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

Shushunova: A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single-Based Double Cupie: A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie"

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be trained in proper spotting techniques.
The spotter:
- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- must be able to touch the base of the stunt in which they are spotting, but does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.

- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base.   Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).
  NOTE: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Step Out: A tumbling skill that lands on 1 foot at a time as opposed to landing on both feet simultaneously.

Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride: The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot than the skill will be considered a "Two Leg" stunt.

Suspended Roll: A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

Suspended Forward Roll: A suspended roll that rotates in a forward rotation. See "Suspended Roll".

Suspended Backward Roll: A suspended roll that rotates in a backward rotation. See "Suspended Roll".

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.

Three Quarter (3/4) Front Flip (stunt): A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

Three Quarter (3/4) Front Flip (tumble): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

Toe/Leg Pitch: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Torso: The midsection/waist area of an athlete's body.

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from the performance surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See "Release Moves")

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

Tower Pyramid: A stunt on top of a waist level stunt.

Transitional Pyramid: A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

Tuck Position: A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling: Any hip over head skill that is not supported by a base that begins and ends on the performing surface.

Twist: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis)

Twisting Stunt: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twist/rotation, starts a new transition.

Twisting Toss: A toss in which the athlete rotates around their body's "Vertical Axis"

Twisting Tumbling: A tumbling skill involving hip overhead rotation in which an athlete rotates around their body's "Vertical Axis".

Two – High Pyramid: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight- bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2-1/2) – High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths.

Upright: A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).

V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.

Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determines by the height/positioning of the base.

Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, based on the point of connection to the base(s), and is not considered a Waist Level stunt.

Walkover: A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

X-Out: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

X. PARACHEER/ADAPTIVE ABILITIES QUALIFICATION GUIDELINES

For the purpose to assist and encourage ICU's National Federations to develop ParaCheer/Adaptive Abilities opportunities for disabled and nondisabled athletes (e.g. "ParaCheer/Adaptive Abilities Unified & Traditional" divisions) within our Sport, enclosed (as a guideline only) please find a the IPC's brief description of the 10 eligible* impairment types (below) also shown on the IPC website https://www.paralympic.org/classification; found under section 2 chapter 3.13 of the IPC Handbook.

Note 1: Due to the newness of the ICU ParaCheer development programme at the grass-roots level, the ICU encourages its National Federations/all Stakeholders to use the IPC's excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As ICU's ParaCheer development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.

Note 2: Based on the uniqueness of Performance Cheer competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICSD. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for ParaCheer development purposes.

IPC's brief description of the 10 eligible* impairment types (as a guideline for the ICU ParaCheer/Adaptive Abilities programme):

Impairment: Explanation

1. Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.

2. Impaired passive range of movement: Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.

3. Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).

4. Leg length difference: Bone shortening in one leg due to congenital deficiency or trauma.

5. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.

6. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

7. Ataxia: Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

8. Athetosis: Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

9. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.

10. Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.

11**. Hearing Impairment: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

XI. JUDGING CRITERIA/SCORE SHEETS

A. Routine Divisions: Judges will score the teams according to the judging criteria on a 100 point system.

B. Game Day Divisions: Judges will score the team s according to the judging criteria, for each element, on a 50-point system, unless determined otherwise by the event organizer.

SCORE SHEETS

ADAPTIVE ABILITIES UNIFIED BEGINNER DIVISIONS
CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use of Adaptive Abilities athlete skills throughout the routine, Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100)   _____

ADAPTIVE ABILITIES TRADITIONAL BEGINNER DIVISIONS
CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect
TOTAL POINTS (100)   _____

ADAPTIVE ABILITIES UNIFIED NOVICE DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use of Adaptive Abilities athlete skills throughout the routine, Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect
TOTAL POINTS (100)   _____

ADAPTIVE ABILITIES TRADITIONAL NOVICE DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**

Overall presentation, showmanship, dance, crowd effect
TOTAL POINTS (100)   _____

ADAPTIVE ABILITIES UNIFIED INTERMEDIATE DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use of Special Abilities athlete skills throughout the routine, Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect
TOTAL POINTS (100)   _____

ADAPTIVE ABILITIES TRADITIONAL INTERMEDIATE DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100) _____

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use of Adaptive Abilities athlete skills throughout the routine, Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100) _____

ADAPTIVE ABILITIES TRADITIONAL MEDIAN DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100) _____

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Number of Adaptive Abilities athletes used in each group skill (Range: less than 50% on average – up to 10 points, more than 50% on average up to 20 points)
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use of Adaptive Abilities athlete skills throughout the routine, Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100) _____

ADAPTIVE ABILITIES TRADITIONAL ADVANCED DIVISIONS

CHEER CRITERIA   **10 POINTS**
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, flags or megaphones, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)

PARTNER STUNTS   **20 POINTS**
Execution of skills, Proper technique, Synchronization
Difficulty (Level of skill), Creativity, Variety

PYRAMIDS   **20 POINTS**
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS   **5 POINTS**
Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY   **25 POINTS**
Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS   **10 POINTS**
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE   **10 POINTS**
Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100) _____

ADAPTIVE ABILITIES UNIFIED GAME DAY – CHEER & SIDELINE DIVISIONS

CROWD LEADING TECHNIQUES   **20 POINTS**

Crowd effectiveness – Voice, Pace & Flow   ____5 Points

Proper use of signs, poms, flags,
Megaphones & motion techniques   ____10 Points

Ability & Energy to lead the crowd   ____10 Points
(native language encouraged)

SKILL INCORPORATION   **20 POINTS**

Number of Adaptive Abilities athletes used in each group skill
(Range: less than 50% on average – up to 5 points per section,
more than 50% on average up to 10 points per section below.)

Proper use of skills to lead the crowd   ____10 Points

Performance- Proper technique,
synchronization, & Spacing   ____10 Points

OVERALL   **10 POINTS**

Ability to adapt/utilize proper game material ____5 Points

Cheer Impression   ____5 Points

TOTAL POINTS (50)   _____

ADAPTIVE ABILITIES TRADITIONAL GAME DAY – CHEER & SIDELINE DIVISIONS

CROWD LEADING TECHNIQUES   **20 POINTS**

Crowd effectiveness – Voice, Pace & Flow   ____5 Points

Proper use of signs, poms, flags,
Megaphones & motion techniques   ____5 Points

Ability & Energy to lead the crowd   ____10 Points
(native language encouraged)

SKILL INCORPORATION   **20 POINTS**

Proper use of skills to lead the crowd   ____10 Points

Performance- Proper technique,
synchronization,& Spacing   ____10 Points

OVERALL   **10 POINTS**

Ability to adapt/utilize proper game material ____5 Points

Cheer Impression   ____5 Points

TOTAL POINTS (50)   _____

ADAPTIVE ABILITIES UNIFIED GAME DAY – BAND CHANT, FIGHT SONG & TIME OUT PERFORMANCE DIVISIONS

SKILL INCORPORATION   **20 POINTS**

Number of Adaptive Abilities athletes used in each group skill
(Range: less than 50% on average – up to 5 points per section,
more than 50% on average up to 10 points per section below.)

Proper use of skills to lead the crowd   ____10 Points

Performance- Proper technique,
synchronization, & Spacing   ____10 Points

**MOTIONS/DANCE & CHOREOGRAPHY
TECHNIQUE**   **10 POINTS**

Technique, sharpness, placement, timing, spacing, use of levels,
Overall choreography and visual appeal

OVERALL   **20 POINTS**

Routine creativity, flow & use of formations/transitions

TOTAL POINTS (50)   _____

ADAPTIVE ABILITIES TRADITIONAL GAME DAY – BAND CHANT, FIGHT SONG & TIME OUT PERFORMANCE DIVISIONS

SKILL INCORPORATION   **20 POINTS**

Proper use of skills to lead the crowd   ____10 Points

Performance- Proper technique,
synchronization, & Spacing   ____10 Points

**MOTIONS/DANCE & CHOREOGRAPHY
TECHNIQUE**   **10 POINTS**

Technique, sharpness, placement, timing, spacing, use of levels,
Overall choreography and visual appeal

OVERALL   **20 POINTS**

Routine creativity, flow & use of formations/transitions

TOTAL POINTS (50)   _____

PERFORMANCE CHEER
DIVISION RULES & REGULATIONS
ADAPTIVE ABILITIES UNIFIED & TRADITIONAL
Team Cheer Routine, Doubles and Game Day
Freestyle Pom, Hip Hop, Jazz & High Kick

I. ALL DIVISIONS - GENERAL RULES
A. All teams must be supervised during all official functions by a qualified director/advisor/coach.
B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
C. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

II. ALL DIVISIONS - SPECIFIC ROUTINE GUIDELINES
A. CHOREOGRAPHY AND COSTUMING
1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
3. Teams may not compromise the integrity of the performance surface (Examples: residue from sprays, powders, oils, etc.)
4. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited.
5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
8. Tights should be worn under briefs, hot pants or excessively short shorts.

9. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the ICU Rules Committee for approval.
10. Jewelry as a part of the costume is allowed.
11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
12. No cheers or chants are allowed.

B. PROP GUIDELINES
1. A prop is defined as anything that is used in the routine choreography that is not/was not originally part of the costume.
    Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
    Clarification 2: For Adaptive Abilities Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.
2. Handheld props and free-standing props in all categories are not allowed. Use of parts of a costume (e.g. costume elements- such as a necklace, jacket, hat, etc.) is allowed and may be used and discarded. (*Please see #1 for further clarification*)
3. Within the Freestyle Pom Category it is compulsory to use poms throughout the entire routine. If there are male performers in this category they are not required to use poms.
4. No large free "standing props" will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a "standing prop".

C. CATEGORY DEFINITIONS
FREESTYLE POM – Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one." A routine that is visually effective

is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more traditional cheerleading theme, while incorporating the concepts of Jazz and Hip Hop. See Score Sheet for more information.

HIP HOP - Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on athletic incorporations such as jumps, freezes, floor work and other skills. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See Score Sheet for more information.

JAZZ - Incorporates and exhibits traditional and stylized movements and combinations with strength, attack and presence, formation changes, group work and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style, musical interpretation, continuity of movement and team uniformity. The overall impression of the routine should be up-tempo, lively, energetic and motivating- while allowing for texture of movement to utilize musicality. See Score Sheet for more information.

HIGH KICK - A kick routine incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. The choreography shall display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See Score Sheet for more information.

III. ICU ADAPTIVE ABILITIES DIVISIONS-SPECIFIC RULES & ROUTINE REQUIREMENTS
SPECIFIC DIVISION CRITERIA
N. All ICU general rules and guidelines, as well as routine requirements apply.
O. All Adaptive Abilities/ParaCheer Unified Teams must be comprised of a minimum 25% or more Adaptive Athletes per team.

Clarification: ParaCheer Athlete qualification is subject to respective ICU general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested. (Please see XI. PARACHEER QUALIFICATION GUIDELINES for more information)

C. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment for safety. *Clarification: An appropriate wheelchair anti-tip attachment must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.*
D. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
E. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
F. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended beyond the elbow to adequately assist with the skill.
G. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
H. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid.
Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.
I. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.
J. Basket tosses are not allowed.

IV. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) FREESTYLE POM DIVISIONS
A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s).
   Exception: Forward rolls and backward rolls are allowed.
2. Airborne hip over-head rotation skills without hand support are not allowed
   Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B. EXECUTED BY GROUPS OR PAIRS
   Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.
   d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:

   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE (*Clarification: May be assisted but not required*)

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:
   a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
   b. The Executing Individual is not supine or inverted when released.
   c. The Executing Individual may not pass through a prone or inverted position after release.

V. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) HIP HOP DIVISIONS

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
   Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Inverted Skills:
   a. Non airborne skills are allowed.
   b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Tumbling skills with hip over-head rotation:
   a. Non-airborne skills are allowed.
   b. Airborne skills with hand support:
      i. Are allowed (Example: Back Handspring)
      ii. Are limited to two consecutive hip over-head rotation skills *(Clarification: both skills must have hand support)*
   c. Airborne skills without hand support are allowed provided all of the following:

i. Involves no more than one twisting transition.
ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.

d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)

3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.

4. Only <u>drops (airborne)</u> to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed <u>hip level</u>. *(Clarification: drops directly to the knee, thigh, front or head are not allowed)*

5. Landing in a push up position may involve any jump.

6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. EXECUTED BY GROUPS OR PAIRS
Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. A <u>Supporting Individual</u> does not have to maintain <u>contact</u> with the performance surface provided the height of the skill does not exceed <u>shoulder level.</u>

2. At least one Supporting Individual must maintain contact with the <u>Executing Individual(s)</u> throughout the entire skill above <u>head-level</u>. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an <u>inverted</u> position after the release.
   b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a <u>prone</u> position.

3. <u>Hip over-head rotation</u> of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. <u>Vertical Inversion</u> is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE *(Clarification: May be assisted but not required)*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. At least one part of the Executing Individual's body is at or below <u>head-level</u> at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or <u>inverted</u> position after the release.

2. A Supporting Individual (s) may <u>toss</u> an Executing Individual provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
   b. The Executing Individual may be <u>supine</u> or inverted when released but must land on their foot/feet.
   c. The Executing Individual may not pass through a prone or inverted position after release.

VI. <u>ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) JAZZ & HIGH KICK DIVISIONS</u>

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)
Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. <u>Hip over-head rotation</u>- Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

2. <u>Airborne hip over-head rotation</u> skills without hand support are not allowed
   Exception: Front Aerials and Aerial Cartwheels are allowed.

3. Simultaneous <u>tumbling</u> over or under another individual that includes hip over-head rotation by both performers is not allowed.

4. <u>Drops</u> (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.

5. Landing in a push up position may involve any jump.

B. EXECUTED BY GROUPS OR PAIRS

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

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. *Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:*
   a. The Executing Individual does not pass through an inverted position after the release.
   b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
   c. The Executing Individual is not caught in a prone position.

3. Hip over head rotation of the Executing Individual(s) is allowed provided:
   a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. Vertical Inversion is allowed provided:
   a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. *(Clarification: When there are 3 supporting individuals an additional spot is not required)*

C. DISMOUNTS TO THE PERFORMANCE SURFACE *(Clarification: May be assisted but not required)*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
   b. The Executing Individual may not pass through the prone or inverted position after the release.

2. A Supporting Individual (s) may toss an Executing Individual provided: *(Clarification: the Executing*

Individual may be assisted to the performance surface but not required)
   a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
   b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
   c. The Executing Individual may not pass through a prone or inverted position after release.

VII. ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) GAME DAY DIVISIONS

A. Overview: Either in Competition or Exhibition format, Game Day places each Performance Cheer team in Sporting event game day situations to perform elements (often situational) common to Sporting events, including but not limited to; Drum Line(s), Sideline(s), Fight Song(s), Band Chant(s), and Time Out Performance(s).

B. Game Day Divisions: To the event organizer's discretion, the Game Day Divisions can vary by genre (Pom, Hip Hop, Jazz, High Kick), by age groups (e.g. Youth- Masters), and by Unified or Traditional team structures- based on an events participation level respectfully.

C. Format: To the event organizer's discretion, the format can include individual elements only for competition or exhibition (e.g. Band Chant only competition), or combinations of 2 or more Game Day segments with breaks in between (e.g. Drum Line & Band Chant), with the option for real game situations in which the segment (e.g. Sideline or Band Chant) can be announced seconds prior to a Team's performance.
Example: A Defense or Offense Sideline situation is announced to the Team on the performance floor- to immediately perform the correct Sideline to reflect a real game situation. Another example includes a choice of Band Chants, with any Band Chant being played for the Team to quickly adjust and perform the correct Band Chant to the crowd.

D. Elements:
   1. DRUM LINE: A traditional Drum Line is a thirty second (:30) to one minute (1:00) routine- where the Performance Cheer Team performs in conjunction with the Sport team's band or music group (or to a recording), traditionally in the Pom or High Kick genre to entertain a crowd. Should any chants be used during the performance, native language is encouraged.
   2. SIDELINE: The Sideline is a situational and repetitive chant with motions and simple skills, to encourage the crowd to yell, for each team

performing. With either an Offensive or Defensive scenario, the squad will determine which Sideline to do based on the cues. (The Sidelines can also be pre-established- depending on the event organizer). The teams will perform one of the situational Sidelines they have prepared and are encouraged to use crowd-motivating props such as signs, and poms. Skills should be minimal and simple. Native language is encouraged.

3. BAND CHANT: The Band Chant is an estimated thirty second (:30) Chant with music that should incorporate Performance Cheer skills (e.g. kicks, jumps, and choreography) and should showcase the Team's sharp motions, high energy and synchronization. Teams can choose to use poms, signs, flags, and other crowd motivating props to help encourage crowd response. Native language is encouraged.

4. FIGHT SONG: The Fight Song should represent the traditional Fight Song (e.g. to music that is unique to the specific team) that is commonly performed at a Team's sporting event, usually following a Score/Goal, etc. Performance Cheer teams can incorporate up to 3 consecutive 8-counts of crowd effective and simple choreography, props (e.g. poms), kicks and/or jumps to a sport team's recorded music. Should any chants be included, native language is encouraged.

5. TIME OUT PERFORMANCE: Similar to a Band Chant, a Time Out Performance can be thirty seconds (:30) to one minute (1:00) in length and is commonly performed to a popular crowd leading songs of Sporting events (e.g. songs similar to Dr. Who, Hey, Zombie Nation, etc.). Performance Cheer teams can incorporate crowd effective choreography in any genre (pom, hip hop, jazz, hick kick) in a high energy format to a sport team's recorded music. Teams can choose to use signs, flags, and other crowd motivating props (e.g. poms) to help encourage crowd response. Should any chants be included, native language is encouraged.

Note: Subject to the discretion of an event organizer, as a guideline- four (4) elements of the five (5) elements combined, the Game Day Routine traditionally does not exceed 3 minutes.

VIII. GLOSSARY OF TERMS

1. **Aerial Cartwheel:** An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.
2. **Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the performer is free of contact from a person and/or the performing surface.
3. **Airborne Hip Over Head Rotation (executed by Individuals):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).
4. **Category:** Denoting the style of the routine. (*Example: Pom, Hip Hop, Jazz, High Kick*)
5. **Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)
6. **Contact (executed by Groups or Pairs)**: The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
7. **Division**: Denoting the composition of a competing group of individuals. (*Example: Junior, Senior*)
8. **Drop**: An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.
9. **Elevated**: An action in which an individual is moved to a higher position or place from a lower one.
10. **Executing Individual**: An individual who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual(s).
11. **Head Level**: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*
12. **Height of the Skill**: Where the action is taking place.
13. **Hip Level**: A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*
14. **Hip Over Head Rotation (executed by Individuals)**: An action characterized by continuous movement where an individual's hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).
15. **Hip Over Head Rotation (executed by Groups or Pairs)**: An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill.
16. **Inversion/Inverted**: A position in which the Individual's waist and hips and feet are higher than his/her head and shoulders.
17. **Inverted Skills (executed by Individuals)**: A skill in which the individual's waist and hips and feet are

higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

18. **Lift (executed by Groups or Pairs)**: A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).

19. **Partnering (executed by pairs)**: A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.

20. **Perpendicular Inversion (executed by Individuals)**: An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

21. **Prone**: A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up

22. **Prop**: Anything that is used in the routine choreography that is not/was not originally part of the costume.
   Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
   Clarification 2: For ParaCheer & Special Abilities Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

23. **Shoulder Inversion (executed by individuals)**: A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

24. **Shoulder Level**: A designated and average height; the height of a standing performer's shoulders while standing upright with straight legs.
   (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

25. **Supine**: A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.

26. **Supporting Individual**: An individual who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.

27. **Toss**: A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

28. **Tumbling**: A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another

individual(s) and begin and end on the performance surface.

29. **Vertical Inversion (executed by Groups or Pairs)**: A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

X. PARACHEER/ADAPTIVE ABILITIES QUALIFICATION GUIDELINES

For the purpose to assist and encourage ICU's National Federations to develop ParaCheer/Adaptive Abilities opportunities for disabled and nondisabled athletes (e.g. "ParaCheer/Adaptive Abilities Unified & Traditional" divisions) within our Sport, enclosed (as a guideline only) please find a the IPC's brief description of the 10 eligible* impairment types (below) also shown on the IPC website https://www.paralympic.org/classification; found under section 2 chapter 3.13 of the IPC Handbook.

Note 1: Due to the newness of the ICU ParaCheer development programme at the grass-roots level, the ICU encourages its National Federations/all Stakeholders to use the IPC's excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As ICU's ParaCheer development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.

Note 2: Based on the uniqueness of Performance Cheer competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICSD. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for ParaCheer development purposes.

IPC's brief description of the 10 eligible* impairment types (as a guideline for the ICU ParaCheer/Adaptive Abilities programme):
Impairment: Explanation

1. **Impaired muscle power:** Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.

2. **Impaired passive range of movement:** Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute

conditions, such as arthritis, are not considered eligible impairments.

3. Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).

4. Leg length difference: Bone shortening in one leg due to congenital deficiency or trauma.

5. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.

6. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

7. Ataxia: Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

8. Athetosis: Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

9. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.

10. Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.

11. Hearing Impairment**: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

XI. JUDGING PROCEDURES/SCORE SHEETS

A. Routine Divisions: Judges will score the teams according to the judging criteria on a 100 point system.
B. Game Day Divisions: Judges will score the teams according to the judging criteria, for each element, on a 50-point system, unless determined otherwise by the event organizer.

SCORE SHEETS

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) FREESTYLE POM DIVISIONS

TECHNIQUE

EXECUTION OF POM MOTION TECHNIQUE   10_____
Demonstrate clean arm lines, levels, placement, movement is sharp, strong and precise

EXECUTION OF TECHNIQUE   10_____
Demonstrate a clear intention to perform correct placement & levels of arms/torso/hips/legs/feet, body control, extension, balance, style in movement

EXECUTION OF TECHNICAL SKILLS   10_____
Proper execution or well executed adaption of leaps, turns, jumps, partner work, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY OF MOVEMENT   10_____
Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, visual impact of group work. levels, opposition, poms, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   10_____ APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal; Age appropriate music, costume and choreography that enhances the performance   **TOTAL POINTS (100)   _____**

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) HIP HOP DIVISIONS

TECHNIQUE

STRENGHT OF MOVEMENT   10_____
Strength and presence in movement

EXECUTION OF HIP HOP STYLE(S)- PLACEMENT &   10_____ CONTROL
Demonstrate a clear intention to perform correct placement & levels of arms/torso/hips/legs/feet, body control in the execution of hip hop, popping, locking, waving, lyrical, etc.

EXECUTION OF SKILLS / ATHLETIC INCORPORATION   10_____
Proper execution or well executed adaption of floor work, lifts, tricks, jumps, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY / CLARITY OF MOVEMENT   10_____
Movements are the same or demonstrating unison clearly designed to compliment, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, visual impact of group work. levels, opposition, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   10_____
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (100)**   _____

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) JAZZ DIVISIONS

TECHNIQUE

EXECUTION OF TECHNICAL SKILLS   10_____
Proper execution of leaps, turns, jumps, lifts, partner work, etc.

PLACEMENT / CONTROL / EXTENSION   10_____
Correct placement & levels of arms/torso/hips/legs/feet, body control,
extension, balance

STYLE / STRENGTH OF MOVEMENT   10_____
Style, strength, and presence in movement

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY OF MOVEMENT   10_____
Movements are the same on each person, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface
during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, visual impact of group work.
levels, opposition, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   10_____
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (100)**   _____

ADAPTIVE ABILITIES (UNIFIED & TRADITIONAL) HIGH KICK DIVISIONS

TECHNIQUE

EXECUTION OF HIGH KICK TECHNIQUE   10_____
Correct placement and levels of arms/torso/hips/legs/hands/feet

CONTROL/EXTENSION/STRENGTH   10_____
Movement exhibits body control, extension, balance, strength and style

EXECUTION OF TECHNICAL SKILLS   10_____
Proper execution of leaps, turns, jumps, lifts, partner work, etc.

GROUP EXECUTION

SYNCHONRIZATION / TIMING WITH MUSIC   10_____
Moving together as one with the music

UNIFORMITY OF MOVEMENT   10_____
Movements are the same on each person, clear, clean and precise

SPACING   10_____
Equal/correct spacing between individuals on the performance surface
during the routine and transitions

CHOREOGRAPHY

MUSICALITY / CREATIVITY / ORIGINALITY   10_____
Use of the music accents, style, creative, original movement

ROUTINE STAGING / VISUAL EFFECTS   10_____
Formations and transitions, visual impact of group work.
levels, opposition, poms, etc.

DEGREE OF DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   10_____
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (100)**   _____

ADAPTIVE ABILTIIES (UNIFIED & TRADITIONAL) DOUBLES DIVISIONS

TECHNIQUE

EXECUTION OF SKILLS/STYLE   10_____
Execution of movements and skills in the style of the category

PLACEMENT / CONTROL   10_____
Exhibits control, proper levels and placement (in pom motions), arm
movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps,
Turns, etc. control of torso and body parts throughout movements and skills

STRENGTH OF MOVEMENT   10_____
Intensity, strength and presence in movements

EXTENSION / FLEXIBITY   10_____
Exhibits full extension (in arms, legs, feet, etc.) and when applicable stretch
and flexibility in movement

CHOREOGRAPHY

MUSCIALITY   10_____
Use of music accents, rhythms, lyrics and style

DIFFICULTY   10_____
Level of difficulty of skills, movement, weight changes, tempo, etc.

CREATIVITY / STYLE   10_____
Exhibiting creative and original movement in accordance with the style of
the category

ROUTINE STAGING   10_____
Utilization of floor space, transitions, partner & group work, interaction of
the pair while allowing for a seamless flow of routine

EXECUTION

SYNCHONIZATION   10_____
Uniformity in all movement, moving together and with the music

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   10_____
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (100)**   _____

ADAPTIVE ABILTIIES (UNIFIED & TRADITIONAL) GAME DAY – SIDELINE DIVISIONS

CROWD EFFECTIVENESS

CROWD LEADING TECHNIQUES   10_____
Crowd effectiveness- Voice, Pace & Flow
Ability and Energy to lead the crowd
(native language encouraged)

TECHNIQUE

PLACEMENT/ CONTROL   10_____
Exhibits control, proper levels and placement (in pom motions), arm
movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps,
Turns, etc. control of torso and body parts throughout movements and skills

STRENGTH OF MOVEMENT   **10**_____
Intensity, strength and presence in movements

EXECUTION

SYNCHONIZATION   **10**_____
Uniformity in all movement, moving together and with the music

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   **10**_____
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (50)**   _____

_____

ADAPTIVE ABILTIIES (UNIFIED & TRADITIONAL) GAME DAY– DRUM LINE, BAND CHANT, FIGHT SONG, TIME OUT PERFORMANCE DIVISIONS

CROWD EFFECTIVENESS

CROWD LEADING TECHNIQUES   **10**_____
Crowd effectiveness- Voice (if applicable), Pace & Flow
Ability and Energy to lead the crowd

(native language encouraged)

TECHNIQUE

PLACEMENT/ CONTROL   **10**_____
Exhibits control, proper levels and placement (in pom motions), arm
movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps,
Turns, etc. control of torso and body parts throughout movements and skills

STRENGTH OF MOVEMENT   **10**_____
Intensity, strength and presence in movements

EXECUTION

SYNCHONIZATION   **10**_____
Uniformity in all movement, moving together and with the music

OVERALL EFFECT

COMMUNICATION / PROJECTION / AUDIENCE   **10**_____
APPEAL & APPROPRIATENESS
Ability to exhibit a dynamic routine with showmanship, audience appeal;
Age appropriate music, costume and choreography that enhances the
performance   **TOTAL POINTS (50)**   _____