

WORLD SCHOOL D1 CHEERLEADING & PERFORMANCE CHEER CHAMPIONSHIPS

2027 WORLD SCHOOL

Cheerleading & Performance Cheer Championships

5 - 7 FEBRUARY

Event Rules & Regulations and Divisions

TENTATIVE SUBJECT TO CHANGE

Administered at the Walt Disney World Resort, Orlando, USA for School & Rec Teams - For both Cheerleading & Performance Cheer.
For USA Schools & Rec Programs with 1,400 students or more; however, open to all international school & Rec teams during the new: D1 National Spirit School Championships (United States School Nationals for larger schools & Rec).

INTERNATIONAL CHEER UNION

cheerunion.org

2027 WORLD SCHOOL DIVISION 1 CHEERLEADING & PERFORMANCE CHEER CHAMPIONSHIPS (D1 WSCC)

GENERAL RULES & GUIDELINES

-For both Cheerleading & Performance Cheer Teams-

I. D1 WSCC OVERVIEW – CHEERLEADING & PERFORMANCE CHEER TEAMS

During the weekend of Friday-Sunday 05-07 February 2027, the World School Division 1 (D1) Cheerleading & Performance Cheer Championships (D1 WSCC) will take place at Disney World's ***ESPN Wide World of Sports®*** Complex in Orlando USA. Conducted in conjunction with the USA National High School Championships (established 1980) now including BOTH CHEERLEADING and PERFORMANCE disciplines, the **D1 WSCC** will welcome School & Non-School (Recreation "Rec" & Club) Teams from around the world.

For the D1 WSCC specifically, this event will be held in conjunction with the NEW D1 National School Spirit Championships (D1 NSSC) which will comprise of qualified USA School and Non-School Cheerleading Recreational/Rec & Club) and Performance Cheer Teams (School & Non-School: Rec/Club/All Star) programmes that have student enrollments of 1,400 or more. For non-USA teams, the D1 WSCC is open to all WSCC non-USA qualified teams regardless of school/programme size, to best accommodate international competition schedules.

Note: The D2 WSCC will be conducted one weekend earlier (29 – 31 January 2027) in conjunction with the D2 NSSC for USA teams from schools/rec team programmes with student enrollments of 1,399 or lesse. For non-USA teams, the D2 WSCC is also open to all WSCC non-USA qualified teams regardless of school/programme size, to best accommodate international competition schedules. However, non-USA teams must choose between the D2 WSCC or D1 WSCC and cannot compete in both events.

II. TOURNAMENT - D1 WSCC

A. The event will take place on Friday 05 February 2027 to Sunday 07 February 2027 (in conjunction with the 2027 Division 1 USA National School Spirit Championships- USA D1 NSSC) in Orlando Florida.
Friday 05 February 2027
The USA D1 National Championships are underway/D1 WSCC Rehearsals/Game Day Performances (tentative)
Saturday 06 February 2027
D1 WSCC team run throughs (with scoring feedback) during USA D1 National Championships
Sunday 07 February 2027
D1 World School Cheerleading Championships Competition & Award Presentations
(Evening) D1 WSCC/NSSC Championships Week Block Party

B. The competition is scheduled to be held at the ESPN Wide World of Sports ® Complex.

C. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. D1 WSCC DIVISIONS

CHEERLEADING DIVISIONS – Please see Pages 6-7
PERFORMANCE CHEER DIVISIONS – Please see Page 20-21

IV. D1 WSCC ELIGIBILITY

A. USA individuals/teams must follow the eligibility requirements of the D1 National School Spirit Championships (D1 NSSC) and must qualify for the D1 WSCC per the D1 NSSC/ D1 WSCC qualification rules.

B. Non-USA individuals/teams must:
   1. Follow the primary, junior and secondary school sport requirements of their respective countries. Additionally, Varsity Division ages are limited to 18 years or younger within the year of competition or as specified, and 14 years and younger for the Junior School Division.
   2. Adhere to the requirement that all Cheerleading team members are current members of the official school Cheerleading team and must be students of the school that they are representing. (Exception: This will not preclude participation from sister schools for same-gender schools as long as they are official members of the team as noted above.)
   3. Have all athletes and coaches registered for the D1 WSCC including the D1 WSCC team roster to be submitted at check in.
   4. Constantly display (the team and each participating member/coach) good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages.
   5. Display an overall behavior conducive to serving as public representatives and ambassadors of their school/organization.

C. We recommend that all D1 WSCC team(s) and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their schools / programs in regard to grooming, traditional and appropriate attire, conservative make-up/cosmetics, uniformity, etc.

V. SCORES AND RANKINGS

A. Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit their final scores and rankings prior to the final tally of the score for all teams. Scores and rankings will be available only to program directors or coaches at the conclusion of the competition. Judges' decisions are final.

B. Any deductions or violations will be taken off the final score.

C. In cases of ties of 2 teams (or more – although rare), the tie will remain. In cases where a tie may occur for 1st place, the team with the fewer deductions / violation points will be awarded 1st place. Should the deductions / violations of both teams remain equal, the tie will not be broken and both teams will be awarded 1st place.

D. By participating in a D1 WSCC event, teams give their consent for performances and scores to be made public.

E. There are numerous media outlets that can make all D1 WSCC competition routine performances available for public viewing including but not limited to live streaming to recognize the hard work and talent of the athletes competing, and ultimately, to serve and grow the Cheerleading community. Due to the sheer number of teams and routines published, D1 WSCC is unable to accommodate requests for removal.

VI. CODE OF CONDUCT

A. D1 WSCC encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to, team practice and performance.

B. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

C. To ensure the most positive experience for all attendees, D1 WSCC asks that the following Code of Conduct be adhered to during D1 WSCC and all competitions:
   1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Head Judge and/or Designated D1 WSCC Official. The Head Judge and/or Designated D1 WSCC Official will then be called to discuss the situation with the coach.
   2. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
   3. Judges' rulings are final related to deductions, final team placements and legalities.
   4. Any unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future D1 WSCC and associated events.
   5. D1 WSCC reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

6. As the D1 WSCC is conducted during the Varsity Spirit D1 NSSC, the D1 WSCC will follow the full D1 NSSC event Code of Conduct policies available here: https://www.varsity.com/education/safety/

VII. D1 WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS PARTICIPATION

A. All D1 World School Cheerleading Championships divisions are open to the D1 National School Spirit Championship teams eligible by schedule to participate; as well as to all non-USA school teams who are eligible by the D1 WSCC rules of their respective divisions.

B. It is understood that teams participating in the D1 World School Cheerleading Championships (D1 WSCC) will not knowingly and willingly participate in any other event promoted as a "World School Cheerleading Championships". This includes all prizes and awards labeled as World School Cheerleading Champion or International School Cheerleading Champion. (Exception: Approved multi-sport international events congruent with the World School Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2027 D1 World School Cheerleading Championships and will forfeit the opportunity to participate in the tournament the following year.

C. This rule also applies to the D1 WSCC where D1 WSCC teams are not allowed to compete in the D2 WSCC and vice versa.

VIII. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)

A. **Friday** (all day) will host the D1 United States National School Spirit Championships Game Day Competition.

B. **Saturday** (all day) will host the D1 United States National School Spirit Championships, and non-USA D1 WSCC teams will conduct their routine performances (optional to the teams) in front of live audiences of the D1 United States National Championships.

C. **Sunday** (all day) will host the D1 World School Cheerleading Championships (D1 WSCC) comprising of United States teams (divisions mentioned previously) and non-USA teams. Awards for Nations rankings and individual team results will be presented. (**Saturday & Sunday** also hosts several divisional finals of the D1 US National Championships.)

IX. TOURNAMENT FACILITY

A. The competition is scheduled to be held at ***ESPN Wide World of Sports®*** Complex.

B. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championships.

X. AWARDS AND PRIZES

A. All teams in the final round of competition will receive a trophy.

B. Teams who rank first (1st), second (2nd), or third (3rd) place will additionally receive a gold, silver, or bronze medallion.

C. Teams placing first will receive a championship banner and jacket for each participant who performed on the floor plus two (2) coaches.

D. Based on availability, rostered alternates may request additional jackets after the completion of our final awards sessions on Sunday evening.

XI. COMPETITION RULES

While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on national, state, and local guidance, please be assured that D1 WSCC is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge to abide by the D1 WSCC Competition Rules.

XII. EVENT GUIDELINES

The coach/director of each team is responsible for understanding and following the D1 WSCC Event Guidelines. Event Guidelines include: General Guidelines, Safety Guidelines, Music Guidelines, Interruption of Performance,

Competition Area, Warm Up Room Policy. To review the Event Guidelines, click here: https://cheerunion.org/wp-content/uploads/2025/09/icu_wscc_D1-d1_26_eventguidelines_2.pdf

XIII. EVENT POLICIES

All D1 WSCC attendees are expected to follow event policies to ensure a respectable and secure environment. To review the event policies, click here: https://cheerunion.org/wp-content/uploads/2025/09/icu_wscc_D1-d1_26_eventpolicies.pdf

XIV. PROHIBITED ITEMS

As the D1 WSCC is conducted during the Varsity Spirit D1 NSSC, the D1 WSCC will follow the full D1 NSSC event Prohibited Items policies available here: https://www.varsity.com/wp-content/uploads/2024/08/NEW-VS-0001-9201-ProhibitedItem-MiscPrint_Poster_v6.pdf

XV. LOGO USAGE

Teams will not be allowed to use the D1 WSCC (or D1 WSCC) logo including: banners, rings, bows, t-shirts, etc. without prior approval from the WSCC office. The use of the WSCC letters will be allowed.

XVI. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

XVII. D1 WSCC POLICIES

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

A. WSCC follows ICU's Privacy Policies: http://cheerunion.org/contact/privacypolicy/

B. WSCC follows ICU Safeguarding Policies (and additional information): https://hub.olympic.org/athlete365/safeguarding/#_ga=2.139526064.209378063.1523784781-113022897.1496863032, http://cheerunion.org/education/coach/ & http://cheerunion.org/about/bureau/

2027 WORLD SCHOOL DIVISION 1 CHEERLEADING & PERFORMANCE CHEER CHAMPIONSHIPS (D1 WSCC)

GENERAL RULES & GUIDELINES

-FOR CHEERLEADING TEAMS-

I. TOURNAMENT - CHEERLEADING TEAMS

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II. D1 WSCC CHEERLEADING DIVISIONS (ROUTINE & GAME DAY)

A. ROUTINE DIVISIONS

PRIMARY SCHOOL DIVISIONS (will compete within the Rec Divisions)

See Traditional "Rec" Divisions below	**8 years and younger, 5-36 female/male athletes**
See Traditional "Rec" Divisions below	**10 years and younger, 5-36 female/male athletes**

JUNIOR SCHOOL DIVISIONS –Primary/Junior School

Eligibility = Athletes must be a student at the institution(s) represented & compliant with D1 WSCC division criteria. Must be of age within the year of competition

Junior School:	**14 years & younger, 5-30 female/male athletes**

VARSITY SCHOOL DIVISIONS-Secondary School

Eligibility = Athletes must be a student at the secondary school institution(s) represented & compliant with D1 WSCC division criteria

Junior Varsity (JV):	**5-30 female athletes**
Junior Varsity (JV) Coed:	**5-30 female/male athletes**

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

Small Varsity:	**5-15 female athletes**
Medium Varsity:	**16-19 female athletes**
Large Varsity:	**20-23 female athletes**
Super Varsity:	**24-30 female athletes**
Small Varsity Coed:	**5-20 athletes, 1-4 males**
Large Varsity Coed:	**21-30 athletes, 5 or more males**

SCHOOL NON-TUMBLING DIVISIONS*

Eligibility = Athletes must be a student at the school institution(s) represented & compliant with D1 WSCC division criteria

Junior School Non-Tumbling:	**5-30 female/male athletes**
Junior Varsity (JV) Non-Tumbling:	**5-30 female/male athletes**

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

Small Varsity Non-Tumbling: **5-15 female athletes**
Medium Varsity Non-Tumbling: **16-19 female athletes**
Large Varsity Non-Tumbling: **20-23 female athletes**
Super Varsity Non-Tumbling: **24-30 female athletes**
Varsity Coed Non-Tumbling: **5-30 athletes, 1-4 males**

**Note: Non-Tumbling Divisions will prohibit any and all tumbling with hip overhead rotation (i.e. rolls and walkovers not allowed). Legal inversions into or from stunts/pyramids will not be considered tumbling and are allowed in the Non-Tumbling divisions. Exception: A back handspring entry into stunts/pyramids WILL NOT be allowed in the Non-Tumbling Divisions.*

RECREATIONAL ("REC") DIVISIONS (Open to all non-USA Teams)

Traditional Rec U8: **8 years & younger (*NSSC guidelines**). 5-36 female/male athletes**
Traditional Rec U10: **10 years & younger (*NSSC guidelines**). 5-36 female/male athletes**
Traditional Rec U12: **12 years & younger (*NSSC guidelines*). 5-36 female/male athletes**
Traditional Rec U14: **14 years & younger (*NSSC guidelines*). 5-36 female/male athletes**
Traditional Rec U18: **11-18 years old (*NSSC guidelines*). 5-36 female/male athletes**
****Traditional Rec U8 & U10 must follow the NSSC intermediate division skills restrictions (See "C", Page 16)***

SPECIAL & ADAPTIVE ABILITIES DIVISIONS*

Eligibility = Athletes can belong to a school, club, rec program, all star team, gymnasium, or any institution. Must be of age within the year of competition and compliant with the following criteria:

Adaptive Abilities Unified Median (L3):
12 years & older, up to 16 female/male athletes, 25% or more athletes with a disability (physical, sensory, intellectual) per team**.**

Special Abilities Traditional Novice Level (L1):
8 years & older, up to 16 female/male athletes, 100% of team comprised of athletes with intellectual disabilities per team

Special Abilities Unified Novice (L1):
8 years & older, up to 16 female/male athletes, 50% or more athletes with intellectual disabilities per team

**In addition to the skill restrictions applied to each level, Special Abilities & Adaptive Abilities Divisions also have added restrictions as noted herein.*

B. GAME DAY DIVISIONS

WSCC Game Day **11-18 years old (NSSC guidelines). 5-36 female/male athletes**

D1 WSCC Game Day Divisions must follow all event D1 WSCC rules and regulations. See GAME DAY COMPETITION ROUTINE FORMAT for additional specifics and restrictions.

III. UNIFORM GUIDELINES

A. UNIFORMS:
1. All participant uniforms must cover the midriff when standing at attention. Sheer, mesh, fringe and other "see through" material is not a legal midriff covering.
2. A traditional sideline uniform (that covers the midriff when standing at attention and has an element that is identifiable to you school / organization- e.g., colors, logos, letters mascot, etc.) should be worn for all divisions. Costuming in now allowed.
3. Cheerleading athletes must wear athletic shoes.
4. Teams may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines. Any use of Disney music requires prior approval and must be sent to portal@cheerunion.org at minimum 1 month to the competition.

B. MAKE-UP:
1. If worn, make-up should be appropriate for both the performance and age of the athlete.

C. HAIR:
1. Hair for all athletes must be secured off the face.
2. Bows are not required. If worn, bows must:
   a. Must be securely fastened and appropriate for the activity.
   b. Be positioned in a manner to minimize risk for the athletes.

IV. ENTRANCES AND EXITS

A. All introductions (entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance. Skills are not allowed during the team's entry to the floor or any time prior to starting the performance. EXCEPTION: See Game Day below.
B. All team breaks, rituals, and traditions need to take place prior to entering the performance floor.
C. Teams should not have the choreographed movements to enter the performance floor. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Examples: hugs, handshakes, choreographed moves, rituals, etc.
D. Teams have 30 seconds from the team's introduction to the start of the routine. If a team exceeds this time limit, a penalty of a 0.25 point deduction for 1-5 second over or a 0.5 point deduction for 6 seconds or more will be assessed.
E. All teams should refrain from any type of excessive celebration following the team's performance. Any time in violation will receive a 1.0 deduction. Excessive celebration includes, but is not limited to team huddles, alternates/coaches entering the competition floor, falling to the ground, dancing, head/hair swinging, split drops, inappropriate gestures, and/or similar moves.
F. There should not be any organized or choreographed exits or other activities after the official end of the routine.

V. TIME LIMITATIONS

A. ROUTINE
   1. Each ROUTINE presentation must include at least 1 cheer or sideline chant. *(use of native language in cheer and/or sideline chant encouraged)*
   2. Routine Times:
      - Maximum Overall Time: 2:30 (150 Seconds)
      - Maximum Musical Portion: 1:45 (105 Seconds)
   3. Timing will BEGIN with the first choreographed movement, voice, or note of music, whichever comes first. Timing will END with the last choreographed movement, voice, or note of music, whichever comes last.
   4. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 1-5 seconds over, Two (2) point deduction for 6 seconds and over.
   5. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance listed above.
   6. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.
B. GAMEDAY
   1. Each GAME DAY performance must consist of a Band Chant, Situational Sideline, Time Out Cheer and Fight Song *(use of native language in cheer and/or sideline chant encouraged)*
   2. Maximum Overall Time: 3:00 (180 Seconds)
   3. For GAME DAY Performances only, timing will NOT include the team spiriting, rallying, or individuals performing jumps, kicks, tumbling, or single based lifts but will begin with the first group movement, voice, or note of music, whichever comes first. The entrance time limit of 30 seconds still applies to Game Day routines.

VI. COMPETITION PERFORMANCE AREA

A. Participants must start in the competition area with at least one foot on the ground.
B. Teams may line up anywhere inside the competition area.
C. D1 WSCC competition floor consists of a standard ICU cheerleading foam mat.
D. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips) or 16.5 x 12.8 meters.
E. Any team member stepping outside or touching outside the performance area will cause the squad to receive a 0.5 penalty per occurrence. If a violation is assessed, the judges' decisions are final and will not be reviewed.
   1. The white line is considered a warning mark.
   2. A penalty will be assessed when any part of the seat/torso or any combination of two hands and/or feet are completely outside of the performance surface.
   3. Out of bounds are called by line judges and decisions are final.

4. Once a team member takes the floor, they must remain on the floor until the end of the performance.

F. The center will be marked on all performance surfaces. Center markers will not be allowed. This includes but is not limited to stuffed animals, toys, banners, etc. Teams are prohibited from bringing any non-used props to the performance area.

G. Coaching staff, parents, fans and/or other members of the performing team entering the competition boundary before, during or after a performance is not allowed. The only people allowed on the performance floor are the competitors and competition personnel.

H. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. Please see the deduction explanation sheet for additional Prop Restrictions. (See Game Day division rules for additional mascot prop guidelines.)

1. Approved props include foam fingers, rally towels, signs, poms, flags and/or megaphones. Props should be used for crowd leading and appropriate for crowd response.
2. Props may not be thrown into the crowd.
3. Props cannot bear the weight of the performer. This includes sideline cheer/dance boxes used at games.
4. No air horns or artificial noise makers are allowed.
5. All equipment tips on flagpoles must be padded or taped.
6. All props must be able to fit through a standard size (36" / 0.914 meters) single door.
7. Props may be discarded off the performance surface but not hit/banged on the floor outside the performance area. h. Prop approvals or prop questions can be submitted to cheer.rules@cheerunion.org and must be received at least 1 month prior to the competition.

VII. SPOTTER POLICY

D1 WSCC will allow teams to provide additional spotters in the warm-up room only. The use of additional spotters is left to the discretion of the coach. Teams may use up to 4 additional spotters for each warm-up; however, additional spotters are not required. The use of additional spotters is not mandatory and will be at the discretion of the coach. D1 WSCC Spotters will be available on the main competition floor at all venues, and Teams will not be allowed to decline spotters.

Guidelines for Additional Spotters:

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

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

VIII. CHEERLEADING ROUTINE DIVISIONS

A. The judges will score teams using the criteria listed on the D1 WSCC Cheerleading Routine score sheet.

B. Cheer will count for 30 points, Building Skills will count for 50 points and Overall will count for 20 points. Building and Overall score sheets only judge skills and choreography within the music portion of the routine.

C. Any deductions or violations will be taken off the final score. For more information on scoring, score sheet and judging criteria, please visit https://cheerunion.org/championships/school/.

IX. GAME DAY COMPETITION ROUTINE FORMAT

A. The performance will follow this order: Band Chant, Crowd Leading, Fight Song.

B. The judges will score teams using the criteria listed on the D1 WSCC Cheerleading Game Day scoresheets. For detailed scoresheets, please visit https://cheerunion.org/championships/school/.

C. The use of crowd leading tools is recommended (all are not required):
   1. Approved props include foam fingers, rally towels, signs, poms, flags and/or megaphones. Props should be used for crowd leading and appropriate for crowd response.
   2. Props may not be thrown into the crowd.
   3. Props cannot bear the weight of the performer. This includes sideline cheer/dance boxes used at games.
   4. No air horns or artificial noise makers allowed.
   5. All equipment tips on flagpoles must be padded or taped.
   6. All props must be able to fit through a standard size (36" / 0.914 meters) single door.
   7. Props may be discarded off the performance surface but not hit/banged on the floor outside the performance area.
   8. Prop approvals or prop questions can be submitted to cheer.rules@cheerunion.org and must be received at least 1 month prior to the championships.
   9. Mascots will only be allowed to use the approved props listed above. Any part of the mascot uniform that is used as a prop must have prior approval via cheer.rules@cheerunion.org at minimum 1 month prior to the championships.

CI. Use of native language (or sign language) in cheer and/or sideline chant encouraged.

CII. The incorporation of stunts/tumbling (if applicable) is required in the Situational Sideline, Cheer and Fight Song. If there are no skills (stunts and/or tumbling) performed, a score of 0 will be given for the skills categories.

CIII. **Band Chant:** Should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, however jumps and kicks are allowed. Teams should focus on crowd engagement and visual appeal and should use creative movements suck as level changes and ripples.

CIV. **Crowd Leading (Sideline and Cheer)**:
- Sideline: Following the band chant, the announcer with give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
- Cheer. After the Situational Sideline, teams will move into their Cheer which can include 1 reflective of a timeout, general sideline/spell-out or other Cheer material that incites a crowd response and/or encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment

CV. **Fight Song**: Should represent a traditional-style Fight Song that the School/Programme would perform at a Sporting Event/Game (Should a team not have a Fight Song, use of other Fight Songs are permitted per the D1 WSCC Music Rules detailed herein). Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight Song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill (stunt or tumbling) until one of the following:
- The routine ends within the 3 consecutive 8 counts
- Building Skills must be stationary prior to the end of the 3rd 8-count and may remain stationary until the end of the routine
- Dismounts following the completion of the routine will not be included for timing purpose. Any choreographed dismounts will continue the timing of the routine. Example: Coed toe touch pop offs performed together, in unison would be considered choreographed.

CVI. **Each Section**: Should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, this would include the team's entry to the floor and any time prior to starting the performance. Tumbling would be allowed during the performance with the exception of during the Band Chant and still must be within the three 8-count limit in the Figh Song.

CVII. Additional Skill Restrictions (if applicable to the level performed)
- Tosses (basket, sponge, or elevator) are NOT allowed. Examples of toss skills allowed are quick toss stunts, toss coed skills and toss toe touches
- Inversions are NOT allowed.
- Twisting Released Dismounts are NOT allowed.

- Single leg stunts ARE LIMITED to liberties and liberty hitches.
- Running Tumbling is NOT allowed.
- Single Standing Tumbling IS ALLOWED; however, cannot be connected. A single tumbling skill can only be connected to a single jump. The only standing tumbling skills that are allowed include back handspring, back tuck, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.

K. Any deductions or violations will be taken off the raw score. For more information on scoring, score sheets and judging criteria, please visit https://cheerunion.org/championships/school/

L. For Game Day Routines, voice-overs and words may not be recorded or overlayed on the music tracks at all. Any voices captured in the original recording are allowed.

X. D1 WSCC JUDGING PROCEDURES & SCORESHEETS

A. CHEERLEADING COMPETITION ROUTINES

1. The judges will score teams using the criteria listed on the D1 WSCC score sheet. Each team will be evaluated on a 100-point system.
2. The Cheer portion will be valued at a possible 30 points (native language is encouraged) and 70 points for the Music section of the routine. Each section will be averaged and then combined for the final score.
3. Any deductions or violations will be taken off of the final averaged score.
4. D1 WSCC Routine Competition Scoresheets are available at https://cheerunion.org/championships/school/ and the D1 WSCC Scoresheets are as follows:
   - **School & Rec All Girl Building Divisions Scoresheet**: Includes ALL ALL-GIRL DIVISIONS (Junior, Rec, Junior Varsity & Varsity Divisions) that have both tumbling and stunting (e.g. building) skills in the routines
   - **School & Rec Coed Building Divisions Scoresheet**: Includes ALL COED DIVISIONS (Junior Varsity & Varsity Divisions) that have the word "Coed" in the name of the division, and have both tumbling and stunting (e.g., building) skills in the routines.
   - **School & Rec All Girl Non-Tumbling Divisions Scoresheet**: Includes ALL ALL-GIRL DIVISIONS (Junior, Rec, Junior Varsity & Varsity Divisions) that have stunting (e.g. building) skills but do not have tumbling skills in the routines
   - **School & Rec Coed Non-Tumbling Divisions Scoresheet**: Includes ALL COED DIVISIONS (Varsity Divisions only) that have the word "Coed" in the name of the division and have stunting (e.g., building) skills but do not have tumbling skills in the routines
   - **School & Rec Non-Building Divisions Scoresheet**: Includes only the Varsity Non-Building (e.g., no stunting skills) Division
   - **Special Abilities Divisions Scoresheet**: Includes ALL DIVISIONS for athletes with and without Intellectual Disabilities (ID)
   - **Adaptive Abilities Unified Division Scoresheet**: Includes the Adaptive Abilities Unified Division for athletes with and without ALL (sensory, physical, intellectual) Disabilities

B. GAME DAY COMPETITION ROUTINES

1. The judges will score teams using the criteria listed on the D1 WSCC scoresheet. Each team will be evaluated on a 100-point system.
1. D1 WSCC Game Day will be evaluated in 4 segments in this order as they are performed: Band Chant, Situational Sideline, Cheer, followed by the Fight Song. (native language is encouraged)
2. Any deductions or violations will be taken off of the final averaged score.
3. D1 WSCC Routine Competition Scoresheets are available at https://cheerunion.org/championships/school/

XI. JUDGING PANELS

A. Head Judge: The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Point Deduction Judge, and Safety Judge.

B. Panel Judge: Panel Judges are responsible for scoring each team's performance based on the WSCC score sheets. Each Panel Judge will complete a score sheet in reflection of each team performance.

C. Point Deduction Judge: The Point Deduction Judge is responsible for assessing deductions in each routine for athlete(s), stunt(s), and pyramid fall(s), drop(s) or collapse. Please review the Point Deduction explanation sheet at www.cheerunion.org

D. Safety Judge: The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
E. All judges' decisions are final.

XII. VIOLATIONS

Any team in violation of these D1 WSCC Rules and Regulations or any of the above-mentioned guidelines will be assessed a one (1) point general deduction. This deduction does not apply to deduction or violations within the point deduction system or already assigned a lower/higher point value.

XIII. 2027 D1 WSCC RULES AND ADDITIONAL DIVISION RESTRICTIONS

Coaches are responsible for knowing the rules set forth for the D1 WSCC. For consistency purposes during the D1 WSCC / D1 NSSC weekend, the D1 WSCC Cheerleading rules are based on the D1 NSSC which are subject to change in accordance to USA Cheer and NFHS Cheerleading rules. Go to usacheer.org and https://nfhs.org/activities-sports/spirirt/ for the most updated rules and rules books and/or please contact cheer.rules@cheerunion.org for any rule clarifications. Additional restrictions include:

A. Aside from U18 Rec, Rec Divisions and Junior Divisions will be restricted from performing any type of toss or waist level cradles.
B. Non-Tumbling Divisions will restrict any hip overhead rotation except for entries and exits into stunts/pyramids. Back handspring entries WILL NOT be allowed in the Non-Tumbling Divisions.
C. Non-Building Divisions (USA teams only) will restrict any athlete from providing support to another athlete off the performing surface.
D. Intermediate Divisions must follow all intermediate skill restrictions in the intermediate section.

XIV. SAFETY RULES

A. GLOSSARY

For a full listing of the D1 WSCC Cheerleading Glossary of Terms (with video and visual examples as well), please see https://cheerunion.org/cheerleadingglossary/. For any questions or requests for further clarification, please email cheer.rules@cheerunion.org

B. GENERAL PROGRAM GUIDELINES

1. These rules are to be in effect for all practices, games, competitions, and other performances.
2. Cheerleading squads/teams should be placed under the direction of a qualified and knowledgeable coach.
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (e.g., use of appropriate matting, away from excessive noise and distractions, etc.)
4. Coaches should recognize a team's particular ability level and should limit the team's activities accordingly. "Ability level" refers to the team's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading skills (e.g., tumbling, partner stunts, pyramids, and jumps).
6. An appropriate warm up must precede all physical activities.
7. Thorough and professional training in proper spotting techniques should be mandatory for all teams.
8. All cheerleading teams should adopt a comprehensive conditioning and strength-building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-cheerleading personnel, performance surface, lighting and/or any weather precipitation (re: outdoor activities). Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
11. Teams should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
12. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

13. Supports, braces and soft casts of which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and supports/braces that have been altered from the manufacturer's design/production must be padded with a closed-cell, slow-recovery foam padding no less the one-half (1/2) inch/1.27 cm thick if the participant is involved in partner stuns, pyramids, or tosses. A participant wearing a plaster cast, or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling. *Exception: Within the D1 WSCC Adaptive Abilities and Special Abilities Divisions, mobility assistance and support devices in use to assist the athlete are considered part of the athlete. In these cases, this provision does not apply.*
14. Team members must wear athletics shoes (no gymnastic slippers).
15. When using props (signs, etc.) that are made of solid materials or have sharp edges/corners:
    a. A top person may not release the props to the ground.
    b. A person on the ground must gently toss or place the props on the performance surface.
16. The use of mini-trampolines, springboards, spring-assisted floors, or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skills development and practice under the supervision of a coach trained in their use.
17. When standing at attention, athlete apparel must cover the midriff (waist area) around the body.
18. For Basketball Game Cheering specifically:
    a. While the Basketball Games is underway, Cheerleaders must position themselves outside of the free throw lane lines / away from the area behind the basket.
    b. Cheerleaders must remain outside of the Basketball court playing area while the ball is in play, as well as during any time out that is 30 seconds or less.
    c. Same as all Sport Game Cheering activities, as well as in and out of competition; Cheer teams must follow "SPECIFIC SURFACE RESTRICTIONS".

XV. MOBILITY & SUPPORT DEVICE RULES

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

A. **Special Abilities Teams** (see Page 4):
https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf

B. **Adaptive Abilities Teams and all other Divisions requiring Mobility & Support Devices** (See Page 3):
https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Adaptive-Abilities.pdf

XVI. D1 WSCC DIVISIONS (BY LEVEL) - SAFETY RULES

A. D1 WSCC SPECIAL ABILILIES & ADAPTIVE ABILITIES DIVISIONS

The following D1 WSCC Divisions (including game Day, but with Game Day restrictions) will follow the ***ICU Safety Rules via the ICU Safety Rules Document here*** *https://cheerunion.org/wp-content/uploads/2025/09/ICU_2027_Rules_CH-PC.pdf. Please reference the respective Level/Division Page Number as noted below:*

1. **D1 WSCC Special Abilities Traditional & Unified Divisions* (ICU Novice Level Rules):** See Pages 6-9
   **Note: Special Abilities Teams must follow the ICU Novice Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 3-5): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf*
2. **D1 WSCC Adaptive Abilities Unified Division** (ICU Median Rules**)**: See Pages 12-17
   ***Note: Adaptive Abilities Teams must follow the ICU Median Division Rules with additional modifications as noted in the Adaptive Abilities Safety Rules Guidelines (Pages 3-5): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Adaptive-Abilities.pdf*

B. D1 WSCC VARSITY SCHOOL, JUNIOR SCHOOL & ALL REC/CLUB DIVISIONS*

The following rules apply to all remaining D1 WSCC divisions including Game Day (with Game Day restrictions) & Traditional Rec U8 & U10 (with Rec U8 & U10 Intermediate Skill Restrictions per "C" on Page 18). These following rules are not the rules for the Special Abilities, Adaptive Abilities Divisions rules- previously listed.

PARTNER STUNTS

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

2. A spotter is required for tosses to single base shoulder stands and single based shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
3. In stunts requiring a spotter, a spotter:
    a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
    b. Must be in position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts, this required spotter position is located behind or beside the top person.
    c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
    d. May not have their hands behind their back.
    e. May not support under the heel or sole of the top person's foot in a single based extended stunt. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
    f. May not hold any objects in their hands.
4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
5. The base(s) of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
6. Bases may not:
    a. Hold props that are made of hard material or have sharp corners or edges.
    b. Hold any objects in a hand that is supporting the top person.
    c. Assume a backbend, handstand or headstand position.
7. An athlete must not move over or under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid.
8. The total number of twists in a dismount from a stunt cannot be greater than 1¼ rotations.
9. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in a position to protect the head, neck and shoulders of the top person.
10. In all dismounts to catchers who are not the original bases, the following conditions must be met:
    a. The top person must be cradled by 2 catchers and a head-and-shoulders spotter/catcher.
    b. The new catchers must remain close to the original bases.
    c. The new catchers must be in place and not involved in any other skill when the release is initiated.
    d. The top person may not perform any skills (twist, toe touch, etc.) following the release.
11. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
12. Unless listed below, a release stunt must either be cradled or connected to at least on bracer.
    a. Helicopters are allowed provided all of the following conditions are met:
        i. The top person makes no more than a 180-degree rotation (half / ½ turn).
        ii. Four bases must be in position during the entire release.
        ii. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
        iv. The bases are not allowed to change positions during the release.
        v. The top person must begin and end in a face up position.
        vi. The top person cannot perform a twisting skill.
    b. A log roll is legal provided it does not involve more than 1 complete rotation and the top person is not in contact with another person in a release stunt. The following additional conditions apply:
        i. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
        ii. In a multi-base log roll, the top person must begin and end in a face-up or face-down position.
    c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided that the top person remains vertical, and the top person performs no more than 1¼ twisting rotations. Vertical releases from an extended position to an extended position may not perform more than a ¼ twisting rotation

d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or to a stunt at shoulder height or below.
e. Legal inversion releases are listed under Inversions.

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

INVERSIONS

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

1. Unless allowed under the rules of this section, a top person must not be in an inverted position.
   Example: Basket toss flips are not allowed under this section, and therefore are prohibited.
2. An inverted top person may pass through an extended position, but must not begin, end, pause or stop in a static extended inverted position.
3. Braced inversion in a pyramid that do not flip or roll are allowed under the following conditions:
    a. The inverted top person must have 2 bases or a base and a spotter.
    b. In the case when a top person is released from the base(s), all of the rules for Pyramids #7 (Release Pyramid Transition Rules) are also met.
4. Braces rolls in a pyramid are allowed under the following conditions:

a. The bracer(s) must have 2 bases or a base and a spotter.
   Exception: Shoulder sits and thigh stands

5. Braces flips in a pyramid are allowed under the following conditions:
   a. Both of the top persons' hands/arms are in continuous contact with a bracer or bracers. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and of the bracer.
   b. Each bracer must be in a double base prep with a spotter.
   c. The top person must be to the side of or in front of the bracer(s).
   d. There must be 3 people involved in the toss and the catch of the top person either as a base or as a spotter. Any new catchers/spotters must be in place when the flip is initiated, remaining close to the original bases and may not be part of any other skill.
   e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and as long as the top person is no longer in an inverted body position.
   f. The person ends in a non-inverted body position.
   g. The top person does not perform more than 1 and ¼ flipping rotations and no more than a ½ twist.
6. In all other inversions:
   a. Inversions may be released to the following provided there is a spotter:
      i. Non-inverted dismounts with no more than a ½ twist.
      ii. Loading positions below prep level with no more than a ½ twist.
      iii. Non-inverted stunts at any level with no twists.
   b. Inversions where the base of support begins and remains below prep level, at minimum, 1 person must maintain contact with the top person until the top person until the top person is no longer inverted or her/his hands are on the performance surface.
   c. Inversions where the base of support begins at or passes through prep level, the following conditions must be met:
      i. At minimum, 2 people must be positions positioned on the performance surface to protect the head/neck of the top person.
      ii. Contact must be maintained between, at minimum, 1 base and the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or her/his hands are on the performance surface. The contact shall be sufficient to stabilize/control the top person's position.
      Exception: A fold-over that begins at or below prep level and doesn't stop in an extended position is allowed without continuous upper body contact under the following conditions:
         - If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
         - The top person must not go directly to an inverted position on the performance surface from prep level or higher.
   d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
7. An inverted top person must not hold objects (e.g. poms, signs, etc.) in his/her hands.
   EXCEPTION: A top person can hold objects during a transition from an inverted position on the performance surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.
8. A Swing Roll Down stunt is not permitted.

PYRAMIDS

Note: In addition to these specific pyramids rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.
3. In pyramids where 1 extended stunt braces another extended stunt, the connection must be hand/arm to leg/foot.

4. An athlete must not move over or be under a partner stunt or pyramid except when assisting to build, stabilize or dismount that partner stunt or pyramid.
5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
7. In a Released Pyramid Transition, the following rules apply:
   a. The skills before and after the release must be legal, including the required spotters.
   b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
   c. The bracer(s) are at prep level or below. The bracer(s) must have 2 bases and spotter.
      Exception: Shoulder sits, and thigh stands
   d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (e.g., shoulders of the bracer).
   e. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that there is a pause during the transition.
   f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.
   g. The top person does not land in an inverted position.

TOSSES

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

1. All tosses in this section are prohibited for Elementary/Primary School, Middle/Junior School, and Junior High School, as well as all Rec Club Divisions.
2. In all tosses:
   a. No more than 4 tossers are allowed.
   b. The top person must be caught in a cradle.
   c. The cradle must include at least 3 of the original tossers.
   d. 1 of the catchers must be at the head and shoulders of the top person.
   e. The toss may not be directed so that the bases must travel to catch the top person (The bases can turn/rotate under the toss.)
   f. The top person must not land in an inverted position.
   g. The top person may not hold any objects (poms, signs, etc.) during the toss.
   h. The top person cannot travel over or under another person or through a prop.
   i. The total number of twists cannot be greater than 1¼ rotations.
      EXCEPTION: Switch Ups to the same stunt group are allowed.

TUMBLING AND JUMPS

1. Dive rolls are prohibited.
2. Flips greater than 1 rotation are prohibited.
3. Twists greater than 1 rotation are prohibited.
4. A forward ¾ flip to the seat or knees is prohibited.
5. Tumbling over, onto, or under a stunt, person or prop is prohibited. Rebounding over a stunt, person or prop is also prohibited. EXCEPTIONS:
   a. Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed)
   b. Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are prohibited)
6. A flip that lands in a partner stunt or cradle is prohibited.
   Example: A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
7. Landings for all jumps must bear weight on at least 1 foot.

Example: A toe touch jump to the seat, knees, or lands with both feet back, or to a push-up position is prohibited.

8. Knee drops are prohibited without first bearing weight on the hands.
9. Drops to a prone position (e.g., pushup) on the performance surface are prohibited.
10. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulder, and hands. (This rule only refers to a type of entrance into the "kip-up/rubber band" skill.)

C. <u>D1 WSCC INTERMEDIATE LEVEL RESTRICTIONS – FOR TRADITIONAL REC U8 & U10 ONLY</u>

D1 WSCC Traditional Rec U8 and U10 teams must follow the D1 WSCC Safety Rules and Guidelines with the additional skill restrictions (USA Traditional Rec U8 and U10 Teams must also follow the DA NSSC Guidelines on eligibility):

1. General Tumbling
   a. No twisting while airborne. (Exception: Aerial cartwheels are allowed.)
2. Standing Tumbling
   a. Series front and back handsprings are allowed.
   b. Jump handspring(s) combinations are allowed.
   c. Flips are not allowed
3. Running Tumbling
   a. Back flips performed in a tuck position are allowed.
   b. Back flips are ONLY allowed from a roundoff, cartwheel, or round off handspring(s).
   c. No other skills are allowed prior to the roundoff, cartwheel, or roundoff back handspring(s).
   d. Aerial cartwheels are allowed.
   e. No tumbling is allowed after a back flip or aerial cartwheel. There must be a clear stop/pause in momentum prior to the next tumbling skill.
   f. Front flips are not allowed.
4. Partner Stunts – Twisting.
   a. Up to ½ twist allowed to or from an extended position.
   b. Up to 1 twist allowed to and/or from prep level or below.
5. Partner Stunts – Release
   a. Release moves must initiate from prep level or below.
   b. Release moves are allowed up to prep level.
   c. Release moves are allowed up to ¼ twist.
6. Partner Stunts - Inversion
   a. Inversions are allowed from ground level to non-inverted stunts.
      - No back handspring entries allowed.
      - No inverted stunts allowed above ground level.
   b. Released ground level inversions are only allowed up to prep level.
   c. Released ground level inversions are allowed up to ¼ twist.
      Exception: Downward inversions are allowed from a horizontal/cradle position below prep level.
7. Pyramids
   a. All pyramid skills must follow Intermediate stunt restrictions unless connected to at least one bracer at prep level or below with hand/arm connection from the initiation of the skill and remain connected throughout the transition.
   b. Non-inverted braced release moves are only allowed up to ½ twist.
   c. All pyramid release moves from inverted to non-inverted must be inverted at the bottom of the dip and may not twist.
   d. Extended single leg stunts may not be braced by any other extended single leg stunts.
   e. Braced flips are not allowed.
8. Dismounts and Tosses
   a. Only straight pop downs, basic straight cradles, and ¼ twisting dismounts are allowed from any single leg stunt.
   b. Up to 1 ¼ twists are allowed from any two-leg stunt.

c. No elevator or basket tosses are allowed.

XVII. SPECIFIC SURFACE RESTRICTIONS

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

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

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

Cheerleading jumps, tumbling, and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with USA Cheer/AACCA Safety Course and/or the ICU Safety Course will help to minimize the risk of injury, USA Cheer/AACCA and the ICU & D1 WSCC makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

XIII. RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the D1 World School Cheerleading Championships (D1 WSCC), (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs.

For any clarification or interpretation of the above safety guidelines, please email
cheer.rules@cheerunion.org

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

_____	_____
(School/Team Name)	(Division- Junior High, Small Varsity, etc.)
_____	_____
(City/State-Province/Country)	(Advisor/Coach/Director's Signature)
_____	_____
(Date)	(Administrator's Signature)

2027 WORLD SCHOOL DIVISION 1 CHEERLEADING & PERFORMANCE CHEER CHAMPIONSHIPS (D1 WSCC)

GENERAL RULES & GUIDELINES

-FOR PERFORMANCE CHEER TEAMS-

I. TOURNAMENT – PERFORMANCE CHEER TEAMS

A. The event will take place on Friday 05 February 2027 to Sunday 07 February 2027 (in conjunction with the 2027 Division 1 USA National School Spirit Championships- USA D1 NSSC) in Orlando Florida.
Friday 05 February 2027
The USA D1 National Championships are underway/D1 WSCC Rehearsals/Game Day Performances (tentative)
Saturday 06 February 2027
D1 WSCC team run throughs (with scoring feedback) during USA D1 National Championships
Sunday 07 February 2027
D1 World School Cheerleading Championships Competition & Award Presentations
(Evening) D1 WSCC/NSSC Championships Week Block Party

B. The competition is scheduled to be held at the ESPN Wide World of Sports ® Complex.

C. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

II. GENERAL RULES

A. SCHOOL TEAM DIVISIONS: The competition is open to School Teams (USA and non-USA) for primary/elementary school, junior/middle school, high school/secondary school teams, and equivalent institutions that are compliant with the D1 WSCC's eligibility guidelines. School teams must follow the D1 WSCC Performance Cheer School Team rules and score sheets.

B. NON-SCHOOL TEAM DIVISIONS (RECREATIONAL "REC", CLUB & ALL STAR TEAMS): The competition is open to Primary School & Non-School Teams within the U8, U10, U12, U14 and U18 categories that are compliant with the D1 WSCC's eligibility guidelines. Non-School Tam Divisions must follow the D1 WSCC Performance Cheer School Team rules and score sheets.

III. DIVISIONS/CATEGORIES

The D1 WSCC will consist of the following Performance Cheer Team divisions:

SCHOOL

Note: The School D1 NSSC Intermediate Divisions will not be available at the 2027 D1 WSCC

- **Primary School**: Primary School Teams will compete in the non-School U8 & U10 Divisions (see below)
- **Junior High (JH): Pom, Hip Hop, High Kick, Jazz**
  The JH Division is open to all junior/middle school teams. Team size is 5 athletes or more: male/female athletes.
- **Junior Varsity (JV): Pom, Hip Hop, High Kick, Jazz**
  The JV Division is open for secondary/high schools with a 2nd/Prepatory Team or a 2nd Varsity School Team at the competition. Team size is 5 athletes or more: male/female athletes.
- **Varsity*: Pom, Hip Hop, High Kick, Jazz**
  The Varsity Division is open to all secondary school team that do not meet the JV or JH criteria. Team size is 5 athletes or more: male/female athletes.
  **Note: Varsity Divisions will split if there are more than 10 teams in a category in accordance with the D1 NSSC Varsity Divisions.*

NON-SCHOOL - REC, CLUB, ALL STAR (Non-USA Teams only)

- **U8: Pom, Hip Hop, High Kick, Jazz**
  The U8 Division is for non-scholastic affiliated teams with athletes 8 years and younger (within year of competition) - male/female
- **U10: Pom, Hip Hop, High Kick, Jazz**
  The U10 Division is for non-scholastic affiliated teams with athletes 10 years and younger (within year of competition) - male/female
- **U12: Pom, Hip Hop, High Kick, Jazz**
  The U12 Division is for non-scholastic affiliated teams with athletes 12 years and younger (within year of competition) - male/female
- **U14: Pom, Hip Hop, High Kick, Jazz**
  The U14 Division is for non-scholastic affiliated teams with athletes 14 and younger (within year of competition) - male/female
- **U18: Pom, Hip Hop, High Kick, Jazz**
  The U18 Division is for non-scholastic affiliated teams w/ athletes 11-18 years old (within year of competition) - male/female

SCHOOL OR NON-SCHOOL

- **Game Day*: All Performance Cheer Genres**
  D1 NSSC guidelines. 5-40 female/male athletes
  **D1 WSCC Game Day Divisions must follow all event D1 WSCC rules and regulations. See GAME DAY COMPETITION ROUTINE FORMAT for additional specifics and restrictions.*

- **Special Abilities*: Pom, Hip Hop, High Kick, Jazz**
  The Special Abilities Division is open to all teams consisting of Athletes with and without an Intellectual Disability (ID) in the Unified (team composition has 50% or more athletes with an ID) or Traditional Team (team is comprised of 100% athletes with an ID) format. Athletes can belong to a school, club, rec program, all star team, gymnasium, or any institution. Up to 16 athletes per team.
  **Note: Unified & Traditional Divisions are available for Pom, Hip Hop, High Kick or Jazz depending on D1 WSCC Special Ability Team interest. As a new division(s) for the D1 WSCC reserves the right to format the Special Abilities Divisions to assure the best experience for the athletes.*

POM DOUBLES & HIP HOP DOUBLES (qualification process TBD)

- **Hip Hop Doubles** (2 athletes)
- **Pom Doubles** (2 athletes)

Please e-mail portal@cheerunion.org for qualification guidelines.

IV. GENERAL SAFETY GUIDELINES

A. All teams must be supervised during all official functions by a qualified coach.

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

C. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and post event. This includes but is not limited to social media posts and comments. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.

D. All programs should have, and review, an emergency action plan in the event of an injury.

E. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.

F. No technical skills should be performed when a coach is not present or providing direct supervision.

G. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.

H. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.

I. The performance surface should be taken into consideration before engaging in any technical aspect of Performance Cheer. The performance area should be reasonably free of obstructions. Athletes should not perform technical skills on:
   1. Concrete, asphalt, or any other hard or uncovered surface
   2. Wet surfaces

3. Uneven surfaces
4. Surfaces with obstructions

J. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

V. COMPETITION ROUTINE GUIDELINES

A. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc.).

B. The center will be marked on all performance surfaces. Center markers will not be allowed. This includes but is not limited to – stuffed animals, toys, alternate athletes, spacing ropes, etc. Teams are prohibited from bringing any non-used props to the performance area.

C. All Athletes (unless injured) must remain within the performance area throughout the entire routine. Athletes can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.

VI. ENTRANCES AND EXITS

A. Formal entrances which involve choreographed moves, technical skills, and all traditions/chants are not permitted. Athletes should enter the performance area in a timely fashion.

B. Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 or more seconds will be assessed. This 30 second time limit is not included in your two (2) minute max routine time limit.

C. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a 1.0 deduction. Excessive celebration includes, but is not limited to, alternates/coaches entering the competition floor, head/hair swinging, inappropriate gestures, and/or other similar moves.

VII. TIME LIMITATIONS

A. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

B. If a team exceeds the time limit by 3-5 seconds, they will be issued a 0.5 deduction. If a team exceeds the time limit by (6) six or more seconds, they will be issued a 1.5 deduction. 9 7/28/2025 3.

C. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance listed above.

D. <u>SCHOOL & NON-SCHOOL TEAM ROUTINES</u> will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit by more than (3) three seconds, the team will be assessed a penalty.

E. <u>POM DOUBLES & HIP HOP DOUBLES</u> will have a maximum of (1:30) one minute and thirty seconds to demonstrate their style and expertise. If a team exceeds the time limit by more than (3) three seconds, the team will be assessed a penalty.

F. <u>PERFORMANCE CHEER GAME DAY</u>

1. The overall time limit (including transitions) should not exceed 3 minutes (3:00).
2. Each individual component (Fight Song, Spirit Raising, and Performance Routine) should not exceed 1 minute. If a component exceeds the 1 minute time limit, a deduction will be given.
3. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition with no music, voice-overs/recorded or overlayed words being played during these transitions.
4. Timing will begin with the first note of the fight song music, any choreographed movement/chants or after exceeding the 30 seconds allotted after team introduction - whichever happens first.
5. All entry and rules guidelines apply. The team's entry to the floor will not be judged; however, deductions will still be assessed.

VIII. CHOREOGRAPHY AND COSTUMING

A. All facets of a performance/routine, including costuming, choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'. Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation. Costuming must be well secured and appropriate for a family friendly environment.

B. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should athletes choose not to wear shoes during their performance, anything with wheels is not allowed (e.g. roller skates, roller blades, heelys, etc.). Wearing socks and/or footed tights are not allowed.

C. Teams competing at any event at the Walt Disney World may NOT use Disney costumes that resemble a Disney character or movie. Any use of Disney music requires prior approval and must be sent to pc.rules@cheerunion.org at least 1 month prior to the competition. Any use of Disney themes and costuming also requires prior approval and must be sent to pc.rules@cheerunion.org at least 1 month prior to the competition.

D. When athletes are standing at attention, all costumes/uniforms must cover the midriff area (middle section of the body) completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable. This rule applies to all D1 WSCC pom, jazz, kick, hip hop, AND Game Day divisions.

E. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes but not required. Costuming must be well secured and appropriate for a family friendly environment.

F. All male athletes' costumes must include a shirt that is fastened; however, it can be sleeveless.

G. Jewelry as part of the costume is allowed.

IX. CATEGORIES/GENRES

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

- HIP HOP: Incorporates authentic street style influenced movement that has evolved from Hip Hop culture. Routines should exhibit originality, creativity and movement techniques with engagement, high energy and genuine connection to the music. An emphasis is placed on group execution, including synchronization, uniformity, and spacing. Choreography should highlight genuine groove, authentic rhythm, vibe and style, intricate musicality, visual staging, complexity of movement and athleticism. Costuming should reflect Hip Hop culture in a way that supports both authenticity and performance. See score sheet for more information.

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

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

X. PROPS

A. With exception of Performance Cheer Game Day Division (see below), props are not allowed.
B. A prop is defined as anything/any item that is used during the routine performance that is not continually attached to the athlete's uniform/costume and is used to enhance the routine.
C. Articles of clothing such as jackets, headbands, sunglasses, hats, etc. may be removed from the body and discarded; these items may not have any involvement in any other choreographed movement. If removed and not immediately discarded, these items will be considered a prop.
D. Items/articles of clothing brought onto the stage but not worn are considered a prop. This rule applies to the Game Day category as well.
E. Poms being used in a Pom Division and/or Game Day Routine do not count as props.
F. Signs and/or rally towels being used in a Game Day routine ONLY will also not count as props.
G. Signs, poms or rally towels used om Game Day must be safely placed or dropped outside the competition area by a team member who must remain inside the competition area.
H. Game Day signs, poms, and rally towels may not be thrown into the crowd.
I. Megaphones and Flags are not allowed in the Performance Cheer Game Day Division (but is allowed in the Cheerleading Game Day Division).
J. Game Day prop approvals or prop questions can be submitted to pc.rules@cheerunion.org and must be received at minimum 1 month prior to the competition.

XI. HANDS FREE POMS

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

XII. HIGH KICK DIVISION SPECIFIC REQUIREMENTS

A. Each routine must have a minimum of 60 kicks. D1 WSCC suggests that a High Kick routine should include more than 60 kicks to ensure that the 60 kick minimum requirement is met.
B. A kick is defined as a skill where an athlete's 1 foot remains on the floor while the other foot is lifted with force from the floor - at least 1 inch/2.54 cm from the performance surface.
C. At minimum, at least ½ of the team must perform a kick together in order for the kick to be counted. For teams with an odd number of athletes, ½ of the team's athletes *rounded down* to the next whole number of athletes will be considered ½ of the team and therefore sufficient. For example, for a team with 15 athletes (and odd number), ½ of the team would be 7.5 athletes; therefore (rounding down), 7 athletes would suffice as ½ of the team to comply with this requirement.
D. Other High Kick Division Skills In Consideration:
   - Leg Holds: If the leg hold is lifted off the ground with force at or above 90 degrees and is performed by most of the team, it is considered a kick that counts towards the requirement.
   - Ripple/Contagions: When a kick is performed in a ripple or a contagion by most of the team, it will count as one (1) total kick toward the required minimum.
   - Chasing ripples/Pickups: These kicks will count as one (1) kick, however many times it is completed by most of the team.
   - Contracted/Can-Can Kicks: Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks.

E. Passe, flick kicks which kick behind the athlete, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks. Leg placement in the attitude position will not be counted as a kick, front or back attitude.

XIII. D1 WSCC GAME DAY ROUTINE FORMAT - PERFORMANCE CHEER

A. Please refer to the below rules and regulations section for a full list of rules and guidelines, including but not limited to division sizes, costuming, music, etc.
B. Teams must show a clear separation between elements.
C. Music, voice-overs, recorded or overlayed words being played, are NOT allowed, during these transitions.
D. Performance cheer Game Day will take place in the following order:

1. Fight Song

a. Skills and choreography should represent a traditional Fight Song that your team performs at games and community events (Should a team not have a Fight Song, use of other Fight Songs are permitted per the D1 WSCC Music Rules detailed herein).
b. There is a max time limit of one minute (1:00)
c. No voice-overs or words may be recorded and overlayed on the music tracks for Game Day routines in Fight Song or Spirit Raising. Any voices captured in the original recording are allowed.

2. Spirit Raising

a. Teams will choose to perform ONE of the following:
   - Sideline Routine
   - Stand Routine
   - Drum Cadence
b. The performance of your choice should have an emphasis on crowd appeal.
c. There is a max time limit of one minute (1:00)
d. No voice-overs or words may be recorded and overlayed on the music tracks for Game Day routines in Fight Song or Spirit Raising. Any voices captured in the original recording are allowed.

3. Performance Routine

a. A routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team's energy and connection to the crowd.
b. There is a max time limit of one minute (1:00)
c. Voice-overs and words recorded or overlayed on the music tracks are only allowed during Performance Routines.

XIV. D1 GAME DAY ROUTINE RULES – PERFORMANCE CHEER

A. TEAM GUIDELINES

1. The competition is open to all Performance Cheer Teams.
2. Teams must have a minimum of five (5) athletes- the maximum is forty (40) athletes.
3. Teams will not be able to compete with less team members than their performance routine categories.

B. GENERAL NOTES

1. The performance will follow this order: **Fight Song, Spirit Raising, and Performance Routine.**
2. Teams are required to wear a traditional uniform that you would wear when representing your school or organization.
   - These should be in school / programme colors
   - Uniforms must follow all midriff rules, which states when athletes are standing at attention, all costumes/uniforms must cover the midriff area completely.
   - The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
3. Teams may use poms, but they are not required.
4. Signs/Props will be permitted in the Fight Song and Spirit Raising components ONLY. (*Exception: Rally towels may also be used in the Performance Routine section. Signs are not allowed in the Performance Routine section*).
   - Signs must be made of poster board, corrugated plastic, or fabric.

- Flags, megaphones, and all other props are not allowed. All other prop rules as outlined on page 8 must be followed as well.
- Signs may not be larger than 3 feet / 0.914 meters in any direction.
- Signs and/or rally towels cannot be tossed or thrown off the stage or into the crowd and must be safely placed or dropped away from performing athletes.
- Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.

5. Voice-overs and words recorded or overlayed on the music tracks are only allowed during Performance Routines. No voice-overs or words may be recorded and overlayed on the music tracks for Game Day routines in Fight Song or Spirit Raising. Any voices captured in the original recording are allowed.
6. Bands/drum lines/pep bands are not allowed in Performance Cheer Game Day.
7. Teams competing in the Performance Cheer Game Day divisions must follow all the Routine safety rules and regulations of the D1 WSCC. Refer to "D1 WSCC ROUTINE RULES & GUIDELINES – PERFORMANCE CHEER DIVISIONS for more information.

C. MASCOTS PERFORMING IN PERFORMANCE CHEER GAME DAY

1. Teams may add up to 2 (two) mascots in their Game Day Program routine.
2. The mascot(s) must meet all of the D1 WSCC & D1 NSSC eligibility requirements as the athletes.
3. For USA Teams: All D1 NSCC rules apply. For Non-USA Teams all D1 WSCC rules apply.
4. The mascot(s) will not count toward the number of participants allowed but may impact the overall impression score.
5. The mascot(s) may only perform in one role throughout the entirety of the routine.
6. The mascot(s) must remain in costume. Mascots in costume will not be allowed outside of the competition venues.
7. The mascot(s) must enter the floor with the team and remain on the floor for the entire routine.
8. The mascot(s) is not allowed to be involved in any lifts or skills with hip overhead rotation and should position themselves away from any skills being performed. (E.g. Prep level or higher stunts, multi base stunts, shoulder sits, aerials, back handsprings, front handsprings, headsprings, etc. are not allowed)
9. Mascot Game Day Props:
   a. The mascot(s) will only be allowed to use traditional sideline props, such as signs and/or poms and/or rally towels.
   b. No other props are allowed, and all prop rules as outlined for D1 WSCC Performance Cheer teams will apply.
   c. Uniform/costume pieces must be worn from the beginning of the routine. Items/articles of clothing brought on to the stage but not worn will be considered a prop.
   d. If any part of your mascot uniform/costume is taken off, it must be immediately put down.

XV. DEDUCTIONS

A. A deduction will be given for EACH safety/general competition rule violation. Please see below for all Routine Safety Rules. The point value of this deduction will be as follows:
   - 0.25 points – exceeding the allotted 30 seconds to begin a performance once announced to the floor by 1-5 seconds, costume/shoe rules.
   - 0.5 points - performance error- any skill or trick executed incorrectly that then makes it an illegal skill/trick (example: touching down on an aerial cartwheel with non- hands-free poms in hand), exceeding the allotted 30 seconds to begin a performance once announced to the floor by more than 6 seconds, routine timing infractions of 3-5 seconds over time.
   - 1.0 point - General rules violations including (but not limited to) not enough kicks, prop rules, excessive celebration following the team's performance, music during Game Day transitions, recorded or overlayed voiceovers on the music tracks during Game Day routines (Fight Song & Spirit Raising), etc.
   - 1.5 points - Routine safety rule violations listed below, Timing infractions of 6 or more seconds over time

B. Acknowledging the potential variance caused by human reaction speed and sound system time variations, legality judges will not issue a deduction until 3 seconds over the allowed time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance listed above.

C. Please note: Performing the skill at a prior event does not ensure that a skill is legal nor that it would have warranted a legality warning. Only submitting the skill will make the skill eligible for a warning.
D. For any questions regarding D1 WSCC deductions or D1 WSCC Performance Cheer rules, please contact pc.rules@cheerunion.org.

XVI. VIOLATIONS

A. Any team in violation of these D1 WSCC Event Guidelines or any of the above-mentioned guidelines will be assessed a one (1) point general deduction. This deduction does not apply to deduction or violations within the point deduction system or already assigned a lower/higher point value.
B. Go to https://cheerunion.org/championships/school/ or email pc.rules@cheerunion.org for more information.

XVII. MOBILITY & SUPPORT DEVICE RULES

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

A. **Special Abilities Teams** (see Page 7):
https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf
B. **Adaptive Abilities Teams and all other Divisions requiring Mobility & Support Devices** (See Page 7):
https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Adaptive-Abilities.pdf

XVIII. D1 WSCC ROUTINE RULES & GUIDELINES – PERFORMANCE CHEER DIVISIONS

For any questions concerning the legality of a tick or move, please send a video (by the deadline of 09 January 2027) to pc.rules@cheerunion.org and include your team's name, your name, a contact email and phone number. All videos will only be accepted by the head coach of the team or an official from a National Federation. If a video is received after the deadline, the video is not guaranteed a response. Videos from choreographers will not be allowed.

- **SCHOOL DIVISION & NON-SCHOOL DIVISION (Rec, Club, All Star)** Routine Rules and Guidelines are enclosed below.
- **SPECIAL ABILITIES & ADAPTIVE ABILITIES DIVISION** Routine Rules and Guidelines are enclosed below.

For additional questions on ALL PERFORMANCE CHEER Rules and Guidelines, please contact pc.rules@cheerunion.org and/or portal@cheerunion.org.

SCHOOL & NON-SCHOOL DIVISION RULES & GUIDELINES (excludes Special & Adaptive Abilities Rules- below)

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

1. Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward rolls and backward rolls are allowed). The proper use of hands-free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms section for more details*
2. Tumbling skills with hip over-head rotation:
   a. Airborne skills with hand support may not be airborne in approach but may be airborne in descent. (Exception: Dive rolls are not allowed) (Clarification: Standing back handsprings are allowed but cannot be connected to any other tumbling skill)
   e. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
   f. Nonairborne tumbling skills with hip over rotation are limited to 3 connected skills (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Airborne hip overhead rotation skills without hand support are not allowed. *(Exception: Aerials, and/or side somis not connected to any other hip over-head rotation skill are allowed.)*
   - Recommendation: If using non-hands-free poms in a front aerial, aerial cartwheel, and/or side somi, athletes should place both poms in non-dominant hand. If an athlete bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed.
4. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.

5. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
6. Landing in a push-up position onto the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova are not allowed.
8. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulder, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band"/" bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall)
9. Below are some examples of commonly known Performance Cheer skills. This does NOT mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. The above rules still apply*

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

NOT ALLOWED			
Back Tucks	Dive Rolls	Front Tucks	Layouts
No Handed Kip Ups	No Handed Headsprings	No Handed Headsprings	Shushunovas

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

1. The Performing Athlete must receive support from a Supporting Athlete who is in direct contact with the performance surface throughout the entire skill. (Exception: Kick Line Leaps)
2. At least one Supporting Athlete must maintain contact with Performing Athlete(s) throughout the entire skill.
   a. Lifting with poms is allowed.
   b. Extensions, pyramids, and basket tosses are NOT allowed.
3. Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; swinging forwards, backwards, or making a complete circular rotation is not allowed if the Performing Athlete is in a prone position (body facing the ground)
4. Hip over-head rotation of the Performing Athlete(s) may occur as long as a Supporting Athlete maintains contact until the Performing Athlete returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed as long as:
   a. The Supporting Athlete(s) maintain contact until the Performing Athlete returns to the performance surface or returns to the upright position.
   b. When the height of the Performing Athlete's shoulders exceeds shoulder level of the Supporting Athlete(s), there is at least 1 additional athlete to spot who does not bear weight.

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

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

b. The Performing Athlete is not supine or inverted when released.
c. The Performing Athlete does not pass through a prone or inverted position after release.
d. Toe Pitch back tuck(s) are not allowed.

SPECIAL ABILITIES & ADAPTIVE ABILITIES DIVISION RULES & GUIDELINES

A. ICU Pom Rules - Novice (Special Abilities Traditional Divisions*): See Pages 32-33
**Note: Special Abilities Teams must follow the ICU Pom Novice Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 6-8): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf*

B. ICU Hip Hop Rules - Novice (Special Abilities Traditional Divisions*): See Pages 36-37
**Note: Special Abilities Teams must follow the ICU Novice Hip Hop Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 6-8): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf*

C. ICU Pom Rules - Intermediate (Special Abilities Unified Divisions*): See Pages 33-34
**Note: Special Abilities Teams must follow the ICU Pom Novice Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 6-8): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf*

D. ICU Hip Hop Rules - Intermediate (Special Abilities Unified Divisions*): See Pages 37-38
**Note: Special Abilities Teams must follow the ICU Novice Hip Hop Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 6-8): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Special-Abilities.pdf*

E ICU Pom Rules – Premier (Adaptive Abilities* Divisions): See Pages 35-36
**Note: Adaptive Abilities Teams must follow the ICU Pom Premier Division Rules with additional modifications as noted in the Adaptive Abilities Safety Rules Guidelines (Pages 6-8): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Adaptive-Abilities.pdf*

F ICU Hip Hop Rules – Premier (Youth, Junior & Adaptive Abilities* Divisions): See Pages 39-40
**Note: Adaptive Abilities Teams must follow the ICU Advanced Division Rules with additional modifications as noted in the Adaptive Abilities Safety Rules Guidelines (Pages 6-8): https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_Adaptive-Abilities.pdf*

XIX. GAME DAY (SCHOOL & NON-SCHOOL) FORMAT, RULES & GUIDELINES

A. GAME DAY SAFETY RULES: Teams competing in the Game Day Divisions must follow the D1 WSCC School Routine Safety Rules and Regulations as enclosed herein. *Note: Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.*

B. GAME DAY FORMAT: Game Day will take place in the following order:
1. Fight Song: Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. There is a max time limit of one minute (1:00)
2. Spirit Raising: Teams will choose to perform ONE of the following:
   - Sideline Routine
   - Stand Routine
   - Drum Cadence

   The performance of your choice should have an emphasis on crowd appeal. There is a max time limit of one minute (1:00). *Note: For Game Day routines only, Voice-overs and words may not be recorded or overlayed on the music tracks to make the team's vocal projection sounds louder.*
3. Performance Routine: A routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team's energy and connection to the crowd. There is a max time limit of one minute (1:00)

C. GAME DAY GENERAL NOTES:
1. Teams will be evaluated and scored on each Game Day component. Within each component, performances will be scored on synchronization, execution of motion and overall effect. In addition, other components that pertain specifically to each section will be judged.
2. The performance will follow this order: Fight Song, Spirit Raising, and Performance Routine.
3. Teams are required to wear a traditional uniform that you would wear when representing your school. These should be in school colors; uniforms must follow all midriff rules, which states when athletes are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
4. Teams may use poms, but they are not required.
5. Teams will be permitted to use signs in the Fight Song and Spirit Raising components ONLY.

Exception: Rally towels may be used in the Performance Routine section. Signs are not allowed in the Performance Routine section.

a. Signs and/or rally towels being used in a Game Day routine ONLY will not count as props.
b. Signs must be made of poster board, corrugated poster, or fabric.
c. Flags are not allowed.
d. Signs must not be larger than 3 feet/0.914 meters in any direction.
e. Signs and/or rally towels cannot be tossed or thrown on stage or into the crowd and must be safely placed or dropped away from the performing athletes.
f. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
g. No other props will be allowed, and all other prop rules as outlined herein must be followed as well.

6. For mascots performing in a Game Day Routine: Teams may add up to 2 (two) mascots in their routine and should be used to raise crowd energy and participation. The mascot will not count toward the number of participants allowed but may impact the overall impression score.
   a. Mascots may only perform in one role throughout the entirety of the routine. The mascot must remain in costume.
   b. The mascot must enter the floor with the team and remain on the floor for the entire routine.
   c. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed.
   d. Mascot Game Day Props:
      - Mascots will only be allowed to use traditional sideline props, such as signs and/or poms and/or rally towels.
      - No other props are allowed, and all prop rules as outlined herein will apply.
      - Uniform/costume pieces must be worn from the beginning of the routine. Items/articles of clothing brought on to the stage but not worn will be considered a prop.
      - If any part of your mascot uniform / costume is taken off, it must be immediately put down.
7. Bands/drum lines/pep bands are not allowed.
8. Voice-overs and words may not be recorded or overlayed on the music tracks to make the team's vocal projection sound louder.

D. GAME DAY TIME LIMITATIONS:

1. Teams have 30 seconds from the team's introduction to start the routine., If a team exceeds this time limit, a penalty of a 0.25-point deduction for 1-5 seconds over or a 0.5-point deduction for 6 seconds or over will be accessed.
2. All entry and rule guidelines apply. The team's entry will not be judged; however, deductions will still be assessed. The overall routine time limit is 3:30.
3. All components (Fight Song, Spirit Raising, and Performance Routine) should not exceed 1 minute. If a component exceeds the 1-minute time limit, a penalty will be assessed.
4. The overall time limit (including transitions) should not exceed 3 minutes. Timing will begin with your fight song music, any choreographed movement/chants- or after exceeding the 30 seconds allotted after the team introduction - whichever happens first.
5. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

XX. PENALTIES

A. A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

- 0.25 Points: Exceeding the allotted 30 seconds to begin a performance once announced to the floor by 1-5 seconds.
- 0.5 Points: Performance Error- any skill or trick performed incorrectly that classifies the skill/trick as an illegal skill/trick = a rule violation (example: touching down on an aerial cartwheel with non-hands-free poms in hand). Exceeding the allotted 30 seconds to begin a performance once announced to the floor by more than 6 seconds.
- 1 Point: General rules violations including, but not limited to, time infractions of 1-5 seconds over time, not enough kicks, costume/shoe rules, prop rules, sportsmanship violation, excessive celebration

following the team's performance, recorded or overlayed voice-overs on the music tracks during Game Day to make the team's vocal projection sound louder, etc.

- 1.5 Points: Timing infractions of 6 or more seconds over time, Routine safety rule violations.

B. Should there be any questions concerning the legality of a trick or move, please email pc.rules@cheerunion.org. Include your team's name, your name, a contact phone number, and the event attending. Videos sent via text message will not be accepted. Videos for the D1 WSCC must be received by 09 January 2027. All videos will only be accepted from the head coach of the team. If received after the deadline, the video is not guaranteed a response. Videos from choreographers will not be allowed. For questions, please contact portal@cheerunion.org .

XXI. CROSSOVERS & NUMBER OF PERFORMANCES – PERFORMANCE CHEER TEAMS

A. Cross-overs are only allowed for non-USA teams/athletes under the following conditions:

- SCHOOL: A School Team athlete may only compete with her/his official school's teams (one school) at D1 WSCC within the D1 WSCC eligibility requirements.
- NON-SCHOOL: Non-School (Rec, Club, All Star Team) athletes may only compete within her/his gym/studio/program's teams (one program) at D1 WSCC within the D1 WSCC eligibility requirements.
- POM DOUBLES/HIP HOP DOUBLES (NON-USA ONLY): For any Pom Doubles or Hip Hop Doubles teams who have qualified for the D1 WSCC, cross-overs on D1 WSCC Performance Cheer Teams are allowed; however, must follow the D1 WSCC Team cross-over rules.

B. The max number of performances an athlete may compete in at D1 WSCC with a Performance Cheer School Team or a Non-School Team (Rec/Club/All Star) is three (3), under the following conditions:

- USA TEAMS (All Teams): Must follow the D1 NSSC / D1 WSCC qualification/participation requirements
- NON_USA: School & Non-School Teams (Rec/Club/All Star) may compete in up to 3 of the 5 D1 WSCC categories available (POM, HIP HOP, HIGH KICK, JAZZ, GAME DAY)
- POM DOUBLES/HIP HOP DOUBLES (NON-USA ONLY): For any Pom Doubles or Hip Hop Doubles teams who have qualified for the D1 WSCC, cross-overs on D1 WSCC Performance Cheer Teams are allowed; however, must follow the D1 WSCC Team cross-over rules.

XXII. RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director/head coach of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the Division 1 World School Cheerleading Championships (D1 WSCC), (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programmes.

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

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE D1 WSCC PERFORMANCE CHEER COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

_____	_____
(School/Team Name)	(Division- Team Cheer Pom, Hip Hop, etc.)
_____	_____
(City/State-Province/Country)	(Advisor/Coach/Director's Signature)
_____	_____
(Date)	(Administrator's Signature