



2020 - 2021

ICU Performance Cheer Rules Glossary

Airborne (Individual Athlete): A state or skill in which the athlete is free of contact from any other athlete(s) and the performance surface.

Airborne Hip Over Head Rotation With Hand Support (Individual Athlete): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. *(Example: Round Off or a Back Handspring)*

Airborne Hip Over Head Rotation Without Hand Support (Individual Athlete): An action in which the hips continuously rotate over the head and the hand(s) never touch the performance surface. *(Example: Aerial Cartwheel)*

Category: Denoting the style of the routine. *(Example: Pom, Hip Hop, Jazz, High Kick)*

Connected/Consecutive Skills: An action in which an athlete performs skills without a step, pause or break in between. *(Example: Connected: Double Pirouette or Consecutive: Toe Touch directly into a Herkie)*

Contact (Groups or Pairs): When two (or more) athletes physically touch each other. Touching of the hair or clothing does not qualify as contact.

Division: Denoting the composition of a competing group of athletes. *(Example: Senior, Junior)*

Drop (Individual Athlete): An action in which an airborne athlete returns to the performance surface.

Elevated: An action in which an athlete is moved to a higher position or place from a lower one.

Head Level: A designated and averaged height; the crown of the head of a standing athlete while standing upright with straight legs. This is an approximate height to measure space, and is not changed by bending, inverting, etc.

Height of the Skill: Where the action is taking place.

Hip Level: A designated and averaged height; the height of a standing athlete's hips while standing upright with straight legs. This is an approximate height to measure space, and is not changed by bending, inverting, etc.

Hip Over Head Rotation (Individual Athlete or Groups or Pairs): An action in which an athlete's hips continuously rotate over their own head.

Inversion/Inverted: A position in which the athlete's waist and hips and feet are higher than his/her head and shoulders.

Inverted Skills (Individual Athlete): A skill in which the athlete's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

Lift (Groups or Pairs): A skill in which an athlete(s) is elevated from the performance surface by one or more athletes and placed back onto the performance surface. A lift is comprised of a Performing Athlete(s) and a Supporting Athlete(s).

Performing Athlete: An athlete who performs a skill as a part of "Groups or Pairs" who uses support or maintains contact with a Supporting Athlete(s).

Perpendicular Inversion (Individual Athlete): An inverted position in which the athlete's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

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

Prop: Anything that is used in the routine choreography that is not/was not originally part of the costume/uniform. *(Clarification: Poms are considered part of the uniform in the Pom category and should be used throughout the entire routine).*

Release (Groups or Pairs): An action that results in a moment of time when the Performing Athlete is free of contact from the performance surface and the Supporting Athlete(s) with whom there was prior contact.

Shoulder Inversion (Individual Athlete): A position in which the athlete's shoulders/upper back area are in contact with the performance surface and the athlete's waist and hips and feet are higher than his/her head and shoulders.

Shoulder Level: A designated and averaged height; the height of a standing athlete's shoulders while standing upright with straight legs. This is an approximate height to measure space, and is not changed by bending, inverting, etc.

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

Supporting Athlete: An athlete who performs a skill as a part of "Group or Pairs" who supports or maintains contact with a Performing Athlete.

Toss (Groups or Pairs): A skill where the Supporting Athlete(s) releases the Performing Athlete. The Performing Athlete's feet are free from the performance surface when the toss is initiated.

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