



ICU Performance Cheer Rules Chart 2020 - 2021



General Rules	
1	All teams/athletes must be supervised during all official functions by a qualified director/advisor/coach.
2	Coaches must consider the athlete and team skill level with regard to skills incorporated and proper progression.
3	All directors, advisors and coaches must have, and review an emergency plan in the event of an injury.
4	Each team performance will have a maximum of 2 minutes and 15 seconds (2:15). Each doubles performance will have a maximum of 1 minute and 30 seconds (1:30). Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music. Violation of the time limit may result in a deduction.
5	Teams may not damage and/or use any substances that would change/negatively change the quality of the performance surface. (Examples: use of powders, use of oils, residue from sprays, etc.) Violation will result in a deduction.
6	Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
7	Age requirement for the Junior World Championship Division is 13-17 years of age within the year of the competition. Age requirement for the World Championship Division is 15 years or older within the year of the competition. Violation of the age requirement will result in disqualification.
8	Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must abide by the age restrictions in all division in which they compete.
9	Crossovers from Junior World Championship Division to World Championship Division and from Performance Cheer to Cheerleading are allowed. Crossovers must abide by the age restrictions in all divisions in which they compete.
10	All athletes agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
Choreography, Music and Costuming	
1	Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack overall audience appeal. This may affect the judges' overall impression and/or score of the routine. Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content and/or relaying lewd or profane gestures or implications.
2	All choreography, costuming and makeup should be age appropriate.
3	Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4	Footwear is required. Partial sole shoes are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the ICU Rules Committee for approval.
5	Jewelry as part of a costume is allowed.
6	All costuming should be secure and offer full coverage of body parts. Tights should be worn under briefs, hot pants or excessively short shorts. All male athletes' costumes must include a shirt that is fastened; however, it can be sleeveless. Costume malfunctions resulting in team members being exposed may be grounds for disqualifications.
7	No cheers or chants allowed.
Props	
1	Handheld props and free-standing props in all categories are not allowed. Use of articles of the uniform/clothing (e.g. used for choreography purposes. Examples such as necklace, jacket, hat, etc.) are allowed and may be used and discarded. <i>(Clarification: Poms are considered part of the uniform in the Pom category and should be used throughout the entire routine).</i>

Performed by an Individual Athlete

1	<p><u>Airborne Inverted Skills</u>:</p> <p>a. With hand support that land in a <u>perpendicular inversion</u> or <u>shoulder inversion</u> are allowed.</p> <p>b. With hand support are not allowed while holding poms and/or articles of clothing in supporting hand(s).</p>
2	<p>Skills with <u>hip over head rotation</u>:</p> <p>a. Non-<u>airborne</u> skills are allowed provided the athlete is not holding poms and/or articles of clothing in supporting hand(s). (<i>Exception: Forward and backward rolls are allowed</i>)</p> <p>b. <u>Airborne skills with hand support</u> are allowed provided all of the following:</p> <p>i. They are limited to two <u>consecutive hip over head rotation</u> skills.</p> <p>ii. May not hold poms and/or articles of clothing in supporting hand(s).</p> <p>c. <u>Airborne skills without hand support</u> are allowed provided all of the following:</p> <p>i. Involves no more than one twisting transition.</p> <p>ii. Does not <u>connect</u> to another skill that is <u>airborne</u> with <u>hip over head rotation</u> without hand support.</p> <p>iii. Are limited to two <u>consecutive hip over head rotation</u> skills.</p>
3	Simultaneous <u>hip over head rotation</u> over and under another athlete is not allowed.
4	A <u>drop</u> to any body part other than the hand(s) or foot/feet is not allowed. Exception: <u>Drops</u> to the shoulder, back or seat are allowed provided the <u>height of the skill</u> does not exceed <u>hip level</u> .
5	Landing in a push up position is not allowed from any <u>airborne</u> skill in which the legs start in front of the body and swing behind while holding poms and/or articles of clothing in supporting hand(s).

Performed by Groups or Pairs

1	At least one <u>Supporting Athlete</u> must maintain direct <u>contact</u> with the performance surface when the <u>height of the skill</u> of the <u>Performing Athlete</u> exceeds <u>shoulder level</u> .
2	<p>At least one <u>Supporting Athlete</u> must maintain <u>contact</u> with the <u>Performing Athlete(s)</u> throughout the entire skill above <u>head level</u>.</p> <p><i>Exception: When a <u>Performing Athlete</u> is supported by a single <u>Supporting Athlete</u> they may be <u>released</u> at any level provided all of the following:</i></p> <p>a. <i>The <u>Performing Athlete</u> does not pass through the <u>inverted position</u> after the <u>release</u>.</i></p> <p>b. <i>The <u>Performing Athlete</u> is either caught or supported to the performance surface by one or more <u>Supporting Athletes</u>.</i></p> <p>c. <i>The <u>Performing Athlete</u> is not caught in a <u>prone</u> position.</i></p> <p>d. <i>Any <u>Supporting Athlete</u> may not hold poms and/or articles of clothing in supporting hand(s).</i></p>
3	<u>Hip over head rotation</u> of the <u>Performing Athlete(s)</u> is allowed provided <u>contact</u> between the <u>Performing Athlete</u> and at least one <u>Supporting Athlete(s)</u> must be maintained until the <u>Performing Athlete</u> returns to the performance surface or is returning to the upright body position.
4	<p>A <u>Vertical Inversion</u> is allowed provided all of the following:</p> <p>a. <u>Contact</u> between the <u>Performing Athlete</u> and at least one <u>Supporting Athlete(s)</u> must be maintained until the <u>Performing Athlete</u> returns to the performance surface or is returning to the upright body position.</p> <p>b. At the point when the height of the <u>Performing Athlete's</u> shoulders exceeds <u>shoulder level</u> there is at least one additional athlete to spot who does not bear the weight of the <u>Performing Athlete</u>. When there are 3 <u>Supporting Athletes</u>, an additional spot is not required.</p>

Performed by Groups or Pairs - Releases to the Performance Surface (Dismounts)

1	<p>A <u>Performing Athlete</u> may jump, leap, step or push off a <u>Supporting Athlete(s)</u> provided all of the following:</p> <p>a. At the highest point of the <u>released</u> skill at least one part of the <u>Performing Athlete's</u> body is at or below <u>head level</u>.</p> <p>a. <u>The highest point of the released skill does not elevate the Performing Athlete's hips above head level.</u></p> <p>b. The <u>Performing Athlete</u> may not pass through the <u>prone</u> or <u>inverted</u> position after the <u>release</u>.</p>
2	<p>A <u>Supporting Athlete(s)</u> may <u>toss</u> a <u>Performing Athlete</u> provided all of the following:</p> <p>a. At the highest point of the <u>released</u> skill at least one part of the <u>Performing Athlete's</u> body is at or below <u>head level</u>.</p> <p>a. <u>The highest point of the released skill does not elevate the Performing Athlete's hips above head level.</u></p> <p>b. The <u>Performing Athlete</u> may be <u>supine</u> or <u>inverted</u> when released but must land on their foot/feet.</p> <p>b. <u>The Performing Athlete may not be supine or inverted when released.</u></p> <p>c. The <u>Performing Athlete</u> may not pass through the <u>inverted</u> position after <u>release</u>.</p> <p>c. <u>The Performing Athlete may not pass through the prone or inverted position after the release.</u></p>

*Blue denotes Pom category exception

**Underlined terms are defined in the ICU Performance Cheer glossary