

# **INTERNATIONAL CHEER UNION (ICU)**



## **SPORT OF CHEER RULES & GUIDELINES POM DOUBLES TWG 2025 Chengdu, P.R. China**

# **THE WORLD GAMES (TWG) 2025 CHENGDU, P.R. CHINA**

## **Event: Pom Doubles**

### **GENERAL INFORMATION**

**THE WORLD GAMES 2025 CHENGDU CHINA (TWG 2025): 7-17 August 2025**

Cheer / Pom Doubles Event: Tuesday – Sunday 12-17 August 2025

Location: Dong'an Lake Sports Park Multi-Sport Gymnasium, Chengdu, P.R. China

#### **I. Tentative Schedule of Events**

##### **Tuesday 12 August 2025**

- Arrival – Teams and Officials

##### **Wednesday 13 August 2025**

- Acclimatization, Rest, Training

##### **Thursday 14 August 2025**

- Training, Coaches Meeting

##### **FRIDAY 15 AUGUST 2025**

- **MORNING:** Team rehearsal on main floor, Opening Rehearsal
- **AFTERNOON/EVENING:** **Opening & SEMI-FINALS ROUND 1 (40% of Semi-Finals Score)**

##### **SATURDAY 16 AUGUST 2025**

- **MORNING/AFTERNOON:** **SEMI-FINALS ROUND 2 (60% of Semi-Finals Score)**
- **EVENING:** **FINALS (Top 7 Teams Advance), Medal Ceremonies, Closing**

##### **Sunday 17 August 2025**

- Departures – Teams and Officials

#### **II. Division: Pom Doubles (2 National Team Athletes)**

- Quota: 11 Pom Doubles Teams (22 athletes)
- Qualification: Entries by all ICU National Cheer Federations (120 Nations on all 5 continents) per the #RoadtoChengdu2025 / qualification process for Pom Doubles (see Qualification)
- Entries/Country: If qualified, possible 1 entry per country  
*Exception: China qualifies 2 Pom Doubles Teams/4 athletes & The World Game Series Hong Kong. China\**  
(\*One Additional Quota Possible - all countries, including China: The World Game Series Hong Kong. China)

#### **III. Time of Routine**

- Music portion: One minute, thirty seconds (1:30)

#### **IV. Age of Athlete**

- 16 years or older within the year of TWG 2025 Chengdu China

#### **V. Performance Surface**

- Marley performance floor or a wooden parquet floor surface. (Minimum surface area of 42 feet x 42 feet or 12.8 meters x 12.8 meters)

#### **VI. Athlete Eligibility**

- Comply with the IWGA / TWG 2025 Eligibility Rules and Regulations
- Comply with the ICU Competition Rules and Regulations, as well as for the ICU Pom Doubles Division
- Be an ICU and ICU National Federation member for the country represented
- Be a citizen of the country/possess a passport of the country represented
- Comply with the Pom Doubles age requirement: 16 years or older within the year of TWG 2025 competition

Note: All genders are eligible

## VII. Other Qualification Provisions

- **Three Day Confirmation:** Upon qualification, the respective Pom Doubles Team / ICU National Federation must confirm acceptance of TWG 2025 qualification within 3 business days. Should a team not confirm within the timeframe, the next placed team(s) will be provided the qualification with the same 3 business day confirmation stipulation.
- **Athlete Replacement:** Should an athlete replacement be required at any point following a qualification, the ICU National Federation (NF) must notify the ICU with a formal letter (on NF letterhead) detailing the name of the athletes and the cause of the replacement request at least 3 months prior to TWG 2025. Should this request be granted by ICU and IWGA / TWG, the ICU NF may replace the athlete under the same eligibility requirements as detailed herein. *Note: Under all conditions and for any time period less than 3 months prior to TWG 2025, ICU & IWGA / TWG 2025 reserves the right to manage this process in the best interests of the athletes and to assure the highest standards of quality for TWG 2025.*
- **Quality Assurance:** Although unlikely, should the top qualified team(s) of an event not be able to confirm acceptance to TWG 2025, and the next placement team is not of talent specific to ICU / TWG 2025 standards, ICU reserves the right to consult with IWGA / TWG 2025 for a potential video entry to be evaluated by an ICU adjudicator panel to select the best Pom Doubles Team as a replacement.

## VIII. TWG 2025 Chengdu China Qualification Schedule / #RoadtoChengdu2025

### 2024

June 28-30:	European Championships (Oslofjord, Norway)	Bid 1	European Gold Medalist
Sept 13-15:	Asian Championships (Bali, Indonesia)	Bid 2	Asian Gold Medalist
Sept 27-30:	Pan-American Championships (Ottawa, Canada)	Bid 3	Pan-American Gold Medalist
Oct 11-13:	TWG Series (Hong Kong, China)	Bid 4	TWG Series Gold Medalist *

*\*Open to all countries to qualify even for countries who have already received TWG 2025 bid. However, if already qualified for TWG 2025, a different set of athletes must apply for TWG Series Hong Kong, China*

Oct 18-21:	China National Championships (China)	Bid 5 & 6	China Gold & Silver Medalists
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### 2025

Apr 01:	Global Video Submission (World-wide)	Bid 7 & 8	Top 2 countries not yet qualified (Announced prior to WC Awards)
Apr 23-25:	ICU World Championships (Orlando, USA)	Bid 9, 10, 11	Top 3 WC Teams not yet qualified (Announced during WC Awards)

## IX. DETAILS: TWG Series Hong Kong, China (TWG 2025 Chengdu China Qualifier)

- Dates: Friday – Sunday 11-13 October 2024 / Location: Hong Kong, China
- Quota: 10 Pom Doubles Teams (20 athletes)
- Entries/Country: 1 entry per country (Hong Kong China guaranteed 1 entry as host)  
*Note: Countries already qualified are eligible; however, different athletes are required*
- Qualification: By video entry (1 entry per country) submitted to ICU Pom TD Liz Rifino [lirifino@cheerunion.org](mailto:lirifino@cheerunion.org)
- Video requirements to follow (deadline: Friday 02 August 2024)

# THE WORLD GAMES 2025 CHENGDU, CHINA

## POM DOUBLES DIVISION

### I. GENERAL RULES

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

### II. EVENT

- A. The event will take place on Friday 15 August 2025 to Saturday 16 August 2025 in Chengdu, P.R. China.

#### Friday 15 August 2025

MORNING: Team rehearsal on main floor, Opening Rehearsal  
AFTERNOON/EVENING: Opening & SEMI-FINALS ROUND 1 (40% of Semi-Finals Score)

#### Saturday 16 August 2025

MORNING/AFTERNOON: SEMI-FINALS ROUND 2 (60% of Semi-Finals Score)  
EVENING: FINALS (Top 7 Teams Advance), Medal Ceremonies, Closing

- B. The competition is scheduled to be held at Dong'an Lake Sports Park Multi-Sport Gymnasium, Chengdu, P.R. China
- 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 event officials to be essential to the successful execution of the competition.

### III. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES:** Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance. For any questions concerning the legality of a move or skill, it is recommended to send a video copy of any skill of question to [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org).
- B. **PERFORMANCE:** Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition and should be made exclusively by the advisor/coach.

### IV. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team are responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

### V. INTERRUPTION OF PERFORMANCE

#### A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

## **B. FAULT OF TEAM**

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

## **C. INJURY**

1. The only persons that may stop a routine for injury are:
  - a. competition officials
  - b. the advisor / coach from the team performing
  - c. an injured individual
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
4. The injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
  - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
  - c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
  - d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

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

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

## **VII. DISQUALIFICATION**

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

## **VIII. MUSIC GUIDELINES**

- A. For TWG 2025 Chengdu China, all Pom Doubles Teams are required to follow the ICU (<http://cheerunion.org/education/musicinfo/>) Music Copyrights Educational Initiative.
- B. I have read and understand the ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with the written license from the owner(s) of the sound recordings.
- C. Teams must check Music Provider list for updates and changes periodically. For any questions on music and the music guidelines, teams should email [portal@cheerunion.org](mailto:portal@cheerunion.org).
- D. Teams must be able to provide proof of licensing, in the form of a printed copy, during the registration at the Championships.
- E. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by the ICU) or can count verbally.

- F. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition and not allowed to perform or compete.
- G. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- H. A challenge can only be made by the official coach or an official National Federation representative of a team competing at the event at where the challenge is being made.
- I. Challenge Process:
  - All music challenges must be submitted in writing to the International Cheer Union head official.
  - There will be a €100 (EURO) fee to request a music challenge and must be in the form of any legal currency.
  - Fees collected will be returned if the challenge is correct.
  - If the team challenged can provide documentation during the event or can be verified, the fees will be donated to a local children's charity per the choice of the LOC.
  - If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- J. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Should this responsible adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
- K. If available and if applicable, it is recommended that teams who prepare their routine music on a Digital Audio Workstation (DAW) should assure the volume of the music is at "0". Should a DAW be available, a few additional reminders:
  - Most DAWs have a default that sets a track at -6 when a track is added
  - Check to see if there is a normalization process after the work is rendered/saved
- L. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD's will no longer be allowed, and CD players will not be provided at competition.
- M. Use of a Smart Phone for playing routine music is not recommended due to the probability of music interference during the routine.
- N. MP3 devices must be free of any cover (protective, decorative, or otherwise) to assure an unobstructed connection with the event sound system.
- O. It is important that all devices have a headphone connection component/jack to connect to the sound system and that all devices are fully charged, volume turned up and placed in airplane mode.
- P. All device connection components/jacks must be clean and free of any debris to prevent a music malfunction. Should a team's device not have a headphone connection component/jack, then the team must have an adapter to accommodate this device requirement on site for the competition.

## **IX. LOGO USAGE**

- A. All IWGA / TWG 2025 Chengdu logo usage are to the discretion of the logo/brand policies of the IWGA and TWG 2025 Chengdu China.
- B. All ICU logo usage is to the discretion of the logo/brand policies of the ICU. The use of the ICU letters will be allowed.

## **X. MEDIA POLICY**

Please see IWGA / TWG 2025 Chengdu Media Polices for more information.

## **XI. SPECIFIC ROUTINE GUIDELINES**

### **A. CHOREOGRAPHY AND COSTUMING**

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
3. Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.)

4. Use of fire, noxious gases, live animals, and other potentially hazardous elements are strictly prohibited.
5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
8. Tights should be worn under briefs, hot pants or excessively short shorts.
9. 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.
10. Jewelry as a part of the costume is allowed.
11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
12. No cheers or chants are allowed.

#### **B. TIME LIMIT/MUSIC/ENTRANCES**

1. Each **Doubles** will have a maximum of 1 minute and 30 seconds (1:30).
2. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
3. Timing will begin with the first choreographed movement or note of the music.
4. Timing will end with the last choreographed movement or note of the music.
5. If a performance exceeds the time limit, a penalty will be assessed for each violation. There will be a one (1) point deduction per judge for 5-10 seconds over the time limit and a three (3) point deduction per judge for 11 seconds or more over the time limit.
6. All teams must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the Pom Doubles performance.
7. Teams must enter the performance floor as quickly as possible. Choreographed entrances/exits will not be allowed.

#### **C. PROPS**

1. A prop is defined as anything that is used in the routine choreography that is not/was not originally part of the costume.  
*Clarification 1: For Pom Categories, Poms are considered part of the uniform.*
2. Handheld props and free "standing props" in all categories are not allowed. Use of parts of a costume (e.g., costume elements- such as a necklace, jacket, hat, etc.) is allowed and may be used and discarded. (*Please see #1 for further clarification*)
3. Within the Pom Category, it is compulsory to use poms throughout the entire routine.
4. No large free "standing props" will be allowed, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a "standing prop".

#### **D. COMPETITION AREA**

1. The performance floor will be approximately 42 x 42 feet/12.8 x 12.8 meters.
2. The surface will be professional grade material (e.g., Marley floor or a wooden parquet floor)
3. There is no penalty for stepping outside the performance floor area.

#### **E. CATEGORY DEFINITIONS**

**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.

## **XII. SPECIFIC RULES**

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated herein. This deduction does not apply to violations mentioned elsewhere that are designated a lesser point value.

## **XIII. PERFORMANCE CHEER DIVISIONS - POM DOUBLES**

### **A. PERFORMED BY INDIVIDUALS**

1. Inverted Skills:
  - a. Non-airborne inverted skills are allowed. (*Example: Headstand*)
  - b. Airborne inverted skills with hand support are not allowed while holding poms and/or articles of clothing (e.g., used for choreography purposes).
  - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding poms and/or an article(s) of clothing. (e.g., used for choreography purposes)
2. Skills with hip over-head rotation:
  - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. (*Exception: Forward rolls and backward rolls are allowed*).
  - b. Non-airborne skills are allowed.
  - c. Airborne skills with hand support are allowed provided that they are limited to 2 consecutive hip over-head rotation skills.
  - d. Airborne skills without hand support are allowed provided that all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip over-head rotation skills.
3. Simultaneous hip overhead rotation over and/or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
Exception: Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level.
5. Landing in a push up position is not allowed from any airborne skill in which the legs start in front of the body and swing behind the body while holding poms and/or articles of clothing in supporting hand(s).

### **B. PERFORMED BY GROUPS AND PAIRS**

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

1. At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head level.  
*Exception: When a Performing Athlete is supported by 1 Supporting Athlete, the Performing Athlete may be released at any level provided:*
  - a. *The Performing Athlete does not pass through an inverted position after the release.*
  - b. *The Performing Athlete is either caught or supported to the performance surface by 1 or more Supporting Athlete(s).*
  - c. *The Performing Athlete is not caught in a prone position.*
  - d. *Any Supporting Athlete must have hands free for the duration of the skill to aid in the support/catch/release as needed.*
3. Hip over-head rotation of the Performing Athlete(s) is allowed provided that contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
4. Vertical Inversion is allowed provided:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. At the point when the height of the Performing Athlete's shoulders exceeds shoulder level, there is at least 1 additional athlete to spot who is not concurrently bearing the weight of the Performing Athlete. (*Clarification: When there are 3 Supporting Athletes an additional spot is not required*)



## **C. PERFORMED BY GROUPS AND PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE**

### ***(Clarification: May be assisted but not required)***

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above head level.
  - b. The Performing Athlete does not pass through the prone or inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. The highest point of the toss does not elevate the Performing Athlete's hips above head level.
  - 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.

## **XIV. GLOSSARY OF TERMS**

For a full listing of the ICU Cheerleading Glossary of Terms (with video and visual examples as well), please see <https://cheerunion.org/performancecheerglossary/>. For any questions or requests for further clarification. Please email [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org)

## **XV. JUDGING CRITERIA & SCORESHEETS**

The judges will score the teams according to the judging criteria on a 100-point system. ICU Pom Doubles scoresheets can be accessed <https://cheerunion.org/championships/cheerleading/>. Please email [portal@cheerunion.org](mailto:portal@cheerunion.org) for any questions and/or further clarification as needed.

## **XVI. JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of the International Cheer Union. As teams make their presentations, the judges will score the teams according to the judging criteria on a 100-point system. In the event of a first place tie, the ranking points from each judge will be used to break the tie.

## **XVII. SCORES AND RANKINGS**

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

## **XVIII. FINALITY OF DECISIONS**

By participating in this championship, each team agrees that decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative, or procedural review of such decisions.

## **XIX. SEMI-FINALS AND FINALS**

TWG 2025 will have 2 Rounds of a Semi-Finals Competition and 1 Round of a Finals Competition.

- Semi-Finals Round 1: 40% of the cumulative Semi-Finals Score
- Semi-Finals Round 2: 60% of the cumulative Semi-Finals Score
- Finals: Top Seven (7) Teams Advance per Semi-Finals cumulative score (Final scores are independent of Semi-Finals scores)

All competitors will compete in 2 rounds of semi-finals competition. Seven (7) of the teams from 2 rounds of the semi-finals competition will advance to the finals based on the semi-finals 2 rounds cumulative scores. In the event of a tie for the final team advancing, both teams that are tied will advance. Tournament officials will have the full authority to make the final determination of the number of teams selected to advance to the next round.

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

All teams winning titles, awards and/or distinctions are to the discretion of IWGA / TWG 2025 Chengdu China.

**XXI. PENALTIES**

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

***ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE ICU POM DOUBLES AND ROUTINES  
RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES***

\_\_\_\_\_  
*Team Name*

\_\_\_\_\_  
*Date (DD/MM/YYYY)*

\_\_\_\_\_  
*City, State/Province, Country*

\_\_\_\_\_  
*Coach/Director's Signature*

\*Retain a copy of these rules for your files\*