



2024 ICU Pan American Cheerleading Championships & Copa America Cheerleading Championships

**27 - 29 SEPTEMBER 2024
OTTAWA, CANADA**

RULES, REGULATIONS & DIVISIONS

cheerunion.org



2024 ICU PAN AMERICAN CHEERLEADING CHAMPIONSHIPS

2024 ICU COPA AMERICA CHEERLEADING CHAMPIONSHIPS

General Information

The International Cheer Union (ICU), in conjunction with Cheer Canada (CC), will host the 2024 ICU Pan American Cheerleading Championships (“PACC”) for National Teams and the 2024 Copa America Cheerleading Championships (“COPA”) for Club Teams on Friday through Sunday 27-29 September 2024 at the **Shaw Centre** in beautiful capital city of Ottawa, Ontario, Canada.

The ICU PACC (National Teams) and COPA (Club Teams) will be conducted specifically for the ICU Pan-American National Federations and for teams from throughout the Americas (Central America & the Caribbean, North America and South America). Both National Teams and Club Team (Club, Gymnasium/Gimnasio, All Star, Recreational “Rec” League Teams, Scholastic/University or School Teams) within the ICU Cheerleading and Performance Cheer Divisions!

The rules, divisions, routine format, and scoresheets are the same as the ICU Junior World & World Cheerleading Championships held each April in Orlando, USA. All National & Club Teams must qualify through their respective ICU National Cheer Federation Member to be eligible. Each country can send up to one (1) National Team per PACC division, and two (2) Club Teams teams per COPA division in accordance to the PACC/COPA team eligibility guidelines. Crossovers between the PACC and COPA are allowed (\$25 Canadian Dollar PACC to COPA cross-over fee per athlete apply).

Within the PACC and COPA respectfully, the top three (3) teams in each division will receive a Bronze (3rd), Silver (2nd), and Gold (1st) Medallion, a placement trophy and recognition for all teams competing at the 2024 ICU Pan American Cheerleading Championships (“PACC”) for National Teams and the 2024 Copa America Cheerleading Championships (“COPA”)!

This event is an incredible opportunity for the Cheerleading and Performance Cheer Teams from throughout the Americas to showcase their talents on the global stage! Whether you are a National Team or Club Team (Gymnasium/Gimnasio, All Star, Recreational “Rec” League Teams, Scholastic/University or School Team) from the Americas, it’s an incredible opportunity to compete against the very best – and to be streamed on the Olympic Channel world-wide!

Enclosed are the details on the 2024 ICU Pan American Cheerleading Championships (“PACC”) for National Teams and the 2024 Copa America Cheerleading Championships (“COPA”), we look forward to seeing everyone in Ottawa, and please email icupanam@cheerunion.org or info@cheercanada.ca with any questions!

I. Tentative Schedule of Events*

**Subject to change - based on registration*

Wednesday-Thursday 25-26 September 2024

- Team arrivals, sightseeing

Friday 27 September 2024

- ICU PACC Practice
- Opening Ceremonies & Cultural Exchange
- ICU Delegate Meeting

Saturday 28 September 2024

- ICU PACC Semi-Finals
- ICU COPA Practice

Sunday 29 September 2024

- ICU COPA Finals
- ICU PACC Finals
- Closing Ceremonies & Celebration

Monday – Tuesday 30 September – 01 October 2024

- Team sightseeing, and team departures

II. DIVISIONS: ICU Pan American Championships (PACC) - National Teams

YOUTH DIVISIONS (8 Divisions = Ages 12-14 in the year of competition)

A. Cheerleading Divisions (4 divisions)

Team size: 16-24 Athletes on the floor

The 2024 ICU PACC will offer 2 levels of Cheerleading for the Youth All Girl & Youth Coed Divisions. Nations can enter one of the following All Girl Levels/Divisions (1 National Team/Division):

1. **Youth All Girl Median** (similar to Level 3)
2. **Youth All Girl Advanced** (similar to Level 4)

Nations can enter one of the following Coed Levels/Divisions (1 National Team/Division):

1. **Youth Coed Median** (similar to Level 3)
2. **Youth Coed Advanced** (similar to Level 4)

Notes: Each nation can enter 1 National Team into one (1) Youth All Girl Level/Division (Median or Advanced) and one (1) Youth Coed Level/Division (Median or Advanced). The nation that wins in either the Youth All Girl Median Division or Youth Coed Median Division at the 2024 ICU PACC will be required to compete in the Youth Advanced Division in the next ICU PACC within the All Girl or Coed Division respectfully.

B. NEW: Cheerleading Non-Tumbling Divisions (2 divisions)

Team size: 16 Athletes on the floor (4 alternates allowed)

The 2024 ICU PACC will offer 1 level of Cheerleading for the Youth All Girl & Youth Coed Non-Tumbling Divisions. Nations can enter one National Team in each of the following Levels/Divisions:

3. **Youth All Girl Median Non-Tumbling** (similar to Level 3)
4. **Youth Coed Median Non-Tumbling** (similar to Level 3)

C. Performance Cheer Divisions (2 divisions)

Team size: 16-24 Athletes on the floor

The 2024 ICU PACC will offer the following Youth Performance Cheer divisions. Nations can enter one National Team in each the following Divisions:

1. **Youth Hip Hop**
2. **Youth Pom**

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

JUNIOR DIVISIONS (8 Divisions = Ages 15-18 in the year of competition)

A. Cheerleading Divisions (4 divisions)

Team size: 16-24 Athletes on the floor

The 2024 ICU PACC will offer 2 levels of Cheerleading for the Junior All Girl & Junior Coed Divisions. Nations can enter one of the following All Girl Levels/Divisions (1 National Team/Division):

1. **Junior All Girl Advanced** (similar to Level 4)
2. **Junior All Girl Elite** (similar to USASF-IASF Level 6)

Nations can enter one of the following Coed Levels/Divisions (1 National Team/Division):

1. **Junior Coed Advanced** (similar to Level 4)
2. **Junior Coed Elite** (similar to USASF-IASF Level 6)

Notes: Each nation can enter 1 National Team into one (1) Junior All Girl Level/Division (Advanced or Elite) and one (1) Junior Coed Level/Division (Advanced or Elite). The nation that wins in either the Junior All Girl Advanced Division or Junior Coed Advanced Division at the 2024 ICU PACC will be required to compete in the Junior Elite Division at the next ICU PACC within the All Girl or Coed Division respectfully.

B. NEW: Cheerleading Non-Tumbling Divisions (2 divisions)

Team size: 16 Athletes on the floor (4 alternates allowed)

The 2024 ICU PACC will offer 1 level of Cheerleading for the Junior All Girl & Junior Coed Non-Tumbling Divisions. Nations can enter one National Team in each of the following Levels/Divisions:

3. **Junior All Girl Advanced Non-Tumbling** (similar to Level 4)
4. **Junior Coed Advanced Non-Tumbling** (similar to Level 4)

C. Performance Cheer Divisions (2 divisions)

Team size: 16-24 Athletes on the floor

The 2024 ICU PACC will offer the following Junior Performance Cheer divisions. Nations can enter one National Team in each the following Divisions:

1. **Junior Hip Hop**
2. **Junior Pom**

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

SENIOR DIVISIONS (11 Divisions = Ages 16 or older in the year of competition)

A. Cheerleading Divisions (4 divisions)

Team size: 16-24 Athletes on the floor

The 2024 ICU PACC will offer 2 levels of Cheerleading for the Senior All Girl & Senior Coed Divisions.

Nations can enter one of the following All Girl Levels/Divisions (1 National Team/Division):

1. **All Girl Elite** (similar to USASF-IASF Level 6)
2. **All Girl Premier** (similar to USASF-IASF Level 7)

Nations can enter one of the following Coed Levels/Divisions (1 National Team/Division):

1. **Coed Elite** (similar to USASF-IASF Level 6)
2. **Coed Premier** (similar to USASF-IASF Level 7)

Notes: Each nation can enter 1 National Team into one (1) Senior All Girl Level/Division (Elite or Premier) and one (1) Senior Coed Level/Division (Elite or Premier). The nation that wins in either the Senior All Girl Advanced Division or Senior Coed Elite Division at the 2024 PACC will be required to compete in the Senior Premier Division at the next ICU PACC within the All Girl or Coed Division respectfully.

B. NEW: Cheerleading Non-Tumbling Divisions (2 divisions)

Team size: 16 Athletes on the floor (4 alternates allowed)

The 2024 ICU PACC will offer 1 level of Cheerleading for the Senior All Girl & Senior Coed Non-Tumbling Divisions.

Nations can enter one National Team in each of the following Levels/Divisions:

3. **Senior All Girl Elite Non-Tumbling** (similar to Level 6)
4. **Senior Coed Elite Non-Tumbling** (similar to Level 6)

C. Team Performance Cheer (3 divisions)

Team size: Pom & Hip Hop = 16-24 Athletes on the floor / Jazz = 18-24 Athletes on the floor

The 2024 ICU PACC will offer the following Senior Performance Cheer divisions. Nations can enter one National Team in each of the following Divisions:

1. **Hip Hop**
2. **Pom**
3. **Jazz**

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

D. Performance Cheer Doubles (2 divisions) – THE WORLD GAMES 2025 QUALIFIER

Team size: 2 Athletes on the floor

The 2024 ICU PACC will offer the following Senior Performance Cheer Doubles. Nations can enter one National Team in each of the following Levels/Divisions:

1. **Hip Hop Doubles** (2 athletes)
2. **Pom Doubles** (2 athletes)

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

DISABLED SPORT DIVISIONS (11 Divisions Available/Country = Ages 12 or older in the year of competition)

A. Adaptive Abilities Cheerleading Divisions (3 Divisions)

Note: All teams must comply with the Adaptive Abilities Division Criteria

The 2024 ICU PACC will offer the following Adaptive Abilities Divisions. Nations can enter one (1) National Team in each of the following Divisions:

1. **Adaptive Abilities Unified Median** (equivalent to Level 3, males/females, no basket tosses - with Adaptive Abilities rule modifications)
2. **Adaptive Abilities Unified All Girl Advanced** (equivalent to Level 4, no basket tosses - with Adaptive Abilities rule modifications)
3. **Adaptive Abilities Unified Coed Advanced** (equivalent to Level 4, no basket tosses - with Adaptive Abilities rule modifications)

Note: Adaptive Abilities Unified National Teams must comprise of 25% or more athletes with disabilities per team in compliance with the ICU Adaptive Abilities qualification guidelines.

B. Adaptive Abilities Performance Cheer Divisions (2 Divisions)

The 2024 ICU PACC will offer the following Adaptive Abilities Divisions. Nations can enter one (1) National Team in each of the following Divisions:

1. **Adaptive Abilities Unified Hip Hop**
2. **Adaptive Abilities Unified Pom**

Note: Adaptive Abilities Unified National Teams must comprise of 25% or more athletes with disabilities per team in compliance with the ICU Adaptive Abilities qualification guidelines.

C. Special Abilities or Special Olympics Cheerleading Divisions* (2 of 4 Divisions Available)

Note: All teams must comply with the Special Abilities or Special Olympics Division Criteria based on the team's entry
The 2024 ICU PACC will offer the following Special Abilities & Special Olympics Divisions. Each nation will have a choice of entering either Special Abilities or Special Olympics in the following divisions:

1. **Special Abilities Traditional Novice** or **Special Olympics Traditional Novice**
(Equivalent to Level 1, no tosses- with Special Abilities rule modifications)
2. **Special Abilities Unified Intermediate** or **Special Olympics Unified Intermediate**
(Equivalent to Level 2, no tosses- with Special Abilities rule modifications)

D. Special Abilities or Special Olympics Performance Cheer Divisions* (4 of 8 Divisions Available)

The 2024 ICU PACC will offer the following Special Abilities & Special Olympics Divisions. Each nation will have a choice of entering either Special Abilities or Special Olympics in the following divisions:

1. **Special Abilities Unified Hip Hop** or **Special Olympics Unified Hip Hop**
2. **Special Abilities Unified Pom** or **Special Olympics Unified Pom**
3. **Special Abilities Traditional Hip Hop** or **Special Olympics Traditional Hip Hop**
4. **Special Abilities Traditional Pom** or **Special Olympics Traditional Pom**

***Note (a):** All Special Olympics Team eligibility is based on approval by the country's respective Special Olympic programme & ICU National Federation. Although ICU encourages teams to register in Special Olympics Divisions, ICU offers the enclosed Special Abilities Divisions for teams not yet eligible under Special Olympics guidelines. ICU reserves the right to consolidate or expand divisions based on team eligibility and number of teams registered in each division.

***Note (b):** For Special Abilities & Special Olympics Divisions; all rules, guidelines & scoring criteria are the same with the exception of the Special Olympics programme approval for Special Olympics Divisions; and for all Unified Divisions - Special Olympics requires a 1:1 ratio & Special Abilities requires a 50% + ratio of athletes with an intellectual disability (ID) to athletes without an ID on a team.

III. Divisions: ICU Copa America Championships (COPA) - Club Teams

YOUTH DIVISIONS (6 Divisions = Ages 12-14 in the year of competition)

A. Cheerleading Divisions (4 divisions)

The 2024 ICU COPA will offer 2 levels of Cheerleading for the Youth All Girl & Youth Coed Divisions. Nations can enter 1 or 2 club teams in one of the following All Girl Levels/Divisions:

1. **Youth All Girl Median** (similar to Level 3) OR
2. **Youth All Girl Advanced** (similar to Level 4)

Nations can enter 1 or 2 club teams in one of the following Coed Levels/Divisions:

1. **Youth Coed Median** (similar to Level 3) OR
2. **Youth Coed Advanced** (similar to Level 4)

Notes: Each nation can enter 1 or 2 club teams into one (1) Youth All Girl Level/Division (Median or Advanced) and can enter 1 or 2 club teams into one (1) Youth Coed Level/Division (Median or Advanced). The nation that wins in either the Youth All Girl Median Division or Youth Coed Median Division at the 2024 ICU COPA will be required to compete in the Youth Advanced Division in the next ICU COPA within the All Girl or Coed Division respectfully.

B. NEW: Cheerleading Non-Tumbling Divisions (2 divisions)

The 2024 ICU COPA will offer 1 level of Cheerleading for the Youth All Girl & Youth Coed Non-Tumbling Divisions. Nations can enter 1 or 2 club teams in the following Levels/Divisions:

3. **Youth All Girl Median Non-Tumbling** (similar to Level 3)
4. **Youth Coed Median Non-Tumbling** (similar to Level 3)

C. Performance Cheer Divisions (2 divisions)

The 2024 ICU COPA will offer the following Youth Performance Cheer divisions. Nations can enter 1 or 2 club teams in each of the following Divisions:

1. **Youth Hip Hop**
2. **Youth Pom**

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

JUNIOR DIVISIONS (6 Divisions = Ages 15-18 in the year of competition)

A. Cheerleading Divisions (4 divisions)

The 2024 ICU COPA will offer 2 levels of Cheerleading for the Junior All Girl & Junior Coed Divisions. Nations can enter 1 or 2 club teams in one of the following All Girl Levels/Divisions:

1. **Junior All Girl Advanced** (similar to Level 4)

2. Junior All Girl Elite (similar to USASF-IASF Level 6)

Nations can enter 1 or 2 club teams in one of the following Coed Levels/Divisions:

1. Junior Coed Advanced (similar to Level 4)

2. Junior Coed Elite (similar to USASF-IASF Level 6)

Notes: Each nation can enter 1 or 2 club teams into one (1) Junior All Girl Level/Division (Advanced or Elite) and can enter 1 or 2 club teams into one (1) Junior Coed Level/Division (Advanced or Elite). The nation that wins in either the Junior All Girl Advanced Division or Junior Coed Advanced Division at the 2024 ICU COPA will be required to compete in the Junior Elite Division in the next ICU COPA within the All Girl or Coed Division respectfully.

B. NEW: Cheerleading Non-Tumbling Divisions (2 divisions)

The 2024 ICU COPA will offer 1 level of Cheerleading for the Junior All Girl & Junior Coed Non-Tumbling Divisions. Nations can enter 1 or 2 club teams in the following Levels/Divisions:

3. Junior All Girl Advanced Non-Tumbling (similar to Level 4)

4. Junior Coed Advanced Non-Tumbling (similar to Level 4)

C. Performance Cheer Divisions (2 divisions)

The 2024 ICU COPA will offer the following Junior Performance Cheer divisions. Nations can enter 1 or 2 club teams in each of the following Divisions:

1. Junior Hip Hop

2. Junior Pom

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

SENIOR DIVISIONS (11 Divisions = Ages 16 or older in the year of competition)

A. Cheerleading Divisions (4 divisions)

The 2024 ICU COPA will offer 2 levels of Cheerleading for the Senior All Girl & Senior Coed Divisions.

Nations can enter 1 or 2 club teams in one of the following All Girl Levels/Divisions:

1. All Girl Elite (similar to USASF-IASF Level 6)

2. All Girl Premier (similar to USASF-IASF Level 7)

Nations can enter 1 or 2 club teams in one of the following Coed Levels/Divisions:

1. Coed Elite (similar to USASF-IASF Level 6)

2. Coed Premier (similar to USASF-IASF Level 7)

Notes: Each nation can enter 1 or 2 club teams into one (1) Senior All Girl Level/Division (Elite or Premier) and can enter 1 or 2 club teams into one (1) Senior Coed Level/Division (Elite or Premier). The nation that wins in either the Senior All Girl Elite Division or Senior Coed Elite Division at the 2024 ICU COPA will be required to compete in the Senior Premier Division in the next ICU COPA within the All Girl or Coed Division respectfully.

B. NEW: Cheerleading Non-Tumbling Divisions (2 divisions)

The 2024 ICU COPA will offer 1 level of Cheerleading for the Senior All Girl & Senior Coed Non-Tumbling Divisions. Nations can enter 1 or 2 club teams in the following Levels/Divisions:

3. Senior All Girl Elite Non-Tumbling (similar to Level 6)

4. Senior Coed Elite Non-Tumbling (similar to Level 6)

C. Team Performance Cheer (3 divisions)

The 2024 ICU COPA will offer the following Senior Performance Cheer divisions. Nations can enter 1 or 2 club teams in each of the following Divisions:

1. Hip Hop

2. Pom

3. Jazz

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

D. Performance Cheer Doubles (2 divisions)

The 2024 ICU COPA will offer the following Senior Performance Cheer divisions. Nations can enter 1 or 2 club teams in each of the following Divisions:

1. Hip Hop Doubles (2 athletes)

2. Pom Doubles (2 athletes)

Note: All divisions are available to all nations. Crossover into each category & division is allowed for each country as long as eligibility requirements are met. (PACC to COPA cross-over fee per athlete is \$25 CAD)

DISABLED SPORT DIVISIONS (11 Divisions Available/Country= Ages 12 or older in the year of competition)

Note: All teams must comply with the Adaptive Abilities Division Criteria

A. Adaptive Abilities Cheerleading Divisions (3 Divisions)

The 2024 ICU COPA will offer the following Adaptive Abilities Divisions. Nations can enter 1 to 2 club teams in each of the following Divisions:

- 1. Adaptive Abilities Unified Median** (equivalent to Level 3, males/females, no basket tosses - with Adaptive Abilities rule modifications)
- 2. Adaptive Abilities Unified All Girl Advanced** (equivalent to Level 4, no basket tosses - with Adaptive Abilities rule modifications)
- 3. Adaptive Abilities Unified Coed Advanced** (equivalent to Level 4, no basket tosses - with Adaptive Abilities rule modifications)

Note: Adaptive Abilities Unified National Teams must comprise of 25% or more athletes with disabilities per team in compliance with the ICU Adaptive Abilities qualification guidelines.

B. Adaptive Abilities Performance Cheer Divisions (2 Divisions)

The 2024 ICU COPA will offer the following Adaptive Abilities Divisions. Nations can enter 1 to 2 club teams in each of the following Divisions:

- 1. Adaptive Abilities Unified Hip Hop**
- 2. Adaptive Abilities Unified Pom**

Note: Adaptive Abilities Unified National Teams must comprise of 25% or more athletes with disabilities per team in compliance with the ICU Adaptive Abilities qualification guidelines.

C. Special Abilities or Special Olympics Cheerleading Divisions* (2 of 4 Division Available)

The 2024 ICU COPA will offer the following Special Abilities & Special Olympics Divisions. Nations can enter 1 to 2 club teams in each of the following Divisions:

- 1. Special Abilities Traditional Novice or Special Olympics Traditional Novice**
(Equivalent to Level 1, no tosses- with Special Abilities rule modifications)
- 2. Special Abilities Unified Intermediate or Special Olympics Unified Intermediate**
(Equivalent to Level 2, no tosses- with Special Abilities rule modifications)

D. Special Abilities or Special Olympics Performance Cheer Divisions* (4 of 8 Divisions Available)

The 2024 ICU COPA will offer the following Special Abilities & Special Olympics Divisions. Nations can enter 1 to 2 club teams in each of the following divisions:

- 1. Special Abilities Unified Hip Hop or Special Olympics Unified Hip Hop**
- 2. Special Abilities Unified Pom or Special Olympics Unified Pom**
- 3. Special Abilities Traditional Hip Hop or Special Olympics Traditional Hip Hop**
- 4. Special Abilities Traditional Pom or Special Olympics Traditional Pom**

***Note (a):** All Special Olympics Team eligibility is based on approval by the country's respective Special Olympic programme & ICU National Federation. Although ICU encourages teams to register in Special Olympics Divisions, ICU offers the enclosed Special Abilities Divisions for teams not yet eligible under Special Olympics guidelines. ICU reserves the right to consolidate or expand divisions based on team eligibility and number of teams registered in each division.

***Note (b):** For Special Abilities & Special Olympics Divisions; all rules, guidelines & scoring criteria are the same with the exception of the Special Olympics programme approval for Special Olympics Divisions; and for all Unified Divisions - Special Olympics requires a 1:1 ratio & Special Abilities requires a 50% + ratio of athletes with an intellectual disability (ID) to athletes without an ID on a team.

IV. Time of Routine

A. Cheerleading Divisions

- 1. Cheer Portion:** Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds. Maximum time between Cheer and Music portion: Twenty (20) seconds.
- 2. Music portion:** Two minutes, fifteen seconds (2:15)

B. Performance Cheer Team Divisions

- 1. Music portion:** Two minutes, fifteen seconds (2:15)

C. Performance Cheer Doubles Divisions:

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

V. Cheer Portion of Routine (All Cheerleading Divisions)

For the Cheerleading Divisions at the 2024 ICU PACC and COPA, a Cheer must be included in the beginning or middle of routine. Use of native language in the Cheer and using a more national or team pride style cheer is encouraged. The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd for the team's nation or team, use of signs, poms, flags, megaphones, and practical use of stunt/pyramids to lead the crowd. Native language (including sign language) is encouraged.

VI. Team Size/Number of athletes per team

- A. **Cheerleading Divisions:** *Minimum 16 athletes, maximum 24 athletes*
- B. **NEW! Cheerleading Non-Tumbling Divisions:** *16 athletes on the floor (up to 4 alternates)*
- C. **Performance Cheer Team Divisions:** *Minimum 16 athletes, maximum 24 athletes (does not include Jazz)*
- D. **Performance Cheer Jazz Division:** *Minimum 18 athletes, maximum 24 athletes*
- E. **Performance Cheer Doubles Divisions:** *Two (2) athletes*

VII. Age of Athlete

- A. **All Youth Divisions:** Ages 12-14 years old within the year of the 2024 ICU PACC or COPA
Note: Athletes born in the years of 2009, 2010, 2011, 2012 will be eligible for the Youth Division(s) in 2024. Any team proven to be in violation of the age requirements will be automatically disqualified. Crossovers between ICU Divisions are permitted as long as the crossover athlete meets the division eligibility criteria. (PACC to COPA cross-over fee per athlete is \$25 CAD)
- B. **All Junior Divisions:** Ages 15-18 years old within the year of the 2024 ICU PACC or COPA
Note: Athletes born in the years of 2005, 2006, 2007, 2008, 2009 will be eligible for the Junior Division(s) in 2024. Any team proven to be in violation of the age requirements will be automatically disqualified. Crossovers between ICU Divisions are permitted as long as the crossover athlete meets the division eligibility criteria. (PACC to COPA cross-over fee per athlete is \$25 CAD)
- C. **All Senior Divisions:** Ages 16 years old within the year of the 2024 ICU PACC or COPA
Note: Athletes born in the years of 2008 or earlier will be eligible for the Senior Division(s) in 2024. Any team proven to be in violation of the age requirements will be automatically disqualified. Crossovers between ICU Divisions are permitted as long as the crossover athlete meets the division eligibility criteria. (PACC to COPA cross-over fee per athlete is \$25 CAD)
- D. **All Disabled Sport Divisions (SA, SO, AA):** Ages 12 years or older within the year of the 2024 ICU PACC or COPA
Note: Athletes born in the years of 2012 or earlier will be eligible for the Disabled Sport Division(s) in 2024. Any team proven to be in violation of the age requirements will be automatically disqualified. Crossovers between ICU Divisions are permitted as long as the crossover athlete meets the division eligibility criteria. (PACC to COPA cross-over fee per athlete is \$25 CAD)

VIII. Performance Surface

- A. **Performance Cheer:** 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)
- B. **Cheerleading:** No spring floor, standard foam mat surface. (9 strips/42 feet x 54 feet or 12.8 meters x 16.5 meters).
Note: For the reason of accessibility, cost, and ICU objective of grassroots growth of cheerleading within every nation, a standard foam mat was selected for all Cheerleading Divisions.

IX. Crossovers (athletes participating in multiple divisions)

Athlete crossovers between divisions & categories will be allowed within a nations delegation of the ICU PACC and COPA respectfully, as long as all respective crossover athlete(s) meet ICU division eligibility criteria. (PACC to COPA cross-over fee per athlete is \$25 CAD)

X. Residence of Athletes

All athletes are required to be a legal citizen or must have a minimum of six (6) month consecutive permanent resident of their respective nation on the 2024 ICU PACC / COPA date of competition.

XI. Music Guidelines

- A. For the 2024 ICU PACC & COPA, all Club Teams must follow the International Cheer Union (<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.
- 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 CAD fee to request a music challenge and must be in the form of the Canadian Dollar.
 - 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.
 - 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 start 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 probably 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.

XII. LOGO USAGE

Teams will not be allowed to use the ICU logo including banners, rings, bows, t-shirts, etc. without prior approval from the ICU office. The use of the ICU letters will be allowed.

XIII. MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to ICU and its affiliates, designees, agents, licensees and invitees to use the image, likeness, action and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

XIV. Health Precautions (e.g., COVID-19, etc.) & Guidelines

ICU will fully comply with all health policies & guidelines required by local authorities at the 2024 ICU PACC / COPA and full compliance will be required of all attendees as well. Should any measures be required, the ICU reserves the right to take any required measures, at any time, to assure the safety of our athletes and all attendees in relation to these championships.

XV. ICU Anti-Doping Rules and Regulations - Guidelines and Operations Procedures

ICU is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport. https://cheerunion.org/ismmedia.com/ISM3/std-content/repos/Top/WADA/docs/ICU_Anti-Doping-Rules_21.pdf

XVI. ICU Rules and Regulations against Illegal Betting and Competition Fixing

ICU is committed to fair play for our athletes and the integrity of the sport and follows rules and regulations in the fight against illegal betting and competition fixing.

XVII. ICU Privacy Polices

ICU is committed to your privacy. ICU's Privacy Policies: <http://cheerunion.org/contact/privacypolicy/>

XVIII. ICU Safeguarding Policies

ICU is committed to safeguarding our Athletes. ICU Safeguarding Policies and additional information:

<https://olympics.com/athlete365/what-we-do/integrity/safe-sport/>, <https://cheerunion.org/education/coach/> & <http://cheerunion.org/about/bureau/>

Note: Additional ICU CWC venue safeguarding requirements provided upon team registration.

2024 ICU PAN AMERICAN CHEERLEADING CHAMPIONSHIPS
2024 ICU COPA AMERICA CHEERLEADING CHAMPIONSHIPS
CHEERLEADING DIVISIONS RULES & REGULATIONS
All Girl & Coed Divisions
Senior, Junior, Youth, Disabled Sport Division Age Categories

I. GENERAL RULES

- A. All teams must be supervised during all official functions by a qualified director/advisor/coach.
- B. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

II. TOURNAMENT

- A. The event will take place on Friday 27 September 2024 to Sunday 29 September 2024 in Ottawa, Canada

- B. TENTATIVE SCHEDULE (Subject to Change per registration.)

Wednesday – Thursday 25-26 September 2024

Team Arrivals, Open Practice, Sightseeing

Friday 27 September 2024

ICU PACC Practice

Opening Ceremonies & Cultural Exchange

ICU Delegate Meeting

Saturday 28 September 2024

ICU PACC Semi-Finals

ICU COPA Practice

Sunday 29 September 2024

ICU COPA Finals

ICU PACC Finals

Closing Ceremonies & Celebration

Monday – Tuesday 30 September - 01 October 2024

Team Sightseeing and Team Departures

- C. The competition is scheduled to be held at the **Shaw Centre** in beautiful capital city of Ottawa, Ontario, Canada.
- D. 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. 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 trick, it is recommended to send a video copy of any skill of question to cheer.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.

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 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.

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. SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, the ICU PACC / COPA will provide spotters for all rehearsal and competition floors. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

IX. GENERAL SAFETY RULES

All Cheerleading Teams must follow the ICU General Safety Rules (see Page 3): https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_CH-PC.pdf

X. 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 & Special Olympics Teams** (see Page 4): https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Special-Abilities.pdf
- B. **Adaptive Abilities Teams & all other Cheerleading Divisions requiring Mobility & Support Devices** (see Page 4): https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf

XI. CHEERLEADING DIVISIONS (BY LEVEL) - SAFETY RULES

For Safety Rules by Level/Division, please reference the **ICU Safety Rules Document** https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_CH-PC.pdf and reference the respective Level/Division Page Number as noted below:

- A. [ICU Novice Division Rules](#) (Special Abilities / Special Olympics Traditional Divisions*): [See Page 6-9](#)
**Note: Special Abilities / Special Olympics Teams must follow the ICU Novice Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 3-4) https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Special-Abilities.pdf*
- B. [ICU Intermediate Division Rules](#) (Special Abilities / Special Olympics Unified Divisions*): [See Page 9-12](#)
**Note: Special Abilities / Special Olympics Teams must follow the ICU Intermediate Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 3-4) https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Special-Abilities.pdf*
- C. [ICU Median Division Rules](#) (Youth Median & Adaptive Abilities* Divisions): [See Page 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 2-5) https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf*
- D. [ICU Median Division Non-Tumbling \(NT\) Rules](#) (Youth Median NT Division): [See Page 12-17](#)
Note: Median NT Teams must disregard "General Tumbling", "Standing Tumbling" & "Running Tumbling" Rules (Page 12-13) as all tumbling skills are not allowed in the NT division.
- E. [ICU Advanced Division Rules](#) (Youth, Junior & Adaptive Abilities* Divisions): [See Page 17-21](#)
**Note: Adaptive Abilities Teams must follow the ICU Advanced Division Rules with additional modifications as noted in the Adaptive Abilities Safety Rules Guidelines (Pages 2-5) https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf*
- F. [ICU Advanced Division Non-Tumbling \(NT\) Rules*](#) (Junior Advanced NT Division): [See Page 17-21](#)
Note: Advanced NT Teams must disregard "General Tumbling", "Standing Tumbling" & "Running Tumbling" Rule" (Page 17) as all tumbling skills are not allowed in the NT division.
- G. [ICU Elite Division Rules](#) (Junior & Senior Elite Divisions): See Page 22-25
- H. [ICU Elite Division Non-Tumbling \(NT\) Rules*](#) (Senior Elite NT Division): See Page 22-25
Note: Elite NT Teams must disregard "General Tumbling", "Standing Tumbling" & "Running Tumbling" Rules (Page 22) as all tumbling skills are not allowed in the NT division.
- I. [ICU Premier Division Rules](#) (Senior Premier Divisions): See Page 25-29

XII. 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/cheerleadingglossary/>. For any questions or requests for further clarification. Please email cheer.rules@cheerunion.org

XIII. TIME LIMITATIONS, MUSIC, AND ENTRANCES

- A. Each team will have a maximum of 2 minutes 15 seconds for music (2:15) and a recommended 30 seconds (:30) Cheer that must be performed in the beginning or middle of the routine.
- B. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- C. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
- D. If a team exceeds the time limit, a penalty will be assessed for each violation. One point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.

- E. 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.
- F. Each team 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 team.
- G. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.
- H. Teams may not use Disney Themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

XIV. COMPETITION AREA

- A. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters. The surface will be traditional foam Cheerleading mat.
- B. Teams may line up anywhere inside the competition area.
- C. No penalty for stepping outside the area.

XV. JUDGING CRITERIA & SCORESHEETS

The judges will score the teams according to the judging criteria on a 100-point system. ICU scoresheets can be accessed <https://cheerunion.org/championships/cheerleading/>. Please email 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 the teams make their presentations, the judges will score the teams using a 100-point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first-place tie, the high and low score will be added back into the total score. If a tie remains, 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 their respective team's final placement.

XVIII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that decision 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

ICU reserves the right to determine if a semi-final or final round will be necessary. All divisions with one round of competition prior to the finals will be classified as a semi-final. Ten (10) of the teams in each semi-final round will advance to the finals. 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 or awards agree to have all appearances, endorsements and publicity approved through the ICU office.

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 trick, it is recommended to send a video copy of any skill of question to cheer.rules@cheerunion.org.

We have reviewed the ICU Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the competition and agree to adhere to the rules, policies and procedures contained herein. Rule clarifications and changes may occur throughout the season.

Team Name

Date

City/State/Country

Coach/Director's Signature

Division

Captain's Signature

Retain a copy of these rules for your files

2024 ICU PAN AMERICAN CHEERLEADING CHAMPIONSHIPS
2024 ICU COPA AMERICA CHEERLEADING CHAMPIONSHPS
PERFORMANCE CHEER DIVISIONS RULES & REGULATIONS
HIP HOP, POM & JAZZ*
(*Jazz for Senior Teams only)
Senior, Junior, Youth, Disabled Sport Division Age Categories

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. TOURNAMENT

- A. The event will take place on Friday 27 September 2024 to Sunday 29 September 2024 in Ottawa, Canada

- B. **TENTATIVE SCHEDULE (Subject to Change per registration)**

Wednesday – Thursday 25-26 September 2024

Team Arrivals, Open Practice, Sightseeing

Friday 27 September 2024

ICU PACC Practice

Opening Ceremonies & Cultural Exchange

ICU Delegate Meeting

Saturday 28 September 2024

ICU PACC Semi-Finals

ICU COPA Practice

Sunday 29 September 2024

ICU COPA Finals

ICU PACC Finals

Closing Ceremonies & Celebration

Monday – Tuesday 30 September - 01 October 2024

Team Sightseeing and Team Departures

- C. The competition is scheduled to be held at the **Shaw Centre** in beautiful capital city of Ottawa, Ontario, Canada.
- D. 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. 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 trick, it is recommended to send a video copy of any skill of question to 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. SPECIFIC ROUTINE GUIDELINES

A. CHOREOGRAPHY AND COSTUMING

See Page 31 “A. CHOREOGRAPHY AND COSTUMING”

https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_CH-PC.pdf

B. TIME LIMIT/MUSIC/ENTRANCES

1. Each **Team** will have a maximum of two (2) minutes and fifteen (15) seconds (2:15).
2. Each **Doubles** will have a maximum of 1 minute and 30 seconds (1:30).
3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4. Timing will begin with the first choreographed movement or note of the music.
5. Timing will end with the last choreographed movement or note of the music.
6. If a performance (Team or Doubles) 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.
7. 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 Team or Doubles performance.
8. Teams must enter the performance floor as quickly as possible. Choreographed entrances/exits will not be allowed.

C. PROPS

See Page 31 “C. PROPS”

https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_CH-PC.pdf

D. 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

1. **Special Abilities & Special Olympics Teams** (see Page 7-8):
https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Special-Abilities.pdf
2. **Adaptive Abilities Teams & all other Cheerleading Divisions requiring Mobility & Support Devices** (see Page 7-8): https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf

E. TEAM PARTICIPATION

1. Each division will have a separate title winner.
2. Each team will be comprised of individual team members. A team may compete in a single division or multiple divisions with a maximum of 2 teams allowed per country per division.
3. If a team is selected to compete in more than 1 division, it is permissible, but it must be in another division (e.g., a Pom Team cannot compete a 2nd time in the Team Pom Division) and it is not compulsory that each individual team member to compete as part of the respective team in each division.
4. Each team may be comprised of as many individual team members as desired; however, all teams may only participate in a division with a minimum of 16 athletes (Team Pom & Team Hip Hop) or 18 athletes (Team Jazz) and a maximum of 24 on the floor at one time. It is permissible, but not compulsory, that the same individual team members compete in each division.
5. Each Doubles will be comprised of 2 team members.
6. Participants will be allowed to crossover into Cheer Divisions at the coaches’ discretion as scheduling conflicts may occur.
7. Athlete and team crossovers are allowed within the ICU PACC and ICU COPA respectfully as long eligibility requirements are met. Crossovers between PACC to COPA incur a cross-over fee per athlete is \$25 CAD.
8. Each team will need to provide proof of permanent residency (minimum of six (6) months consecutive permanent residence) for each athlete.
9. Each athlete must be compliant with the age requirements of their respective division.
Any team proven to be in violation of the age requirements will be automatically disqualified.
10. All genders are allowed to participate on the team.

F. 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.

G. 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.

HIP HOP: Incorporates authentic street style influenced movements with groove and style. 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 athleticism. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. 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.

IX. 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.

X. PERFORMANCE CHEER DIVISIONS – RULES BY LEVEL/GENRE

For Safety Rules by Level/Genre, please reference the **ICU Safety Rules Document** https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_CH-PC.pdf and reference the respective Level/Division Page Number as noted below:

- A. **ICU Pom Rules - Novice** (Special Abilities / Special Olympics Divisions*): [See Page 32-33](#)
**Note: Special Abilities / Special Olympics 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/2024/05/ICU_2024_Rules_Special-Abilities.pdf*
- B. **ICU Hip Hop Rules – Novice** (Special Abilities / Special Olympics Divisions*): [See Pages 34-35](#)
**Note: Special Abilities / Special Olympics Teams must follow the ICU Hip Hop Novice Division Rules with additional modifications as noted in the Special Abilities Safety Rules Guidelines (Pages 6-8) https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Special-Abilities.pdf*
- C. **ICU Pom Rules - Premier** (Youth, Junior, Senior, Adaptive Abilities Divisions*): [See Pages 33-34](#)
**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/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf*
- D. **ICU Hip Hop Rules - Premier** (Youth, Junior, Senior, Adaptive Abilities Divisions*): [See Pages 35-36](#)
**Note: Adaptive Abilities Teams must follow the ICU Hip Hop Premier Division Rules with additional modifications as noted in the Adaptive Abilities Safety Rules Guidelines (Pages 6-8) https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf*
- E. **ICU Jazz Rules - Premier** (Senior Division): [See Pages 37-38](#)

XI. GLOSSARY OF TERMS

For a full listing of the ICU Performance Cheer 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

XII. JUDGING CRITERIA & SCORESHEETS

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

XIII. 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. The highest score and lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first-place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XIV. 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.

XV. 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.

XVI. SEMI-FINALS AND FINALS

ICU reserves the right to determine if a semi-final or final round will be necessary. All divisions with one round of competition prior to the finals will be classified as a semi-final. Ten (10) of the teams in each semi-final round will advance to the finals. 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.

XVII. APPEARANCES, ENDORSEMENTS, AND PUBLICITY

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

XVIII. 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 trick, it is recommended to send a video copy of any skill of question to pc.rules@cheerunion.org

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

Team Name

Date

City/State/Country

Coach/Director's Signature

Division

Captain's Signature

Retain a copy of these rules for your files