



**WORLD<sup>®</sup>**  
**SCHOOL**  
**CHEERLEADING CHAMPIONSHIPS**

**07-09 February 2025**

**DIVISIONS, RULES &  
REGULATIONS INFORMATION**

# 2025 WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS (UWCC) DIVISIONS RULES & REGULATIONS

## I. OVERVIEW

During the weekend of Friday - Sunday 07-09 February 2025, the World School Cheerleading Championships (WSCC) will take place at Disney World's *ESPN Wide World of Sports®* Complex in Orlando USA. Conducted in conjunction with the USA National High School Cheerleading Championships (established 1980), the WSCC will welcome Scholastic & Recreation "Rec" Teams from around the world.

## II. WSCC ELIGIBILITY

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

## III. WSCC DIVISIONS (ROUTINE & GAME DAY)

### A. ROUTINE DIVISIONS

#### PRIMARY SCHOOL DIVISIONS

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

**Primary Median (L3):**

**10 years and younger, 5-25 female/male athletes**

#### JUNIOR SCHOOL DIVISIONS –Primary/Junior School

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

**Junior School:**

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

#### VARSITY SCHOOL DIVISIONS-Secondary School

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

**Junior Varsity (JV):**

**5-30 female athletes**

**Junior Varsity (JV) Coed:**

**5-30 female/male athletes**

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

<b>Small Varsity:</b>	<b>5-15 female athletes</b>
<b>Medium Varsity:</b>	<b>16-19 female athletes</b>
<b>Large Varsity:</b>	<b>20-23 female athletes</b>
<b>Super Varsity:</b>	<b>24-30 female athletes</b>
<b>Small Varsity Coed:</b>	<b>5-20 athletes, 1-4 males</b>
<b>Medium Varsity Coed:</b>	<b>21-25 athletes, 4-7 males</b>
<b>Large Varsity Coed:</b>	<b>21-30 athletes, 8 or more males</b>

**SCHOOL NON-TUMBLING DIVISIONS\***

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

**Junior School Non-Tumbling:** 5-30 female/male athletes

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

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

**Small Varsity Non-Tumbling:** 5-15 female athletes

**Medium Varsity Non-Tumbling:** 16-19 female athletes

**Large Varsity Non-Tumbling:** 20-23 female athletes

**Super Varsity Non-Tumbling:** 24-30 female athletes

**Small Varsity Coed Non-Tumbling:** 5-16 athletes, 1-2 males

**Large Varsity Coed Non-Tumbling:** 17-30 athletes, 1-4 males

*\*Note: Non-Tumbling Divisions will restrict any hip overhead rotation except for entries and exits into stunts/pyramids. Back handspring entries WILL NOT be allowed in the Non-Tumbling Divisions.*

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

**Traditional Rec U10:** 10 years & younger (NHSCC guidelines). 5-36 female/male athletes

**Traditional Rec U12:** 12 years & younger (NHSCC guidelines). 5-36 female/male athletes

**Traditional Rec U14:** 14 years & younger (NHSCC guidelines). 5-36 female/male athletes

**International Rec (Int'l only):** 14-18 years old (year of competition). 5-36 female/male athletes

**SPECIAL & ADAPTIVE ABILITIES DIVISIONS\***

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

**Adaptive Abilities Unified Median Level (L3):**

12 years & older, up to 16 female/male athletes, 25% of team comprised of athletes with a disability (physical, sensory, intellectual) per team

**Special Abilities Traditional Novice Level (L1):**

8 years & older, up to 16 female/male athletes, 100% of team comprised of athletes with intellectual disabilities per team

**Special Abilities Unified Novice (L1):**

8 years & older, up to 16 female/male athletes, 50% or more athletes with intellectual disabilities per team

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

**B. GAME DAY DIVISIONS**

1. Based on the uncertainty of non-USA team interest, the WSCC asks that any non-USA WSCC teams that are interested to compete in a WSCC Game Day Division, to registered for their respective WSCC Routine Competition Division first - and then indicate their WSCC Game Day interest on the WSCC registration form.
2. Should there be any non-USA teams interested to compete in WSCC Game Day only - please email [info@cheerunion.org](mailto:info@cheerunion.org) to express interest first to express interest. Please do not make plans to attend the WSCC 2025 until your registration is completed and confirmed by WSCC.
3. (PENDING) All non-USA team competing in the Game Day Championships (depending on global interest in 2025) may potentially perform their routine during the USA National Game Day Competition, will be awarded a placement trophy specifically within the US National Finals and will receive a Nations Ranking Award based on their performance (date and time during the WSCC TBD)
4. Based on Game Day interest, the WSCC will determine WSCC Game Day Divisions accordingly.
5. For team wanting to participate in the Game Day Championships all additional fees apply.
6. For teams that choose to participate in the WSCC Routine Division WSCC AND advance into the WSCC Game Day Division, every effort will be made to accommodate conflicts in performance time; however, cannot be guaranteed.

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

### **C. UNIFORM GUIDELINES**

#### **1. UNIFORMS:**

- a. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh-colored / nude-colored body suits and liners; however, fringe does not suffice alone as a covered midriff.
- b. Any team in violation of the uniform guidelines will be assessed a two (2) point deduction.
- c. A traditional sideline uniform (that covers the midriff when standing at attention and has an element that is identifiable to you school / organization- e.g., colors, logos, letters mascot, etc.) is required for all divisions.
- d. Teams may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

#### **2. MAKE-UP:**

- a. If worn, make-up should be appropriate for both the performance and age of the athletes, utilizing colors suitable for skin tone.

#### **3. HAIR:**

- a. Hair for all athletes does not have to be worn the same but must be secured off the face with a simple style that considers all diversities.
- b. Bows are not required. If worn, bows must:
  - Not be excessive in size.
  - Not be a distraction to the performance.
  - Be positioned in a manner to minimize risk for the athletes. This is restricted to the back of the head (below the crown).
  - If the bow has tails, the tails must be facing backwards and down to limit the ability to fall the forehead into the participants' eyes or block the view of the participants while performing facing down and should not fall over the forehead into the athlete's eye or block the view of the athletes while performing.
  - A .25 point deduction will be assessed for teams in violation of this rule.

### **D. CODE OF CONDUCT**

WSCC encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to, team practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, WSCC asks that the following Code of Conduct be adhered to during WSCC and all competitions:

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

### **E. TIME LIMITATIONS**

1. Introductions & Exits (ROUTINE & GAMEDAY)

- a. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance. Skills are not allowed during the team's entry to the floor or any time prior to starting the performance. EXCEPTION – See Game Day Below
  - b. All team breaks, rituals and traditions need to take place prior to entering the performance surface.
  - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Examples: Running of the flags, chest bumps, hugs, handshakes, etc.
  - d. All teams shall refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a 1 point deduction.
  - e. There should not be any organized exists or other activities after the official ending of the Routine or Game Day performance.
  - f. Timing will begin with the first movement, voice, or note of music, whichever comes first.
  - g. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 1-5 seconds over, Two (2) point deduction for 6 seconds and over.
  - h. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance listed above.
  - i. 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.
2. ROUTINE Performances Only
    - a. Each ROUTINE presentation must include at least 1 cheer or sideline chant.  
*(use of native language in cheer and/or sideline chant encouraged)*
    - b. Maximum Overall Time: 2:30 (150 Seconds)
    - c. Maximum Musical Portion: 1:45 (105 Seconds)
  3. GAMEDAY Performances Only
    - a. Each GAME DAY performance must consist of a Band Chant, Situational Sideline, Time Out Cheer and Fight Song *(use of native language in cheer and/or sideline chant encouraged)*
    - b. Maximum Overall Time: 3:00 (180 Seconds)
    - c. For GAME DAY Performances only, timing will NOT include the team spirting, rallying, or individuals performing jumps, kicks, or tumbling, but will begin with the first group movement, voice, or note of music, whichever comes first.

## F. MUSIC

1. For the 2025 WSCC, all USA teams must follow the USA National Governing Body "USA Cheer" ([www.usacheer.net](http://www.usacheer.net)) Music Copyrights Educational Initiative also required for and in compliance with the 2025 National High School Championships Music Guidelines. All non-USA teams will have the choice of the USA Cheer guidelines ([www.usacheer.net](http://www.usacheer.net)) or ICU ([www.cheerunion.org](http://www.cheerunion.org)) Music Copyrights Educational Initiative.
2. Within accordance of these guidelines, I have read and understand the USA Cheer or ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
3. For the most up to date information, please reference [www.usacheer.net](http://www.usacheer.net) or [www.cheerunion.org](http://www.cheerunion.org) and the sites' Preferred Provider list for updates and changes periodically. For questions, please email: [info@usacheer.net](mailto:info@usacheer.net) or [portal@cheerunion.org](mailto:portal@cheerunion.org).
4. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event. Examples include but are not limited to:
  - Music Provider – provide a printed copy of proof of licensing
  - iTunes – provide a screenshot of the song you are using from your purchased playlist
  - Local/National Sports Authority Authorization – provide in written form with the signed authorization and a signed Music Clearance Certificate provide by WSCC registration.
  - Band Music – for any team planning to perform to a recording of their institution's musical band or orchestra playing a single musical composition, documentation must be provided that confirms the following:

- The team has secured a compulsory license to make copies of the recording made by the band or orchestra
  - The band or orchestra recorded the song for and in conjunction with the cheer team / performance cheer team
  - The school principal, or dean (or the institution's administrative supervisor of similar stature) was aware and approved of the respective recording
  - The band or orchestra does not provide music to other cheer teams / performance cheer teams
  - No other musical compositions are embodied in the recording to be used by the authorized cheer team/performance cheer team
5. Should a team choose an original recording that is featured in any potential television broadcast, the team's routine music may be used if synchronization rights are also secured. In this case, teams must be able to provide proof of synchronization rights in the form of a printed copy that can be provided during registration at the event for the original routine music to be included in the television broadcast.
  6. If available, the WSCC recommends that teams preparing their routine music should edit the music in a Digital Audio Workstation (DAW) and should be sure that the volume of the song is at "0". Should a DAW be available, a few important reminders:
    - Most DAW's have a default that sets a track at -6 when a track is added.
    - Check to see if there is a normalization process after you render or save your work.
  7. For teams performing an original university/ scholastic institution fight song and/or traditional university/scholastic institution music, the team can use a recording of the university's/scholastic institution's designated musical group (e.g., Marching Band, etc.); however, a letter on official letterhead of the university/scholastic institution from the administrative supervisor granting permission to the team is required.
  8. If a team cannot provide required paperwork, the team will be given the option to count the routine verbally or to perform to an optional approved track of music or a track with counts.
  9. If a team cannot provide the required paperwork and chooses not to perform to an approved track of music or a track with counts, the team will be disqualified from the competition and will not be allowed to perform or compete.
  10. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
  11. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
  12. Challenge Process:
    - All music challenges must be submitted in writing to the event director.
    - There will be \$100 USD fee to request a music challenge and must be in the form of a check made out to St. Jude Children's Research Hospital ("St. Jude").
    - Fees collected will be voided if challenge is correct.
    - If the team challenged can provide documentation during the event or the challenge can be refuted, the fees will be donated to St. Jude.
    - If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
  13. Each team is required to have a responsible adult remain at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for starting the music (e.g., "pressing play") and stopping the music in case of technical malfunction or injury. Should an adult choose not to remain 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.
  14. It is not recommended that a smart phone be used for playing music, due to potential music interference that may be caused during the routine. All MP3 covers must be removed for sound system connection accessibly.
  15. 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. CDs will no longer be allowed, and CD players will not be provided at competition.
  16. Please ensure that all devices have a headphone jack to connect to the sound system, that are fully charged with volume turned up and placed in airplane mode.

17. Please ensure that jacks are clean and free of any debris of which may impact connectivity. Please note that you will require to have your own adapter in advance should your player not have a headphone jack.
18. Teams/Mascots may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

## **G. COMPETITION PERFORMANCE AREA**

1. Participants must start in the competition area with at least 1 foot on the ground.
2. Teams may line up anywhere inside the competition area.
3. The WSCC complies with the NFHS & USA Cheer surface rules that school based programs may not compete on a spring floor.
4. Approximate floor size will be 42 feet x 54 feet/12.8 meters x 16.5 meters. (9 strips)
5. The surface will be a traditional foam Cheerleading mat.
6. Any team member stepping outside the performance area will cause the team to receive a .5 point penalty per occurrence.
  - a. The white line is considered the warning mark.
  - b. A penalty will be assessed when any ONE full hand, foot, or body part touches outside the performance surface.
  - c. Once a team member takes the floor, the athletes must remain on the floor until the end of the performance.
7. Signs or props may be safely placed or dropped outside of the competition area by a team member, but the team member must remain inside the competition area. A ONE (1.0) point penalty will be assessed for Props (signs, etc.) that are made of solid materials or have sharp edges/corners released by a top person. A HALF (0.5) point penalty will be assessed for persons on the ground throwing hard props (signs, megaphones, etc.) – breaking of the wrist or if the arm extends away from the body.
8. All props, center markets, etc. are prohibited. The center of all performance surfaces will be marked throughout the competition.

## **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.
  - a. Examples: Equipment issue – Music volume is all the way down and athletes can't hear the beginning of the routine, etc.
  - b. Venue Emergency – power outage, fire alarm, etc.
2. If the coach chooses not to stop the routine, the team may not have the option to perform again.
3. While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials.
4. **UNIFORM MALFUNCTION.** As a precaution, each performer is required to take necessary steps to avoid inappropriate exposure during the performance. Should a uniform malfunction resulting in indecent exposure occur, the routine should be stopped immediately. This is a shared responsibility of all parties involved to recognize a malfunction should this occur.
5. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, at the coach's discretion, they will take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category. Teams that limit/mark skills prior to the point of injury could result in an adjustment in scores based on the skills performed.

### **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 the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

### **C. INJURY / ILLNESS**

1. The only persons that may stop a routine for injury are: competition officials, the advisor/ coach from the team performing or an injured individual. This is a shared responsibility of all parties involved to recognize an injury has occurred.
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 later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred
3. 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. An athlete who has a suspected concussion should be removed from the activity immediately and should not be allowed to return to participation the same day of the incident and without being cleared by a medical professional in accordance with state law or organizational policy.
4. In addition, the sponsor/director and all of the coaches attending the competition must be familiar with all national, state/provincial, and local laws that are applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.
5. In the event of an injury or emergency, 1 parent or legal guardian maybe allowed backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

### **D. RE-PERFORMANCE SCHEDULE**

1. The competition officials will determine whether the team will be allowed to perform at a later time.
2. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials and must be within 30 minutes after the rest of the division is complete.
3. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.
4. Teams that limit/mark skills prior to the point of interruption could result in an adjustment in scores based on the skills performed.
5. If a team prefers not to re-perform the routine, at the coach's discretion, they will take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category.

### **E. SPOTTER POLICY**

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

#### **Guidelines for Additional Spotters:**

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed.
3. Additional spotters should only be used to prevent a fall to the competition floor.



4. Any touch, assist, or saved skill will have a negative effect on the team's score per the WSCC scoring and judging guidelines.
5. Spotters are not allowed to count or coach while on the floor.
6. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program-provided additional spotters should not wear clothing similar to the performing team's uniform.
7. Should not dress or act in a manner that distracts from the athletes and their performance.
8. Should be at least 18 years old and familiar with spotting and the skills of the performing team.

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

## **VI. SPORTSMANSHIP**

- A. 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.
- B. 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.
- C. When a coach is in discussion with an official, other coaches, athletes, and parents/spectators; the coach must maintain proper professional conduct. Failing to do so may result in a 1.0 deduction, removal of the coach or disqualification.

## **VII. VIOLATIONS**

Any team in violation of these Rules and Regulations or any of the above-mentioned guidelines will be assessed a two (2) point deduction for each violation. This deduction does not apply to deductions or violations within the point deduction system or already assigned a lower/higher point value.

## **VIII. 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.

## **IX. FINALITY OF DECISIONS**

By participating in this championship, each team agrees that decision by the judges will be final, and results may ONLY be reviewed for clarification. 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.

## **X. SCORES AND RANKINGS**

- A. Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit their final scores and rankings prior to the final tally of the score for all teams. Scores and rankings will be available only to program directors or coaches at the conclusion of the competition. Judges' decisions are final.
- B. Any deductions or violations will be taken off the final score.
- C. In cases of ties of 2 teams (or more – although rare), the tie will remain. In cases where a tie may occur for 1<sup>st</sup> place, the team with the fewer deductions / violation points will be awarded 1<sup>st</sup> place. Should the deductions / violations of both teams remain equal, the tie will not be broken and both teams will be awarded 1<sup>st</sup> place.
- D. By participating in a WSCC event, teams give their consent for performances and scores to be made public.
- E. There are numerous media outlets that can make all WSCC competition routine performances available for public viewing including but not limited to live streaming to recognize the hard work and talent of the athletes competing, and ultimately, to serve and grow the Cheerleading community. Due to the sheer number of teams and routines published, WSCC is unable to accommodate requests for removal.

## **XI. 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.

### **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.

### **C. MUSIC**

Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

## **XII. 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.

## **XIII. GAME DAY COMPETITION ROUTINE FORMAT**

- A. The performance will follow this order: Band Chant, Situational Sideline, Cheer, followed by the Fight Song.
- B. Use of crowd leading tools such as signs, poms, flags and/or megaphones is required; however, use of all crowd leading tools mentioned herein are not required.
- C. Use of native language (or sign language) in cheer and/or sideline chant encouraged.
- D. The incorporation of stunts/tumbling (if applicable) is required in the Situational Sideline, Cheer and Fight Song.
- E. **Band Chant:** Should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, however jumps and kicks are allowed.
- F. **Situational Sideline:** Following the band chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
- G. **Crowd Leading Cheer:** Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment
- H. **Fight Song:** Incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight Song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill (stunt or tumbling) until one of the following:
  - The routine ends within the 3 consecutive 8 counts
  - Building Skills must be stationary prior to the end of the 3rd 8-count and may remain stationary until the end of the routine
  - Dismounts following the completion of the routine will not be included for timing purpose.
- I. **Each Section:** Should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, this would include the team's entry to the floor and any time prior to starting the performance. Tumbling would be allowed during the performance with the exception of during the Band Chant.
- J. Additional Skill Restrictions (if applicable to the level performed)
  - Tosses (basket, sponge, or elevator) are NOT allowed.
  - Inversions are NOT allowed.
  - Twisting Released Dismounts are NOT allowed.
  - Single leg stunts ARE LIMITED to liberties and liberty hitches.
  - Running Tumbling is NOT allowed.
  - Standing Tumbling IS ALLOWED; however, connected tumbling skills are NOT allowed and a back tuck is the most elite tumbling skill allowed. Examples: Standing full IS NOT allowed. Rippled Single Back Handsprings would be allowed. Jump tumble (single skill) would be allowed.
- K. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheets and judging criteria, please visit <https://cheerunion.org/championships/school/>

#### **XIV. 2025 WSCC SAFETY RULES AND ADDITIONAL DIVISION RESTRICTIONS**

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

#### **XV. WSCC JUDGING PROCEDURES & SCORESHEETS**

##### **A. CHEER COMPETITION ROUTINES**

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

##### **B. GAME DAY COMPETITION ROUTINES**

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

#### **XVI. JUDGING PANELS**

- A. Head Judge: The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Point Deduction Judge, and Safety Judge.
- B. Panel Judge: Panel Judges are responsible for scoring each team's performance based on the WSCC score sheets. Each Panel Judge will complete a score sheet in reflection of each team performance.
- C. Point Deduction Judge: The Point Deduction Judge is responsible for assessing deductions in each routine for athlete(s), stunt(s), and pyramid fall(s), drop(s) or collapse. Please review the Point Deduction explanation sheet at [www.cheerunion.org](http://www.cheerunion.org)
- D. Safety Judge: The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
- E. All judges' decisions are final.

## **XVII. SAFETY RULES**

### **A. GLOSSARY**

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

### **B. GENERAL PROGRAM GUIDELINES**

1. These rules are to be in effect for all practices, games, competitions, and other performances.
2. Cheerleading squads/teams should be placed under the direction of a qualified and knowledgeable coach.
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (e.g., use of appropriate matting, away from excessive noise and distractions, etc.)
4. Coaches should recognize a team's particular ability level and should limit the team's activities accordingly. "Ability level" refers to the team's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading skills (e.g., tumbling, partner stunts, pyramids, and jumps).
6. An appropriate warm up must precede all physical activities,
7. Thorough and professional training in proper spotting techniques should be mandatory for all teams.
8. All cheerleading teams should adopt a comprehensive conditioning and strength-building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-cheerleading personnel, performance surface, lighting and/or any weather precipitation (re: outdoor activities). Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
11. Teams should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
12. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
13. Supports, braces and soft casts of which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and supports/braces that have been altered from the manufacturer's design/production must be padded with a closed-cell, slow-recovery foam padding no less the one-half (1/2) inch/1.27 cm thick if the participant is involved in tumbling, partner stunts, pyramids, or tosses. A participant wearing a plaster cast, or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling. Exception: Within the WSCC Adaptive Abilities and Special Abilities Divisions, mobility assistance and support devices in use to assist the athlete are considered part of the athlete. In these cases, this provision does not apply.
14. Team members must wear athletics shoes (no gymnastic slippers).
15. When using props (signs, etc.) that are made of solid materials or have sharp edges/corners:
  - a. A top person may not release the props to the ground.
  - b. A person on the ground must gently toss or place the props on the performance surface.
15. The use of mini-trampolines, springboards, spring-assisted floors, or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skills development and practice under the supervision of a coach trained in their use.
16. When standing at attention, athlete apparel must cover the midriff (waist area) around the body.
17. For Basketball Game Cheering specifically:
  - a. While the Basketball Games is underway, Cheerleaders must position themselves outside of the free throw lane lines / away from the area behind the basket.
  - b. Cheerleaders must remain outside of the Basketball court playing area while the ball is in play, as well as during any time out that is 30 seconds or less.
  - c. Same as all Sport Game Cheering activities, as well as in and out of competition; Cheer teams must follow "SPECIFIC SURFACE RESTRICTIONS".

## C. SPECIAL ABILITIES & ADAPTIVE ABILITIES DIVISIONS ADDITIONAL RULES/GUIDELINES

### **WSSC MOBILITY & SUPPORT DEVICE RULES**

#### **(Special Abilities, Adaptive Abilities Divisions, and all Divisions, as applicable)**

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

1. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.
2. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface) for safety. *Clarification: For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.*
3. Mobility devices (i.e., wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid. Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.
4. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
5. All athletes spotting, catching and/or cradling a skill have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
6. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill.
7. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.

### **WSSC SPECIAL ABILITIES DIVISION RULES (For Athletes with & without Intellectual Disabilities)**

*Note: All Special Abilities Division Rules enclosed apply to Special Abilities UNIFIED & TRADITIONAL Divisions unless otherwise specified herein*

#### **SPECIFIC DIVISION CRITERIA**

1. All WSSC general rules & guidelines, mobility/support device rules, as well as routine requirements apply.
2. Special Abilities Unified National Teams must be comprised of 50% or more of Athletes with an intellectual disability.
3. Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.
4. All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant for safety purposes. Should the Coach or Assistant assist in the skill, directly or indirectly (for safety reasons), while spotting the skill- a reduced point value will be reflected in the team score for the respective category based on the level of assistance provided.
5. "Ground Hitch" (a skill where an athlete has 1 foot on the ground and 1 foot placed on another base) is considered a low level "Stunt" in Special Abilities for purpose of scoring (it is not considered a "Stunt" in non-Special Abilities Divisions)
6. A "Ground Hitch" that is connected to another athlete standing on the ground or to another Ground Hitch skill /Stunt skill is considered a low level "Pyramid" in Special Abilities it is not considered a "Pyramid" in non-Special Abilities Divisions)
7. Tosses are not allowed.
8. Spotted and assisted tumbling is not allowed in Competition; however, spotted, and assisted tumbling is allowed in Exhibition performances.
9. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.

10. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa); however, Assistants may not wear a Cheerleading uniform during the routine.
11. Assistants shall wear athletic shoes (e.g., no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
12. For Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner within a specific category (e.g., tumbling, partner stunts, pyramids, etc.) must not exceed the difficulty of a comparable skill or a skill within the same category performed by an athlete with an intellectual disability, unless an athlete with an intellectual disability is part of the skill (e.g., a partner stunt group, pyramid, etc.), and compliant with the rules detailed herein.
13. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression are strictly prohibited from any skills that may pose a danger to an athlete with AAI or with any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression at risk, etc.). Written approval/clearance by a medical professional and proof of all waivers and documentation prior to physical activity is the direct responsibility of the Team Director and Coach. For Special Olympic teams specifically: Additionally - approval/ clearance by a medical professional (via official medical waivers and documentation) must also be cleared and approved by the respective Special Olympics program or by Special Olympics.

**WSCC ADAPTIVE ABILITIES UNIFIED DIVISION RULES (For Athletes with & without All Disabilities)**  
**SPECIFIC DIVISION CRITERIA**

1. All WSCC general rules & guidelines, mobility/support devices rules, as well as routine requirements apply.
2. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have AAI or any physical condition associated with spinal cord compression, "WSCC SPECIAL ABILITIES DIVISION RULES - SPECIFIC DIVISION CRITERIA" rules apply.
3. All Adaptive Abilities Unified National Teams must be comprised of a minimum 25% or more Athletes with a disability per team.
4. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
5. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill.
6. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
7. Basket tosses are not allowed.

**XVIII. WSCC DIVISIONS (BY LEVEL) - SAFETY RULES**

**A. WSCC NOVICE DIVISION RULES (Similar to L1)**  
**(SPECIAL ABILITIES NOVICE DIVISIONS\*)**

*\*All WSCC Special Abilities Novice Division Rules enclosed apply to WSCC Special Abilities UNIFIED & TRADITIONAL Divisions unless otherwise specified herein.*

**NOVICE DIVISION STUNTS**

1. Spotters:
  - a. A spotter is required for each top person at prep level and above.  
 Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts.  
 Extended arm stunts that are not in the upright position (e.g., v-sits, extended flats backs, etc.) are considered prep level stunts.  
*Clarification 1: The center base in an extended visit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*

*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.*

Exception: Shoulder sits/straddles, t-lifts and stunts with up to a ½ twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.

- b. A spotter is required for each top person in a floor stunt.

*Clarification: The spotter may grab the top person's waist in a floor stunt.*

#### 1. Stunt Levels:

- a. Single leg stunts are only allowed at waist level.

Exception 1: Prep level single legs stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.

Exception 2: A walk up shoulder stand is allowed in the Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

- b. Stunts above prep level are not allowed. A stunt may not pass above prep level.

*Clarification: Taking the top person above the head of the bases is not allowed.*

- 2. Twisting stunts and transitions are allowed up to a total of a ¼ twisting rotation by the top person in relation to the performing surface.

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ¼ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

Exception 1: Rebounding to a prone position (½ twist to stomach) is a stunt that is allowed in the Novice Division.

Exception 2: ½ wrap around stunts are allowed in the Novice Division.

Exception 3: Up to a ½ twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.

- 4. During transitions, at least one base must remain in contact with the other top person.

Exception: Leap frogs and leapfrog variations are not allowed in the Novice Division.

- 5. Free flipping or assisted flipping stunts and transitions are not allowed.

- 6. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

*Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.*

*Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

- 7. Single based split catches are not allowed.

- 8. Single based stunts with multiple top persons are not allowed.

#### 9. NOVICE DIVISION STUNTS – RELEASE MOVES

- a. No release moves are allowed other than those allowed in Novice Division “Dismounts” and “Tosses”.

- b. Release moves may not land in a prone or inverted position.

- c. Release moves must return to original bases.

*Clarification: An individual may not land on the performing surface without assistance.*

- d. Helicopters are not allowed.

- e. A single full twisting log/barrel roll is not allowed.

- f. Release moves may not intentionally travel.

- g. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

#### 10. NOVICE DIVISION STUNTS - INVERSIONS

- a. Inversions are not allowed.

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Novice Division "Standing/Running Tumbling").*

*Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.*

11. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

*Clarification: A person standing on the ground is not considered a top person.*

### **NOVICE DIVISION PYRAMIDS**

1. Pyramids must follow Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

- a. Note: Single based or assisted single based EXTENDED stunts are not allowed in the Novice Special Abilities or Novice Special Olympics Traditional Divisions (also not allowed in the Novice Primary or any of the younger Novice Divisions).

2. Top persons must receive primary support from a base.

*Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Novice Division "Dismount" rules.*

3. Two leg stunts:

- a. Two leg extended stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:

- i. The connection must be made prior to initiating the two-leg extended stunt.

- ii. Prep level top person bracers must have both feet in bases' hands.

*Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.*

- b. Two leg extended stunts may not brace or be braced by other extended stunts.

4. Single leg stunts:

- a. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:

- i. The connection must be made prior to initiating the single leg prep level stunt.

- ii. Prep level top person bracers must have both feet in bases' hands.

*Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.*

- b. Extended single leg stunts are not allowed.

5. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

*Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

*Example: A shoulder sit walking under a prep is not allowed.*

### **NOVICE DIVISION DISMOUNTS**

*Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.*

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

*Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in any Special Abilities division.*

*Clarification 2: All waist level cradles are not allowed.*

3. Dismounts must return to the original base(s):

*Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.*



Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.

*Clarification: An individual may not land on the performance surface from above waist level without assistance.*

4. Only straight pop downs, and basic straight cradles are allowed.
5. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
6. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
7. No dismounts are allowed from skills above a prep level in pyramids.
8. No free flipping or assisted flipping dismounts are allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.

#### **NOVICE DIVISION TOSSES**

1. Tosses are not allowed.

*Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*

*Clarification 2: All waist level cradles are not allowed.*

#### **NOVICE DIVISION GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing surface.

*Clarification: A tumbler may rebound from his/her feet into a stunt transition. For relevant Divisions, if the rebound from the tumbling skill involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

*Example: In a Roundoff skill, a clear separation from the tumbling to the stunt is needed to make this legal.*

*Catching the rebound and then dipping to stop in a skill allowed in the Novice Division is legal.*

*Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Novice Division.*

2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
*Clarification: An individual may jump over (rebound) another individual.*
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

#### **NOVICE DIVISION STANDING RUNNING TUMBLING**

1. Skills must involve constant physical contact with the performance surface.  
*Exception: Block cartwheels and round offs are allowed.*
2. Forward and backward rolls, front and back walkovers, and handstands are allowed.
3. Cartwheels and round offs are allowed.
4. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
5. Front and back handsprings are not allowed.
6. Aerial skills and flips of any kind are not allowed.

#### **D. WSCC MEDIAN DIVISION RULES (Similar to L3)**

##### **(ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION\*)**

*\*Adaptive Abilities Median Divisions must follow the enclosed Median rules as well as the "WSCC ADAPTIVE ABILITIES UNIFIED SPECIFIC DIVISION RULES" and all modifications as noted within these MEDIAN DIVISION rules.*

#### **MEDIAN DIVISION – STUNTS**

1. A spotter is required for each top person above prep level.
2. Single leg extended stunts are allowed.

3. Twisting stunts and transitions are allowed up to 1 twisting rotation by the top person in relation to the performance surface.  
*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1 rotation.* The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
4. Full twisting transitions must land at and original from prep level or below only.  
Example: No full ups (1 twist or more) to an extended position.
5. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.  
*Clarification: A twist performed with an additional turn by the bases performed in the same level set, would be not allowed be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation.*
6. During stunts and transitions, at least 1 base must remain in contact with the top person.  
Exception: See “Release Moves”.
7. Free flipping stunts and transitions are not allowed.
8. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.  
*Clarification 1: This rule pertains to an athlete’s torso (midsection of an athlete’s body) not moving over or under the torso of another athlete; this does not pertain to an athlete’s arms or legs.*  
*Clarification 2: A top person may not pass over or under the torso (midsection of an athlete’s body) of another top person regardless of whether the stunt or pyramid is separate or not.*  
Example: A shoulder sit walking under a prep is not allowed.  
Exception: An individual may jump over another individual.
9. Single based split catches are not allowed.
10. Single based stunts with multiple top persons require a separate spotter for each top person.
11. Extended single leg top persons may not connect to any other extended top person.
12. **MEDIAN DIVISION STUNTS – RELEASE MOVES**
  - b. Release moves are allowed but must not exceed extended arm level.  
*Clarification: If the release move passes above the bases’ extended arm level, it will be considered a toss and/or dismount and must follow the appropriate “Toss” and/or “Dismount” rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person’s legs, it will be considered a toss or dismount and must follow the appropriate “Toss” or “Dismount” rules.*
  - c. Release moves may not land in an inverted position. Releasing from an inverted to non-inverted position is not allowed.
  - d. Release moves must start at waist level or below and must be caught at prep level or below.
  - e. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
  - f. Release moves are restricted to 1 skill/trick and 0 twists. Only skills performed during the release attribute to the 1 skill/trick and 0 twists limitation. Therefore, placement to an immediate body position would not be considered a skill.  
Exception: Log/barrel rolls may twist up to 1 rotation and must land in a cradle or a flat and horizontal body position. (i.e., Flat back or prone position)  
*Clarification: Single based log rolls must have 2 catchers. Multi-based log rolls must have 3 catchers.*
  - g. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designated.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception 1: See Median Division Dismount “3”.  
Exception 2: Dismounting single based stunts with multiple top persons.
  - h. Helicopters are not allowed.
  - i. Release moves may not intentionally travel.
  - j. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
  - k. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

### 13. MEDIAN DIVISION STUNTS – INVERSIONS

- a. No inverted stunts above shoulder level are allowed. The connection and support of the top person with the base(s) must be at shoulder level or below.

Exception: Multi-based suspended rolls to a cradle, load in position, flat body prep level stunt or to the performance surface are allowed. Multi-based suspended rolls must be supported by 2 hands. Both hands of the top person must be connected to a separate hand of the base(s).

- b. Inversions are limited to a ½ twisting rotation to extended level and 1 twisting rotation to prep level and below.

Exception (a): A multi-based suspended forward roll may twist up to 1 full twisting rotation (See 13.a Exception above). A Forward Suspended Roll exceeding a ½ twist must land in a cradle.

Exception (b): In a multi-based suspending backward roll, the top person may not twist.

- c. Downward inversions are allowed at waist level and must be assisted by at least 2 bases/catchers positioned at the waist to shoulder level to protect the head and shoulder area. The top person must maintain contact with the original base.

*Clarification 1: The stunt may not pass through prep level and then become inverted below prep level or below. (The momentum of the top person coming down is the primary safety concern.)*

*Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.*

*Clarification 3: Two-leg Pancake stunts are not allowed in the Median Division.*

- d. Downward inversions may not come into contact with each other.

- e. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

*Clarification: A person standing on the ground is not considered a top person.*

### MEDIAN DIVISION PYRAMIDS

1. Pyramids must follow Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

2. Top persons must receive primary support from a base.

Exception: See Median "Pyramid Release Moves"

3. Extended single leg (1 leg) stunts may not brace or be braced by any other extended stunts.

4. No stunt, pyramid or individual may move over or under another separate stunt, pyramid, or individual.

*Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

*Example: A shoulder sit walking under a prep is not allowed.*

5. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep level or below and at least 1 base. The connection to the bracer must be hand/arm to hand/arm.

The connection must be made prior to the initiating of the skill and must remain in contact throughout the skill. A Hand/arm connection does not include the shoulder.

### 6. MEDIAN DIVISION PYRAMIDS – RELEASE MOVES

- a. Any skill allowed as a Median Division Release Move is also allowed if it remains connected to a base and 2 bracers.

- b. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following rules, the top person must land in a cradle or dismount to the performance surface and must follow the Median Division dismount rules.

- c. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 2 persons at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

*Clarification 1: Twisting stunts and transitions are allowed up to 1 twist, if connected to at least 2 bracers at prep level or below with an arm/arm connection. The connections must be made prior to the initiation of the skill and must remain in contact throughout the skill.*

*Clarification 2: Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Median Division "Stunt Release Moves" or "Dismounts" criteria.*

- d. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these top person contacts must be in a hand/arm-to-hand/arm connection; the other may be either in a hand/arm-to-hand/are connections or in a hand/arm-to-foot/lower leg (below the knee) connection.

*Clarification 1: Pyramid Release Moves must be braced on 2 different sides (e.g., right side/left side or left side/back side, etc.) by 2 separate bracers. (Example: 2 bracers on the same arm are not allowed.) A top person must be braced on 2 of the 4 sides (front, back, right, or left) of her/his body.*

*Clarification 2: Contact must be made with a base on the performance surface BEFORE the contact with the bracer(s) is lost.*

- e. Primary weight may not be borne at the 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*
- f. These release transitions may not involve changes bases.
- g. These transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
  - i. Both catchers must be stationary.
  - ii. Both catchers must maintain visual contact with the top person throughout the entire transition.
- h. Release moves may not be braced/connected to the top person(s) above prep level.

#### 7. **MEDIAN DIVISION PYRAMIDS – INVERSIONS**

- a. Must follow Median Division “Stunt Inversions” rules.
- b. A top person may pass through an inverted position during a pyramid position IF the top person remains in contact with a base(s) that is in direct weight bearing contact with the performance surface and also a bracer at prep level or below. The top person must remain in contact with both the bracer and the base throughout the transition. The base(s) that remains in contact with the top person may extend their arms during the transition if the skill(s) starts and ends in a position at prep level or below.  
Example 1: A flat back split that rolls to a load in position is allowed even if the base(s) extends their arms during the inversion skill.  
Example 2: A flat back that rolls into an extended position is not allowed because the skill did not first land in a position below the extended level.

#### 8. **MEDIAN DIVISION PYRAMIDS – RELEASE MOVES W/BRACED INVERSIONS**

- a. Pyramid transitions may not involve inversions while released from the bases.

#### **MEDIAN DIVISION - DISMOUNTS**

*Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.*

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).  
Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s).  
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
1. Only straight pop downs, basic straight cradles, and ¼ turns are allowed from any single (1 leg) stunt.
2. Up to a 1 ¼ twisting rotations are allowed from all 2 - leg stunts.  
*Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Median Division “Stunts” regarding Twisting Stunts and Transitions specifically.*
3. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.  
Exception: If the “prop” is a mobile device of an Adaptive Abilities athlete, then it is allowed.
4. Up to 1 trick is allowed during a dismount from any 2-leg stunt.

5. Any dismount from prep level and above involving a skill/trick (i.e., twist, toe touch) must be caught in a cradle.
6. No free flipping dismounts allowed.
7. Dismounts may not intentionally travel.
8. Top persons in dismounts may not come in contact with each other while released from the bases.
9. Tension drops/rolls of any kind are not allowed.
10. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
11. Dismounts from an inverted position are not allowed.

### **MEDIAN DIVISION - TOSSES**

#### WSCC Adaptive Abilities Unified Median Divisions Only:

1. Basket Tosses are not allowed.
2. Any other tosses, that are not Basket Tosses, must follow the Median Division Tosses Rules

#### WSCC Primary School Median Divisions Only

1. Tosses are not allowed.  
*Clarification 1: This includes "Sponge" (also known as Load Ins or Squish) tosses.*  
*Clarification 2: All waist level cradles are not allowed.*

### **MEDIAN DIVISION - GENERAL TUMBLING**

1. All tumbling must originate from and land on the performance surface.  
*Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*  
 Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.  
*Clarification: An individual may jump (rebound) over another individual.*
3. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility equipment for an Adaptive Abilities athlete.  
*Clarification: Although not applicable for the Median Division as flips are not allowed; for divisions that allow flips (e.g., Advanced-Premier Divisions), athletes already proficient in a standing single back tuck flip skill may perform a standing single back tuck flip with poms only in the athlete's hands during the Cheer portion of the routine.*
4. Dive rolls are allowed.  
 Exception 1: Dive rolls performed in a swan/arched position are not allowed.  
 Exception 2: Dive rolls that involve twisting are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.  
 Example: If an athlete in the Median Division performs a round off - toe touch - back handspring- back tuck, this combination of skills would not be allowed since a back tuck is not allowed within the Median Division Standing Tumbling regulations.

### **MEDIAN DIVISION - STANDING TUMBLING**

1. Flips are not allowed.  
*Clarification: Jumps connected to  $\frac{3}{4}$  front flips are also not allowed.*
2. Series front and back handsprings are allowed.
3. No twisting while airborne.  
 Exception: Round offs are allowed.

## **MEDIAN DIVISION - RUNNING TUMBLING**

1. Flips must follow the enclosed conditions:
  - a. Back flips may ONLY be performance in tuck position only from a round off or round off back handspring(s). Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
  - b. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.
  - c. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
  - d. Aerial cartwheels, running front tucks, and  $\frac{3}{4}$  front flips are allowed.  
*Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.*
2. No tumbling is allowed after a flip or an aerial cartwheel.  
*Clarification: If any tumbling follows a flip or an aerial cartwheel, at least 1 step into the next tumbling skills must be included to separate the 2 passes. Stepping out of a flip is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a flip step out. However, if the athlete(s) finishes the skill with both feet together, then 1 step is all that is needed to create a new tumbling pass.*
3. No twisting is allowed while airborne.  
Exception: Round offs are allowed.  
Exception: Aerial cartwheels are allowed.

## **E. JUNIOR SCHOOL, VARSITY SCHOOL & REC/CLUB DIVISIONS**

*Note: The following rules apply to all remaining WSCC divisions (including Game Day, but with Game Day restrictions) not previously listed in the WSCC packet. These following rules are not the rules for the Special Abilities, Adaptive Abilities Divisions rules- previously listed.*

### **PARTNER STUNTS**

1. A spotter is required for extended stunts where the top person's weight is being borne by the base(s)  
Example: "Show and Go" stunts, where the top person is not in an extended static position, do not require a spotter.
2. A spotter is required for tosses to single base shoulder stands and single based shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
3. In stunts requiring a spotter, a spotter:
  - a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
  - b. Must be in position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts, this required spotter position is located behind or beside the top person.
  - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
  - d. May not have their hands behind their back.
  - e. May not support under the heel or sole of the top person's foot in a single based extended stunt. The spotter may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
  - f. May not hold any objects in their hands.
4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
5. The base(s) of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
6. Bases may not:
  - a. Hold props that are made of hard material or have sharp corners or edges.
  - b. Hold any objects in a hand that is supporting the top person.
  - c. Assume a backbend, handstand or headstand position.
7. An athlete must not move over or under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid.
8. The total number of twists in a dismount from a stunt cannot be greater than  $1\frac{1}{4}$  rotations.

9. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in a position to protect the head, neck and shoulders of the top person.
10. In all dismounts to catchers who are not the original bases, the following conditions must be met:
  - a. The top person must be cradled by 2 catchers and a head-and-shoulders spotter/catcher.
  - b. The new catchers must remain close to the original bases.
  - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
  - d. The top person may not perform any skills (twist, toe touch, etc.) following the release.
11. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
12. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
  - a. Helicopters are allowed provided all of the following conditions are met:
    - i. The top person makes no more than a 180-degree rotation (half /  $\frac{1}{2}$  turn).
    - ii. Four bases must be in position during the entire release.
    - iii. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
    - iv. The bases are not allowed to change positions during the release.
    - v. The top person must begin and end in a face up position.
    - vi. The top person cannot perform a twisting skill.
  - b. A log roll is legal provided it does not involve more than 1 complete rotation and the top person is not in contact with another person in a release stunt. The following additional conditions apply:
    - i. In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
    - ii. In a multi-base log roll, the top person must begin and end in a face-up or face-down position.
  - c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided that the top person remains vertical, and the top person performs no more than  $1\frac{1}{4}$  twisting rotations. Vertical releases from an extended position to an extended position may not perform more than a  $\frac{1}{4}$  twisting rotation.
  - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or to a stunt at shoulder height or below.
  - e. Legal inversion releases are listed under Inversions Rule D.
13. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
  - a. The top person must have both hands in continuous hand-to-hand contact with a post or with both bases' hands or,
  - b. When transitioning into a split without continuous hand-to-hand contact, the following conditions are met:
    - i. There are a total of 3 bases that support the top person.
    - ii. At least 2 of the bases support under the legs of the top person. The 3rd base may support the top person under the legs or in contact with the hands of the top person.
    - iii. The top person must have both hands in contact with the bases during the split portion of the transition.
14. Double Based Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
15. Single-based stunts in which the top person is parallel to the performance surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person (e.g., Bird, Side T. Single-Based Flatback, etc.)
16. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
  - a. The top person maintains contact with at least 1 original base or spotter.
  - b. At least 2 catchers and/or based catch the upper body of the top person.
  - c. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.
  - d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least 3 catchers are required.
17. A single base may not be the only primary support for 2 extended top persons.

EXCEPTION: Double Cupies/Awesomes are allowed. (If dismounted to cradles, there must be 3 people for each top person being cradled.)

18. Dismounts to the performance surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g., toe touch, twist, etc.), there must be an additional spotter who may, but is not required to provide assistance.
19. A swinging stunt is legal provided all of the following conditions are met:
  - a. A downward movement is only allowed from below shoulder height.
  - b. The top person is face up.
  - c. The top person begins from the performance surface or in a stunt that is below shoulder height.
20. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
21. Single-based split catches are prohibited.
22. Tension drops are prohibited.

### **INVERSIONS**

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

1. Unless allowed under the rules of this section, a top person must not be in an inverted position.  
Example: Basket toss flips are not allowed under this section, and therefore are prohibited.
2. An inverted top person may pass through an extended position, but must not begin, end, pause or stop in a static extended inverted position.
3. Braced inversion in a pyramid that do not flip or roll are allowed under the following conditions:
  - a. The inverted top person must have 2 bases or a base and a spotter.
  - b. In the case when a top person is released from the base(s), all of the rules for Pyramids #7 (Release Pyramid Transition Rules) are also met.
4. Braces rolls in a pyramid are allowed under the following conditions:
  - a. The bracer(s) must have 2 bases or a base and a spotter.  
Exception: Shoulder sits and thigh stands
5. Braces flips in a pyramid are allowed under the following conditions:
  - a. Both of the top persons' hands/arms are in continuous contact with a bracer or bracers. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and of the bracer.
  - b. Each bracer must be in a double base prep with a spotter.
  - c. The top person must be to the side of or in front of the bracer(s).
  - d. There must be 3 people involved in the toss and the catch of the top person either as a base or as a spotter. Any new catchers/spotters must be in place when the flip is initiated, remaining close to the original bases and may not be part of any other skill.
  - e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and as long as the top person is no longer in an inverted body position.
  - f. The person ends in a non-inverted body position.
  - g. The top person does not perform more than 1 and  $\frac{1}{4}$  flipping rotations and no more than a  $\frac{1}{2}$  twist.
6. In all other inversions:
  - a. Inversions may be released to the following provided there is a spotter:
    - i. Non-inverted dismounts with no more than a  $\frac{1}{2}$  twist.
    - ii. Loading positions below prep level with no more than a  $\frac{1}{2}$  twist.
    - iii. Non-inverted stunts at any level with no twists.
  - b. Inversions where the base of support begins and remains below prep level, at minimum, 1 person must maintain contact with the top person until the top person is no longer inverted or her/his hands are on the performance surface.
  - c. Inversions where the base of support begins at or passes through prep level, the following conditions must be met:
    - i. At minimum, 2 people must be positioned on the performance surface to protect the head/neck of the top person.



- ii. Contact must be maintained between, at minimum, 1 base and the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or her/his hands are on the performance surface. The contact shall be sufficient to stabilize/control the top person's position.

Exception: A fold-over that begins at or below prep level and doesn't stop in an extended position is allowed without continuous upper body contact under the following conditions:

- If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
- The top person must not go directly to an inverted position on the performance surface from prep level or higher.

- d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
7. An inverted top person must not hold objects (e.g. poms, signs, etc.) in his/her hands.  
EXCEPTION: A top person can hold objects during a transition from an inverted position on the performance surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.
8. A Swing Roll Down stunt is not permitted.

## **PYRAMIDS**

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

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.
3. In pyramids where 1 extended stunt braces another extended stunt, the connection must be hand/arm to leg/foot.
4. An athlete must not move over or be under a partner stunt or pyramid except when assisting to build, stabilize or dismount that partner stunt or pyramid.
5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
7. In a Released Pyramid Transition, the following rules apply:
  - a. The skills before and after the release must be legal, including the required spotters.
  - b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
  - c. The bracer(s) are at prep level or below. The bracer(s) must have 2 bases and spotter.  
Exception: Shoulder sits, and thigh stands
  - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (e.g., shoulders of the bracer).
  - e. The released top person and bases make no more than a  $\frac{1}{4}$  turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that there is a pause during the transition.
  - f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.
  - g. The top person does not land in an inverted position.

## **TOSSES**

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

1. All tosses in this section are prohibited for Elementary/Primary School, Middle/Junior School, and Junior High School, as well as all Rec Club Divisions.
2. In all tosses:
  - a. No more than 4 tossers are allowed.

- b. The top person must be caught in a cradle.
- c. The cradle must include at least 3 of the original tossers.
- d. 1 of the catchers must be at the head and shoulders of the top person.
- e. The toss may not be directed so that the bases must travel to catch the top person (The bases can turn/rotate under the toss.)
- f. The top person must not land in an inverted position.
- g. The top person may not hold any objects (poms, signs, etc.) during the toss.
- h. The top person cannot travel over or under another person or through a prop.
- i. The total number of twists cannot be greater than 1¼ rotations.  
EXCEPTION: Switch Ups to the same stunt group are allowed.

### **TUMBLING AND JUMPS**

- 1. Dive rolls are prohibited.
- 2. Flips greater than 1 rotation are prohibited.
- 3. Twists greater than 1 rotation are prohibited.
- 4. A forward ¾ flip to the seat or knees is prohibited.
- 5. Tumbling over, onto, or under a stunt, person or prop is prohibited. Rebounding over a stunt, person or prop is also prohibited.  
EXCEPTIONS:
  - a. Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed)
  - b. Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are prohibited)
- 6. A flip that lands in a partner stunt or cradle is prohibited.  
Example: A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
- 7. Landings for all jumps must bear weight on at least 1 foot.  
Example: A toe touch jump to the seat, knees, or lands with both feet back, or to a push-up position is prohibited.
- 8. Knee drops are prohibited without first bearing weight on the hands.
- 9. Drops to a prone position (e.g., pushup) on the performance surface are prohibited.
- 10. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulder, and hands. (This rule only refers to a type of entrance into the “kip-up/rubber band” skill.)

### **XIX. SPECIFIC SURFACE RESTRICTIONS**

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

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

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

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

## XX. ADAPTIVE ABILITIES QUALIFICATION GUIDELINES

For the purpose to assist and encourage the development of Adaptive Abilities opportunities for disabled and nondisabled athletes (e.g. “Adaptive Abilities Unified” divisions), enclosed (as a guideline only) please find a the IPC’s brief description of the 10 eligible\* impairment types (below) also shown on the IPC website: <https://www.paralympic.org/classification>; found under section 2 chapter 3.13 of the IPC Handbook.

*\*Note 1: Due to the newness of the Adaptive Abilities Division development at the grass-roots level, WSCC references the IPC’s excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As development continues, stricter adherence to these policies will be distinctly addressed for specific future competitions.*

*\*\*Note 2: Based on the uniqueness of Cheerleading competition, WSCC additionally includes Hearing Impairment (#11) as a guideline only compliant with the ICDS. The WSCC is committed to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for development purposes.*

### **IPC’s brief description of the 10 eligible\* impairment types (as a guideline):**

*Impairment: Explanation*

1. **Impaired muscle power:** Reduced force Generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. **Impaired passive range of movement:** Range of movement in one or more joints is reduced permanently, for example due to arthrogyrosis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. **Limb deficiency:** Total or partial absence of bones or joints as a consequence of trauma (e.g., car accident), illness (e.g., bone cancer) or congenital limb deficiency (e.g., dysmelia).
4. **Leg length difference:** Bone shortening in one leg due to congenital deficiency or trauma.
5. **Short stature:** Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. **Hypertonia:** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. **Ataxia:** Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. **Athetosis:** Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. **Visual impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. **Intellectual Impairment:** A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
- 11\*\*. **Hearing Impairment:** Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55decibels in an athlete’s “better ear”- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

## XXI. COVID-19 WSCC COMPETITION RULES

While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention (“CDC”), national, state, and local guidance, please be assured that WSCC is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge to abide by the COVID-19 WSCC Competition Rules.

## XXII. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS PARTICIPATION

- A. All World School Cheerleading Championships divisions are open to the National High School Cheerleading Championship teams eligible by schedule to participate; as well as to all non-USA school teams who are eligible by the WSCC rules of their respective divisions.
- B. It is understood that teams participating in the World School Cheerleading Championships (WSCC) will not knowingly and willingly participate in any other event promoted as a “World School Cheerleading

Championships". This includes all prizes and awards labeled as World School Cheerleading Champion or International School Cheerleading Champion. (Exception: Approved multi-sport international events congruent with the World School Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2025 World School Cheerleading Cup Championships and will forfeit the opportunity to participate in the tournament the following year.

### **XXIII. TOURNAMENT FACILITY**

- A. The competition is scheduled to be held at *ESPN Wide World of Sports®* Complex.
- B. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championships.

### **XXIV. WORLD SCHOOL CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)**

- A. **Friday** (evening) will host the United States National High School Cheerleading Championships Game Day Competition.
- B. **Saturday** (all day) will host the United States National High School Cheerleading Championships, and non-USA WSCC teams will conduct their routine performances (optional to the teams) in front of live audiences of the United States National Championships.
- C. **Sunday** (all day) will host the World School Cheerleading Championships (WSCC) comprising of United States teams (divisions mentioned previously) and non-USA teams. Awards for Nations rankings and individual team results will be presented. (**Saturday & Sunday** also hosts several divisional finals of the US National Championships.)

### **XXV. AWARDS AND PRIZES**

All teams in the final round of competition will receive a trophy. Teams who rank first (1<sup>st</sup>), second (2<sup>nd</sup>), or third (3<sup>rd</sup>) place will additionally receive a gold, silver, or bronze medallion. Teams placing first will receive a championship banner and jacket for each participant who performed on the floor plus two (2) coaches. Based on availability, rostered alternates may request additional jackets after the completion of our final awards sessions on Sunday evening.

### **XXVI. 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 WSCC as well as the hosting organizer, NHSCC, 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.

### **XXVII. LOGO USAGE**

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

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

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

### **XXIX. WSCC POLICIES**

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

- A. WSCC follows ICU's Privacy Policies: <http://cheerunion.org/contact/privacypolicy/>  
B. WSCC follows ICU Safeguarding Policies (and additional information):  
<https://olympics.com/athlete365/safe-sport/>, [https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/Safegaurding/docs/ICU\\_Guidelines-for-Athlete-Safety-and-Welfare.pdf](https://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/Safegaurding/docs/ICU_Guidelines-for-Athlete-Safety-and-Welfare.pdf)

### **XXX. RULES AND REGULATIONS AGREEMENT**

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

**For any clarification or interpretation of the above safety guidelines, please email  
[cheer.rules@cheerunion.org](mailto:cheer.rules@cheerunion.org)**

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

\_\_\_\_\_  
(School/Team Name)

\_\_\_\_\_  
(Division- Junior High, Small Varsity, etc.)

\_\_\_\_\_  
(City/State-Province/Country)

\_\_\_\_\_  
(Advisor/Coach/Director's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Administrator's Signature)