

# **INTERNATIONAL CHEER UNION (ICU)**



## **SPORT OF CHEER RULES & GUIDELINES -CHEERLEADING- -PERFORMANCE CHEER- 2026**

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(For any questions, please e-mail: [cheer.rules@cheerunion.org](mailto:cheer.rules@cheerunion.org))

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## ICU PERFORMANCE CHEER RULES & GUIDELINES

(For any questions, please e-mail: [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org))

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# ICU CHEERLEADING RULES & GUIDELINES

## I. GENERAL SAFETY RULES

- A. All athletes must be supervised during all official functions by a qualified director/coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All teams, coaches and directors must have an emergency response plan in the event of an injury.
- D. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
- E. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
- F. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
- G. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. *Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.*
- H. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
- I. Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed. Exception 1: Adaptive Abilities, Special Olympics & Special Abilities athlete mobility/support devices.
- J. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. Exception: Adaptive Abilities, Special Olympics & Special Abilities athlete mobility/support devices. *Clarification: As is common with Cheerleaders at sporting events; for divisions that allow the standing single back tuck flip skill, an athlete, 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.*
- K. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
- L. Supports, braces and soft casts that are unaltered from the manufacturer's original design/ production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch/1.27 centimeters thick if the participant is involved in tumbling, stunts, pyramids, or tosses. An athlete wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in tumbling, stunts, pyramids or tosses.  
Exception: Within the ICU Adaptive Abilities Divisions, Special Olympics & Special Abilities Divisions, mobile assistance, and support devices in use to assist the athlete are considered part of the athlete.
- M. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.
- N. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
- O. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted positions are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.  
*Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.*
- P. Athletes must have at least one foot, hand, or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
- Q. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
- R. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

- S. For purposes of promotion of international sport and the global athletic image of the Sport of Cheer, athletes must compete in national team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position.

## **II. SAFETY RULES – BY LEVEL**

*Note: The enclosed divisions are listed in order of progression of skills (easier to more difficult, lowest to highest skills). Coaches must require proficiency before skill progression to the next level and must consider the athlete, group, and team skill levels with regard to proper performance level placement. Regardless of the Division (by level), all General Safety Rules apply, as well as the Special Abilities/Special Olympics, Adaptive Abilities Division rules apply to their respective divisions.*

### **ICU INTRODUCTORY DIVISION RULES**

*Note: This level is L0, the Non-tumbling/Non-building Division level. A great starting level for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

#### **INTRODUCTORY DIVISION – GENERAL TUMBLING**

- A. General tumbling is not allowed.
- B. Jumps are not considered a tumbling skill from a legalities point of view; therefore, jumps are allowed.

#### **INTRODUCTORY DIVISION – STANDING/RUNNING TUMBLING**

- Standing/running tumbling is not allowed.

#### **INTRODUCTORY DIVISION – STUNTS**

- Stunts are not allowed.

#### **INTRODUCTORY DIVISION – PYRAMIDS**

- Pyramids are not allowed.

#### **INTRODUCTORY DIVISION – DISMOUNTS**

- Dismounts are not allowed.

#### **INTRODUCTORY DIVISION – DISMOUNTS**

- Tosses are not allowed.

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### **ICU BEGINNER DIVISION RULES**

*Note: This level is L 0.5, next level above the Introductory Level. The next progression level available for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

#### **BEGINNER DIVISION – GENERAL TUMBLING**

- A. All tumbling must originate from and land on the performing surface.  
*Clarification: A tumbler may rebound from his/her feet into a stunt transition.*
- B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.  
*Clarification: An individual may jump over (rebound) another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. 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.

#### **BEGINNER DIVISION – STANDING/RUNNING TUMBLING**

- A. Skills must involve constant physical contact with the performance surface.  
Exception: Block cartwheels and round offs are allowed.
- B. Forward and backward rolls are allowed.

- C. Cartwheels, round offs, and handstands are allowed.
- D. Front and back walkovers are not allowed.
- E. 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.
- F. Front and back handsprings are not allowed.

## **BEGINNER DIVISION – STUNTS**

### **A. Spotters:**

- 1. A spotter is required for each top person above ground level.  
Example: Thigh stands, ground stunts, knee stunts (e.g. a knee table top) are examples of stunts above ground level.

*Clarification: The spotter may grab the top person's waist for all stunts above ground level.*

### **B. Stunt Levels:**

- 1. Single leg, 2 leg and all stunts are only allowed at waist level if the top person is connected to someone standing on the performance surface (e.g. spotter grabbing the waist of the top person, a hand/arm connection, etc.), which must be a separate person other than the base(s) or spotter.
- 2. Stunts above waist level are not allowed. A stunt may not pass above waist level.

*Clarification 1: Taking the top person above the waist level of the bases is not allowed.*

### **C. Twisting stunts and transitions are not allowed.**

*Clarification 1: Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) is a stunt allowed in the Beginner Division.*

### **D. During transitions, at least one base must remain in contact with the other top person.**

Exception: Leap frogs and leap frog variations are not allowed in the Beginner Division.

### **E. Free flipping or assisted flipping stunts and transitions are not allowed.**

### **F. 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 load in walking under another stunt is not allowed.

Exception: An individual may jump over another individual.

### **G. Single based split catches are not allowed.**

### **H. Single based stunts with multiple top persons are not allowed.**

## **I. BEGINNER DIVISION**

### **Stunts-Release Moves**

- 1. Release moves are not allowed.

*Clarification 1: Helicopters are not allowed.*

*Clarification 2: Log/barrel rolls are not allowed.*

## **J. BEGINNER DIVISION**

### **Stunts-Inversions**

- 1. Inversions are not allowed.

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

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

### **K. 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.*

## **BEGINNER DIVISION – PYRAMIDS**

### **A. Pyramids must follow Beginner Division "Stunts" and "Dismounts" rules.**

### **B. Top persons must receive primary support from a base.**

*Clarification: Anytime a top person is released by the base(s) during a pyramid transition, the top person must dismount to the performance surface, may not cradle and must follow the Beginner Division "Dismount" rules.*

### **C. 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 load in walking under another stunt is not allowed.*

### **BEGINNER DIVISION – DISMOUNTS**

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

A. Only straight pop downs are allowed.

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

*Clarification 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below to the performance surface require assistance in the Beginner Division.*

*Clarification 3: An individual may not land on the performance surface from waist level without assistance.*

B. Waist level cradles are not allowed.

C. Twisting dismounts (including a ¼ turn/rotation) are not allowed.

D. 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.

E. No dismounts are allowed from skills above waist level in pyramids.

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

F. No free flipping or assisted flipping dismounts are allowed.

G. Dismounts may not intentionally travel.

H. Top persons in dismounts may not come in contact with each other while released from the bases.

I. Tension drops/rolls of any kind are not allowed.

### **BEGINNER DIVISION – TOSSES**

A. 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.*

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## **ICU NOVICE DIVISION RULES**

*Note: This level is equivalent to L1, next level above the Beginner Level. The next progression level available for qualified Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for qualified Tiny Division Ages through Senior/Master Division Ages.*

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

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

*Clarification: A tumbler may rebound from his/her feet into a transition.*

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

B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.

*Clarification: An individual may jump over (rebound) another individual.*

C. Tumbling while holding or in contact with any prop is not allowed, unless the "prop" is mobility device for the Special Olympics or Special Abilities athlete.

D. Dive rolls are not allowed.

E. 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**

A. Skills must involve constant physical contact with the performance surface.

*Exception: Block cartwheels and round offs are allowed*

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. 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.

E. Front and back handsprings are not allowed.

## NOVICE DIVISION - STUNTS

### A. Spotters:

1. 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 v-sit 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.

2. 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.*

### B. Stunt Levels:

1. 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.

2. 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.*

- C. 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.

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

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

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

- F. 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.

- G. Single based split catches are not allowed.

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

### I. NOVICE DIVISION

#### Stunts-Release Moves

1. No release moves are allowed other than those allowed in Novice Division "Dismounts" and "Tosses".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.

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

4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is not allowed.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

#### **J. NOVICE DIVISION**

##### **Stunts-Inversions**

1. 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.*

- K. 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**

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

1. 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).

- B. 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.*

- C. Two leg stunts:

1. 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:

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

- b. 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.*

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

- D. Single leg stunts:

1. 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:

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

- b. 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.*

2. Extended single leg stunts are not allowed.

- E. 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.*

- A. 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.

- B. 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 the Novice Division.*

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

- C. 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.*

- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
- F. 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.
- G. No dismounts are allowed from skills above a prep level in pyramids.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

### **NOVICE DIVISION – TOSSES**

- A. 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.*

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## **ICU INTERMEDIATE DIVISION RULES**

*Note: This level is equivalent to L2, next level above the Novice Level. The next progression level available for qualified Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for qualified Mini Division ages through Senior/Master Division Ages.*

### **INTERMEDIATE DIVISION – GENERAL TUMBLING**

- A. All tumbling must originate from and land on the performing 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.

- B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.

*Clarification: An individual may jump over (rebound) another individual.*

- C. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility device for the Special Olympics or Special Abilities athlete.

- D. 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.

- E. 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.

- F. There is no twisting or turning allowed after a back handspring step out. The feet must come together after the skill is completed prior to twisting or turning.

Example: A back handspring step out immediately moving into a ½ turn is not allowed.

### **INTERMEDIATE DIVISION - STANDING TUMBLING**

- A. Flips and aials are not allowed.

- B. Series front and back handsprings are not allowed.

*Clarification: A back walkover into a back handspring is allowed.*

- C. Jump skills in immediate combination with handspring(s) is not allowed.

Example: Toe touch handsprings and handspring toe touches are not allowed.

- D. No twisting while airborne.

Exception: Round offs are allowed.

## **INTERMEDIATE DIVISION - RUNNING TUMBLING**

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. No twisting while airborne.  
Exception: Round offs are allowed.

## **INTERMEDIATE DIVISION - STUNTS**

- A. Spotters:
  - 1. A spotter is required for each top person above prep level.
  - 2. 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.*
- B. Stunt Levels:
  - 1. Single leg stunts above prep level are not allowed. A single leg stunt may not pass above prep level.  
*Clarification 1: Taking the top person in a single leg stunt above the head of the bases is not allowed.*  
*Clarification 2: If the primary bases squat down, place their knees in the ground 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.*
  - 2. Note: Single based or assisted single based EXTENDED stunts are not allowed in the Intermediate Special Abilities or Intermediate Special Olympics Unified Divisions (also not allowed in the Intermediate Primary or any of the younger Intermediate Divisions).
- C. Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person in relation to the performing surface.  
*Clarification 1: 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 ½ 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: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and is assisted by a base.  
*Clarification 2: A log/barrel roll may not include any other skills (e.g., kick full twists, etc.) other than the twist.*  
*Clarification 3: A log/barrel roll may not be assisted by another top person.*
- D. During transitions, at least one base must remain in contact with the other top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. 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.
- G. Single based split catches are not allowed.
- H. Single based stunts with multiple top persons are not allowed.
- I. **INTERMEDIATE DIVISION**  
**Stunts - Release Moves**
  - 1. No release moves are allowed other than those allowed in Special Olympics & Special Abilities Intermediate Division "Dismounts" & "Tosses" are not allowed in the Special Olympics & Special Abilities Divisions.
  - 2. Release moves may not land in a prone or inverted position.
  - 3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*  
Exception: See Dismount "C".
  - 4. Releasing from inverted to non-inverted body positions is not allowed.
  - 5. Helicopters are not allowed.
  - 6. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

*Clarification 1: Single base log/barrel rolls must have two (2) catchers. Multi-base log/barrel rolls must have three (3) catchers.*

*Clarification 2: A log/barrel roll may not be assisted by another top person.*

*Clarification 3: A log/barrel roll must return to the original bases and may not include any skill other than the twist.*

*Example: No kick full twists.*

7. Release moves may not intentionally travel.

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

## **J. INTERMEDIATE DIVISION**

### **Stunts-Inversions**

1. Transitions from ground level inversions to non-inverted positions are allowed. No other inversions are allowed.

*Clarification: All inverted athletes (the top person) must maintain contact with the performance surface unless being lifted directly to a non-inverted position.*

*Example 1: Allowed: Transition from a handstand on the ground to a non-inverted stunt (e.g., a shoulder sit).*

*Example 2: Not Allowed: Transition from a cradle to a handstand or a transition from a prone position to a forward roll.*

K. 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.*

## **INTERMEDIATE DIVISION – PYRAMIDS**

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

1. Note: Single based or assisted single based EXTENDED stunts are not allowed in the Intermediate Special Abilities or Intermediate Special Olympics Unified Divisions (also not allowed in the Intermediate Primary or any of the younger Intermediate Divisions).

B. 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 Intermediate Division "Dismount" rules.*

C. Extended stunts may not connect to or be braced by any other extended stunts.

D. 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.*

E. Extended single-leg stunts:

1. Must be braced by at least one (1) top person at prep level or below with hand-arm connection only. The hand-arm connection of the top person must be, and must remain, connected to the hand-arm of the bracer.

2. The connection must be made prior to initiating the extended single leg stunt.

3. Prep level top persons bracers must have both feet in the bases' hands.

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

## **INTERMEDIATE DIVISION – DISMOUNTS**

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

A. 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.

B. 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.

C. 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 pop downs or small pop 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.*

- D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
- E. Twisting dismounts exceeding ¼ turn/rotation are not allowed. All other positions/additional skills are not allowed.  
Example: Toe touch, pike, tuck, etc. positions / additional skills are not allowed in the dismount.
- F. 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.
- G. Cradles from extended single-leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

### **INTERMEDIATE DIVISION – TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.
- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. The only body position allowed is the straight ride. (No exaggerated arch)
- G. Arm variations such as a salute etc. are allowed if the legs and body are in the straight ride position.
- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.

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## **ICU MEDIAN DIVISION RULES**

*Note: This level is equivalent to L3, next level above the Intermediate Level. The next progression level available for qualified Adaptive Abilities Teams, as well as for qualified Primary Division Ages through Senior/Master Division Ages.*

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

- A. 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.
- B. 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.*
- C. 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.*
- D. 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.
- E. 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**

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

### **MEDIAN DIVISION - RUNNING TUMBLING**

- A. Flips must follow the enclosed conditions:
  - 1. 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.
  - 2. 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.
  - 3. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
  - 4. 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.*
- B. 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.*
- C. No twisting is allowed while airborne.  
Exception: Round offs are allowed.  
Exception: Aerial cartwheels are allowed.

### **MEDIAN DIVISION – STUNTS**

- A. A spotter is required for each top person above prep level.
- B. Single leg extended stunts are allowed.
- C. 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.*
- D. 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.
- E. Twisting transitions to and from an extended position may not exceed a  $\frac{1}{2}$  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  $\frac{1}{2}$  rotation.*
- F. During stunts and transitions, at least 1 base must remain in contact with the top person.  
Exception: See “Release Moves”.
- G. Free flipping stunts and transitions are not allowed.
- H. 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.

I. Single based split catches are not allowed.

J. Single based stunts with multiple top persons require a separate spotter for each top person.

K. Extended single leg top persons may not connect to any other extended top person.

**L. MEDIAN DIVISION Stunts-Release Moves**

1. 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.*

2. Release moves may not land in an inverted position. Releasing from an inverted to non-inverted position is not allowed.

3. Release moves must start at waist level or below and must be caught at prep level or below.

4. 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.

5. 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.*

6. 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 "C".

Exception 2: Dismounting single based stunts with multiple top persons.

7. Helicopters are not allowed.

8. Release moves may not intentionally travel.

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

10. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

**M. MEDIAN DIVISION Stunts-Inversions**

1. 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).

2. 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 #1 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.

3. 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.*

4. Downward inversions may not come into contact with each other.

N. 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**

- A. Pyramids must follow Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.  
Exception: See Median "Pyramid Release Moves"
- C. Extended single leg (1 leg) stunts may not brace or be braced by any other extended stunts.
- D. 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.
- E. 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.
- F. **MEDIAN DIVISION PYRAMIDS - Release Moves**
  - 1. Any skill allowed as a Median Division Release Move is also allowed if it remains connected to a base and 2 bracers.
  - 2. 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.
  - 3. 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.*
  - 4. 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/arm 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.*
  - 5. Primary weight may not be borne at the 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*
  - 6. These release transitions may not involve changes bases.
  - 7. These transitions must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
    - a. Both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
  - 8. Release moves may not be braced/connected to the top person(s) above prep level.
- G. **MEDIAN DIVISION Pyramids-Inversions**
  - 1. Must follow Median Division "Stunt Inversions" rules.
  - 2. 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.

#### H. **MEDIAN DIVISION Pyramids-Release Moves w/ braced inversions**

1. 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.*

- A. 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.
- B. 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.
- C. 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.*
- D. Only straight pop downs, basic straight cradles, and  $\frac{1}{4}$  turns are allowed from any single (1 leg) stunt.
- E. Up to a 1  $\frac{1}{4}$  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.*
- F. 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.
- G. Up to 1 trick is allowed during a dismount from any 2-leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e., twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Dismounts may not intentionally travel.
- K. Top persons in dismounts may not come in contact with each other while released from the bases.
- L. Tension drops/rolls of any kind are not allowed.
- M. 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.
- N. Dismounts from an inverted position are not allowed.

#### **MEDIAN DIVISION - TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.
- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.  
Example 1: Legal: Toe-touch, ball out, pretty girl  
Example 2: Illegal: Switch kick, pretty girl-kick, double toe-touch  
*Clarification: The 'arch' does not count as a trick.*  
Exception: A Ball X toss is allowed at this level as an "EXCEPTION".
- G. During a twisting toss, no skill other than the twist is allowed.



Example: No kick fulls, No ½ twist toe touches.

- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.

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## ICU ADVANCED DIVISION RULES

*Note: This is equivalent to L4, next level above the Median Level. The next progression level available for qualified Adaptive Abilities Teams, as well as for qualified Primary Division ages through Senior/Master Division Ages.*

### ADVANCED DIVISION - GENERAL TUMBLING

- A. 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.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.  
Exception: As is common with Cheerleaders at sporting events, an athlete, 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.
- D. 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.
- E. 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 Advanced performs a roundoff - toe touch - back handspring - whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced Standing Tumbling regulations.

### ADVANCED DIVISION - STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.  
Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed.  
Example: Back tuck – back tuck, back tuck – punch front is not allowed.
- D. Jump skills are not allowed in immediate combination with a standing flip.  
Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.  
*Clarification 1: Jumps connected to ¾ front flips are not allowed.*  
*Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

### ADVANCED DIVISION - RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.  
Exception: Aerial cartwheels and Onodis are allowed.

### ADVANCED DIVISION – STUNTS

- A. A spotter is required for each top above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions to prep level are allowed up to 1 ½ twisting rotations 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 1½ rotations. 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.*

D. Twisting stunts and transitions to an extended position are allowed under the following conditions:

1. Extended skills up to a ½ twist are allowed.

Example: A ½ up to extended single leg stunt is allowed.

*Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e., a 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.*

2. Extended skills exceeding a ½ twist but not exceeding 1 twist must land in a 2-leg stunt, platform position or a liberty (body position variations are not allowed).

Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

*Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.*

*Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e., a 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.*

E. During transitions, at least 1 base must remain in contact with the top person.

Exception: See "Release Moves".

F. Free flipping mounts and transitions are not allowed.

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

*Clarification: 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.*

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

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt, or a stunt may move over an individual.

H. Single based split catches are not allowed.

I. Single based stunts with multiple top persons require a separate spotter for each top person.

J. Extended single leg top persons may not connect to any other extended single leg top person.

K. **ADVANCED DIVISION Stunts-Release Moves**

1. 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 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.*

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.

3. 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.

4. Release moves must return to original bases.

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

Exception 1: See Advanced Division Dismount "C".

Exception 2: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180-degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
10. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting single based stunts with multiple top persons.

**L. ADVANCED DIVISION Stunts-Inversions**

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.  
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.  
*Clarification 1: The stunt may not pass above prep level and then become inverted at 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: Downward inversions originating from below prep level do not require three (3) bases.*  
Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.  
*Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.*
3. Downward inversions must maintain contact with an original base.  
Exception: Side rotating downward inversions.  
Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
4. Downward inversions may not come into contact with each other.

- M. 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.*

**ADVANCED DIVISION – PYRAMIDS**

- A. Pyramids must follow Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.  
Exception: Twisting mounts and transitions to extended skills are allowed up to 1 ½ twists if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.
- B. Top persons must receive primary support from a base.  
Exception: See "Advanced Pyramid Release Moves"
- C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.  
*Clarification: A top person may not invert 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 1: An individual may jump over another individual.  
Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- E. Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).  
Example: An extended Pancake would be required to remain connected to 2 bracers.

**F. ADVANCED DIVISION PYRAMIDS - Release Moves**

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.  
*Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

Exception: While a tick-tock from prep level or higher to an extended position (e.g., low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tick-tock must be braced the entire time during the release from the bases.

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

*Clarification 3: Twisting stunts and transitions are allowed up to 1 ½ twists if connected to at least 1 bracer at prep level or below.*

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.

3. Primary weight may not be borne at the 2<sup>nd</sup> level.

*Clarification: The transition must be continuous.*

4. Non-inverted transitional pyramids may involve changing bases under the following conditions:

- a. The top person must maintain physical contact with a person at prep level or below.

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

- b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).

5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:

- a. Both catchers must be stationary.

- b. Both catchers must maintain visual contact with the top person throughout the entire transition.

6. Release moves may not be braced / connected to the top persons above prep level.

#### **G. ADVANCED DIVISION PYRAMIDS – Inversions**

1. Must follow Advanced Division Stunt Inversions rules.

#### **H. ADVANCED DIVISION PYRAMIDS - Release Moves w/braced inversions**

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

*Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

*Clarification 2: Braced flips must be braced on 2 separate sides (i.e., right side - left side, left side- back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right, or left) of their body.*

2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and 0 twisting rotations.

3. Braced inversions (including braced flips) may not involve changing bases.

4. Braced inversions (including braced flips) must be in continuous movement.

5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.

Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.

- a. All required catchers/spotters must be stationary.

- b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.

- c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

6. Braced inversions (including braced flips) may not travel downward while inverted.

7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.

8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

## ADVANCED DIVISION – DISMOUNTS

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

- A. 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.
- B. 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.
- C. 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 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.*
- D. Up to a 2 ¼ twisting rotations are allowed from all 2-leg stunts.  
*Clarification: Twisting from a platform position may not exceed 1 ¼ rotations. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.*
- E. Up to a 1 ¼ twisting rotations are allowed from all single leg (1 leg) stunts.  
*Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.*
- F. 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 prop.
- G. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.
- L. 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.
- M. Dismounts from an inverted position may not twist.

## ADVANCED DIVISION - TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.  
Exception: A ½ turn is allowed by bases as in a kick full basket.
- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 2 tricks are allowed during a toss.  
Example: Kick full, full up toe touch.
- G. During a toss that exceeds 1 ½ twisting rotations, no skill other than the twist is allowed.  
Example: No kick double tosses.
- H. Tosses may not exceed 2 ¼ twisting rotations.
- I. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- J. Only a single top person is allowed during a toss.

## ICU ELITE DIVISION RULES

*Note: This is equivalent to L5/L6, next level above the Advanced Level. The next progression level available for qualified Youth/Junior Division ages through Senior/Master Division Ages.*

### ELITE DIVISION - GENERAL TUMBLING

- A. 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.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.  
Exception: As is common with Cheerleaders at sporting events, an athlete, 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.
- D. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.
- E. 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.

### ELITE DIVISION - STANDING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

### ELITE DIVISION - RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotation.

### ELITE DIVISION - STUNTS

- A. A spotter is required for each top above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. 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.*
- D. Free flipping stunts and transitions are not allowed.
- E. Single based split catches are not allowed.
- F. Single based stunts with multiple top persons require a separate spotter for each top person.
- G. **ELITE DIVISION Stunts-Release Moves**
  - 1. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.  
*Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss and must follow the appropriate "Toss" 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 plus an additional 18 inches/46 centimeters, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves from inverted to non-inverted positions may not twist.  
Exception: Front handspring up to an extended stunt may include up to a ½ twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.
4. Release moves must return to original bases.  
*Clarification: An individual may not land on the performance surface without assistance.*  
Exception 1: See Elite Division Dismount "C".  
Exception 2: Dismounting single based stunts with multiple top persons.
5. Helicopters are allowed up to a 180-degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
8. Top persons in separate release moves may not come in contact with each other.  
Exception: Dismounting single based stunts with multiple top persons.

#### H. **ELITE DIVISION Stunts-Inversions**

1. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.  
*Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*  
*Clarification 2: Downward inversion originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)*  
Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.
3. Downward inversions must maintain contact with an original base.  
Exception: The original base may lose contact with the top person when it becomes necessary to do so.  
Example: Cartwheel-style transition dismounts.
4. Downward inversions from above prep level:
  - a. May not stop in an inverted position.  
Example: A cartwheel roll off would be legal because the top person is landing on their feet.  
Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.
  - b. May not land on or touch the ground while inverted.  
*Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.*
5. Downward inversions may not come in contact with each other.

- I. 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.*

#### **ELITE DIVISION - PYRAMIDS**

- A. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.  
Exception: See Elite Division "Pyramids Release Moves".
- C. **ELITE DIVISION Pyramids- Release Moves**
  1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

2. Primary weight may not be borne at the 2<sup>nd</sup> level.  
*Clarification: The transition must be continuous.*
3. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases. When changing bases:
  - a. The top person must maintain physical contact with a person at prep level or below.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
  - b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
5. Release moves may not be braced / connected to the top persons above prep level.

#### **D. ELITE DIVISION Pyramids-Inversions**

1. Must follow Elite Division "Stunt Inversions" rules.

#### **E. ELITE DIVISION Pyramids-Release moves w/ braced inversions**

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout entire transition.  
*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
2. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations and ½ twisting rotations.
3. Braced inversions (including braced flips) that exceed ½ twisting rotations are only allowed up to a ¾ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e., cradle, flat back, prone) and doesn't exceed 1 twisting rotation.  
*Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e., basket toss or sponge) performing a full twist and a backward ¾ rotation to a prone position while in contact with 1 bracer.*
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.  
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
  - a. The 3 catchers/spotters must be stationary.
  - b. The 3 catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. All braced inversions (including braced flips) that twist (including ¼ twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.
  - a. The catchers must be stationary.
  - b. The catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
8. Braced inversions (including braced flips) may not travel downward while inverted.
9. Braced flips may not come in contact with other stunt/pyramid release moves.
10. Braced inversions (including braced flips) may not be braced/connected to top person(s) above prep level.

#### **ELITE DIVISION - DISMOUNTS**

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

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



- c. 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 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.*
- D. Up to a 2 ¼ twisting rotations are allowed from all stunts.
- E. 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 prop.
- F. No free flipping dismounts allowed.
- G. Dismounts may not intentionally travel.
- H. Top persons in dismounts may not come in contact with each other while released from the bases.
- I. Tension drops/rolls of any kind are not allowed.
- J. 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.
- K. Dismounts from an inverted position may not twist.

### **ELITE DIVISION - TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.  
Exception: A ½ turn is allowed by bases as in a kick full basket.
- C. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
- D. Flipping, inverted, or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to 2 ½ twisting rotations allowed.
- G. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.
- H. Only a single top person is allowed during a basket toss.

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## **ICU PREMIER DIVISION RULES**

*Note: This is equivalent to L7, the next level above the Elite Level. The next progression level available for qualified Senior/Masters Division Ages.*

### **PREMIER DIVISION - GENERAL TUMBLING**

- A. All tumbling must originate from and land on the performing surface.  
Exception 1: A tumbler may rebound from his/her feet into a stunt transition. If the rebound from the tumbling pass involves hip-overhead rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-overhead transition or stunt.  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.  
Exception: As is common with Cheerleaders at sporting events, an athlete, 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.
- D. Dive rolls are allowed:  
Exception: Dive rolls that involve twisting are not allowed.

## **PREMIER DIVISION - STANDING/RUNNING TUMBLING**

A. Skills are allowed up to 1 flipping and 1 twisting rotations.

## **PREMIER DIVISION - STUNTS**

A. A spotter is required:

1. During one- arm (1 arm) stunts above prep level, other than cupies or liberties.  
*Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.*
2. When the load/transition involves:
  - a. A release move with a twist greater than 360 degrees.
  - b. A release move with an inverted position landing at prep level or above.
  - c. A free flip.
3. During stunts in which the top person is in an inverted position above prep level.
4. When the top person is released from above ground level to a one-arm (1 arm) stunt.

B. Stunt levels:

1. Single leg (1 leg) extended stunts are allowed.

C. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. 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.*

D. Rewinds (Free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations.

Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.

*Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed.*

*Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.*

E. Single based split catches are not allowed.

F. Single based stunts with multiple top persons require a separate spotter for each top person.

### **G. PREMIER DIVISION Stunts-Release Moves**

1. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.

*Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss or a dismount and must follow the appropriate "Toss" or "Dismount" rules.*

2. Release moves may not land in an inverted position.

3. Release moves must return to original bases.

Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated.

Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a required spotter in toss single based stunt with multiple top persons.

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

4. Helicopters are allowed up to a 180-degree rotation must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exception in #3 herein.
6. Release moves may not pass over, under or through other stunts, pyramids, or individuals.
7. Top persons in separate release moves may not come in contact with each other.

Exception: Single based stunts with multiple top persons.

### **H. PREMIER DIVISION Stunts -Inversions**

1. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base.

## **PREMIER DIVISION - PYRAMIDS**

- A. Pyramids are allowed up to 2 ½ high.
- B. For 2 ½ high pyramids, there must be at least 2 spotters, one providing additional pyramid support, and both designated for each person who is above 2 persons high and whose primary support does not have at least 1 foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once a pyramid shows adequate stability and just prior to the dismount, this spotter can move back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.  
*Clarification: For all tower pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person and one (1) bracer to assist the thigh stand middle layer.*
- C. Free-flying mounts originating from ground level and above may not originate in a handstand position and are allowed up to 1 flipping (¾ maximum free flip between release and catch) and 1 twisting rotation, or 0 flipping and 2 twisting rotations.  
*Clarification: Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids, or individuals.*
- D. **PREMIER DIVISION Pyramids-Release Moves**
- During a pyramid transition, a top person may pass above 2 ½ high under the following conditions:
    - Anytime a pyramid release moved is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released the top person. (i.e., tower pyramid tick-tocks)
    - Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.
- E. **PREMIER DIVISION Pyramids-Inversions**
- Inverted stunts are allowed up to 2 ½ persons high.
  - Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. **PREMIER DIVISION Pyramids-Release Moves w/Braced Inversions**
- Braced flips are allowed up to up to 1 ¼ flipping and 1 twisting rotation.
  - Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.  
Exception: Braced inversions to 2 ½ high pyramids may be caught by 1 person.
  - All braced inversions (including braced flips) that land in an upright position at prep level or above require at least 1 base and 1 additional spotter under the following conditions:
    - The base/spotter must be stationary.
    - The base/spotter must maintain visual contact with the top person throughout the entire transition.
    - The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw of the top person is considered the initiation of the skill)
- G. Free released moves from 2 ½ high pyramids:
- May not land in a prone or inverted position.
  - Are limited to 0 flipping and 1 twisting rotation.
- H. One arm (1 arm) extended Paper Dolls require a spotter for each top person.

## **PREMIER DIVISION - DISMOUNTS**

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

- A. Single based cradles that exceed 1 ¼ twisting rotations must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performance surface must be assisted by an original base or spotter.  
Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performance surface that do not require assistance.  
*Clarification: An individual may not land on the performance surface from above waist level without assistance.*
- Dismounts to the performance surface are allowed up to 2 ¼ twists.
  - Dismounts to the performance surface exceeding 1 ¼ twists must be assisted by 2 catchers or 1 catcher with a spotter.

Exception: Dismounts to the performance surface from 2 ½ high pyramids are allowed up to 1 ¼ twists and must be assisted by 2 catchers or 1 catcher with a spotter.

- C. Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle.  
Exception: 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).
- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts to a cradle:
1. Are allowed up to 1 ¼ flipping and ½ twisting rotations (Arabians).
  2. Require at least 2 catchers, 1 of which is an original base.
  3. May not intentionally travel.
  4. Must originate from prep level or below. (May not originate from 2 ½ pyramids.)  
Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2 ½ high may not twist.
- F. Free flipping dismounts to the performance surface are only allowed in front flipping rotation:  
*Clarification: Back-flipping dismounts must go to cradle.*
1. Allowed up to 1 front flipping and 0 twisting rotations.
  2. Must return to an original base.
  3. Must have a spotter.
  4. May not intentionally travel.
  5. Must originate from prep level or below. (May not originate from 2 ½ high pyramids.)
- G. Tension drops/rolls of any kind are not allowed.
- H. 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 the dismount.
- I. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least 1 hand/arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids, or individuals.
- K. Dismounts must return to original base(s).  
Exception: Single based stunts with multiple top persons do not need to return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

## **PREMIER DIVISION - TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.  
Exception 1: Fly away tosses that would go over the back person.  
Exception 2: Arabians in which the 3<sup>rd</sup> person would need to start in front to be in position to catch a cradle.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
- D. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills as these are considered body positions.  
Examples: A pike open double full is legal. A tuck X-out double full is illegal because the X-Out is considered a skill.  
Additional examples of Legal and Illegal Toss skills are as follows (For questions email: [cheer.rules@cheerunion.org](mailto:cheer.rules@cheerunion.org)):

### **Legal (Two Skills)**

Tuck flip, X-Out, Full Twist  
Double Full-Twisting Layout  
Kick, Full-Twisting Layout  
Pike, Open, Double Full-Twist  
Arabian Front, Full-Twist

### **Illegal (Three Skills)**

Tuck flip, X-Out, Double Full Twist  
Kick, Double Full-Full Twisting Layout  
Kick, Full-Twisting Layout, Kick  
Pike, Split, Double Full-Twist  
Full-Twisting Layout, Split, Full-Twist

**NOTE: An Arabian Front followed by a 1½ twist is considered to be a legal skill.**

- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Non-flipping tosses may not exceed 3 ½ twists.
- G. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
- H. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from the bases, bracers and / or other top persons.
- I. Only a single top person is allowed during a basket toss.

### III. GLOSSARY OF TERMS

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

### IV. SCORESHEETS

To access the ICU Scoresheets, please reference <https://cheerunion.org/education/scoresheets/>. For any questions or requests for further clarification, please email [cheer.rules@cheerunion.org](mailto:cheer.rules@cheerunion.org)

### V. AGE GRID / ATHLETE AGE ELIGIBILITY RECOMMENDATIONS

ICU recommends that all teams consult the specific event athlete age & eligibility requirements where the respective team may compete, as these criteria can differ for different events. For ICU's recommended Age Grid criteria, please reference <https://cheerunion.org/education/rules-agegrid/>.

### VI. OTHER CRITERIA (PERFORMANCE SURFACE DIMENSIONS, ROUTINE TIME, ETC.)

ICU recommends that all teams consult the specific event criteria (performance surface dimensions, routine time, etc.) where the respective team may compete, as these criteria can differ for different events. For ICU's criteria for ICU events, please reference <https://cheerunion.org/championships/>.

### VII. ADAPTIVE ABILITIES RULES & GUIDELINES

For Athletes with and without Physical, Sensory and/or Intellectual Disabilities:

- A. All General Safety Rules apply
- B. All Adaptive Abilities (AA) Division Rules apply: [https://cheerunion.org/wp-content/uploads/2023/10/ICU\\_Paraheer\\_Rules\\_2017.pdf](https://cheerunion.org/wp-content/uploads/2023/10/ICU_Paraheer_Rules_2017.pdf)
- C. Adaptive Abilities Teams, with AA Rules & General Rules applied, are eligible to compete in the following Progression Levels: Introductory, Beginner, Novice, Intermediate, Median, and Advanced.  
(Please see "SAFETY RULES – BY LEVEL" for a complete listing of rules by level.)
- D. All Adaptive Abilities Teams may also compete in the Game Day, STUNT and Urban Cheer formats.  
(Please see "OTHER COMPETITION FORMATS" for more details.)

### VIII. SPECIAL OLYMPICS / SPECIAL ABILITIES RULES & GUIDELINES

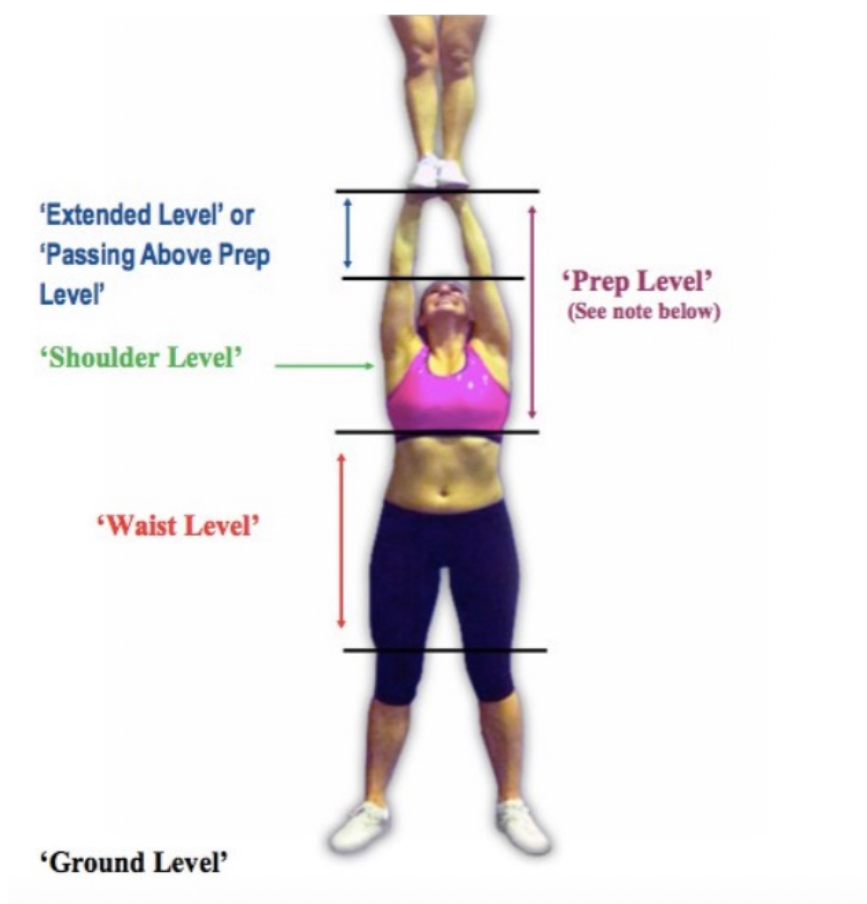
For Athletes with and without an Intellectual Disabilities:

- A. All General Safety Rules apply
- B. All Special Abilities (SA) Division Rules apply: [https://cheerunion.org/wp-content/uploads/2023/10/2020-2022\\_ICU\\_Special-Abilities-Rules-1.pdf](https://cheerunion.org/wp-content/uploads/2023/10/2020-2022_ICU_Special-Abilities-Rules-1.pdf)
- C. Special Abilities Teams, with SA Rules & General Rules applied, are eligible to compete in the following Progression Levels: Introductory, Beginner, Novice, Intermediate.  
(Please see "SAFETY RULES -BY LEVEL" for a complete listing of rules by level.)
- D. All Special Abilities Teams may also compete in the Game Day, STUNT and Urban Cheer formats.  
(Please see "OTHER COMPETITION FORMATS" for more details.)

## IX. OTHER COMPETITION FORMATS

- A. **GAME DAY** is a Cheer competition format that breaks down the elements of Game Cheering into individual segments (in a competitive format, with a pause between each segment) reflective of Game Cheering commonly performed by Cheer Teams at sporting events. All general Safety Rules and applicable level rules apply with added restrictions. Please see <https://cheerunion.org/education/gameday/> for more information.
- B. **STUNT** is a Cheer competition where two teams face off in a head-to-head format across four segments ("Quarters"), performing skill-based routines in partner stunts, jumps & tumbling, pyramids & tosses, and team routines. All general safety and level-specific rules apply. Please see <https://stunththesport.org/> for more information.
- C. **URBAN CHEER** is a high energy, rhythmic style of Cheer within the positive traditions in the Urban style. All general Safety Rules and applicable level rules apply.

## X. CHEERLEADING DIAGRAM REFERENCE



Please consult the glossary and the rules for further explanations and restrictions when interpreting the stunt level.

# ICU PERFORMANCE CHEER RULES & GUIDELINES

## I. GENERAL RULES

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

## II. SPECIFIC ROUTINE GUIDELINES

### A. CHOREOGRAPHY AND COSTUMING

- 1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
- 2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
- 3. Teams may not damage and/or use any substances that would negatively change the quality of the performance surface. (*Examples: Residue from sprays, powders, oils, etc.*)
- 4. Use of fire, noxious gases, live animals, and other potentially hazardous elements are strictly prohibited. (*Exemption for Special Olympics, Special Abilities and Adaptive Abilities Division Athletes: The use of Service Animals is allowed*)
- 5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
- 6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
- 7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
- 8. Tights should be worn under briefs, hot pants or excessively short shorts.
- 9. For performances on ICU approved competition surfaces (e.g. Marley surface), footwear is recommended; however, partial sole shoes, performing barefoot, in socks and/or footed tights are acceptable. Performing in high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is strictly prohibited. For all other performance surfaces, footwear is required to ensure the safety of the athlete. If in doubt, please consult the ICU Rules Committee or email [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org) for approval.
- 10. Jewelry as a part of the costume is allowed.
- 11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- 12. No cheers or chants are allowed.

### B. PROPS

- 1. A prop is defined as anything that is used in the routine choreography that is not/was not originally part of the costume.  
*Clarification 1: For Pom Categories, Poms are considered part of the uniform.*  
*Clarification 2: For Adaptive Abilities, Special Olympics & Special Abilities Divisions, 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 or returned to the athlete.*
- 2. Handheld props and free "standing props" in all categories are not allowed. Use of parts of the uniform/clothing (e.g., used for choreography purposes. Examples such as a necklace, jacket, hat, etc.) are NOT allowed. In addition, pieces of clothing/costume may not be used to facilitate choreography/movement or to create visual pictures or shapes in staging. All clothing, and pieces of clothing must be worn at all times and may not be removed, used to facilitate choreography or discarded during the performance.
- 3. Within the Pom Category, it is compulsory to use poms throughout the entire routine. If there are male performers in this category, they are not required to use poms.
- 4. No large free "standing props" will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a "standing prop".



## C. CATEGORY DEFINITIONS

**POM**: Incorporates the use of proper Pom motion technique that is sharp, clean, and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels, and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. The uniform/costuming should reflect the category style. See score sheet for more information.

**HIP HOP**: Incorporates authentic street style influenced movement(s) that have evolved from the Hip Hop culture. An emphasis is placed on group execution incorporating genuine groove, style, control, originality, musicality, complexity of movement, and effective dynamic elements, synchronization, uniformity, visual staging and athleticism. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See score sheet for more information.

**JAZZ**: Incorporates traditional or stylized dynamic movements with strength, continuity, presence, and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic, and motivating, with the understanding that the dynamics of movement may change to utilize musicality. The uniform/costuming should reflect the category style. See score sheet for more information.

**HIGH KICK (KICK)**: Incorporates the use of proper high kick technique that includes flexibility, endurance, stamina, upper and lower body strength, placement, and control, while allowing for the use of creative concepts such as staging and skills. High Kicks are required to be used throughout the routine in a purposeful manner and should be the emphasis of routine content. The choreography of a dynamic and effective high kick routine focuses on musicality, staging of visual effects through intervals in kick lines, fluid and creative transitions, levels and groups, along with complexity of movement and athleticism. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The uniform/costuming should reflect the category style. See score sheet for more information.

## III. SAFETY RULES - BY GENRE & LEVEL

*Note: The enclosed divisions are listed in order of three (3) levels of skills progressions (easier to more difficult). Coaches must require proficiency before skill progression to the next level and must consider the athlete, group, and team skill levels with regard to proper performance level placement. Regardless of the Division (by level), all General Safety Rules apply, as well as the Special Abilities/Special Olympics, Adaptive Abilities Division rules apply to their respective divisions.*

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### GENRE: POM

#### POM – NOVICE DIVISION RULES

*Note: This level is for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

##### A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
  - a. Non-airborne inverted skills must involve hand support with both hands throughout the entire skill and are not allowed while holding poms/any item(s) in supporting hands. *(Example: Headstand, Handstand)*
  - b. Airborne inverted skills, with or without hand support, are not allowed. *(Exception: Kip-Up with hand support originating from the performance surface is allowed but the Performing Athlete may not hold poms/any item(s) in supporting hand(s))*
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills with hand support are not allowed while holding poms/any item(s) in supporting hands. *(Exception: Forward Roll, Backward Roll)*
  - b. Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills.



- c. Airborne hip-over-head rotation skills with or without hand support are not allowed. *(Exception: Round-off not connected to any other hip-over-head rotation skill)*
- d. Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
- 3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
- 4. Drops to any body part other than the hand(s) or foot/feet are not allowed.
- 5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

- 1. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
- 2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill. *(Clarification: Performing Athlete(s) cannot be released.)*
- 3. The lift may not elevate the Performing Athlete's hips above head level.
- 4. The Performing Athlete may not be inverted in any elevated skill. *(Clarification: The Performing Athlete may be vertically inverted if connected to the performance surface.)*
- 5. Hip-over-head rotation of the Performing Athlete(s) is not allowed while elevated from the performance surface.

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

- 1. The Performing Athlete may not be released. *(Clarification: Contact must be maintained until the Performing Athlete returns to the performance surface.)*

## **D. ADDITIONAL SKILL PARAMETERS/LIMITATIONS – POM NOVICE DIVISION**

- 1. Stationary turns are allowed provided:
  - a. The working leg is held close to the performance surface or in a passé, pencil, or coupé position.
  - b. The supporting leg maintains contact with the performance surface. *(Example: Pirouette)*
  - c. The stationary turn is limited to 2 consecutive rotations.
- 2. Turns, that intentionally travel, are limited to 2 consecutive rotations. *(Examples: Chainé turn, Piqué turn)*
- 3. Leaps and jumps are allowed provided:
  - a. The skills do not involve a release of the head up/towards the back while airborne.
  - b. The skills do not involve rotation on the vertical axis while airborne.
  - c. Legs do not move across the vertical axis while airborne. *(Examples: Toe Touch, Grande Jete)*

## **POM – INTERMEDIATE DIVISION RULES**

*Note: This level is for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

## **A. PERFORMED BY INDIVIDUALS**

- 1. Inverted Skills:
  - a. Non-airborne inverted skills must involve hand support with at least 1 hand throughout the entire skill and are not allowed while holding poms/any item(s) in supporting hand(s).
  - b. Airborne inverted skills, with or without hand support, are not allowed. *(Exception: Kip-Up with hand support originating from the performance surface is allowed but the Performing Athlete may not hold poms/any item(s) in supporting hand(s))*
- 2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills with hand support are not allowed while holding poms/any item(s) in supporting hands. *(Exception: Forward Roll, Backward Roll)*
  - b. Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills.
  - c. Airborne hip-over-head rotation skills with hand support are allowed provided the skills are:
    - a. Limited to 2 consecutive hip-over-head rotation skills.
    - b. Not airborne in the approach, although may be airborne in the decent. *(Clarification: In the approach, the hands must touch the performance surface prior to the athlete's feet losing contact with the performance surface). (Examples: Round-Off, Headspring)*

- d. Airborne hip-over-head rotation skills without hand support are not allowed.  
(Exception: Aerial Cartwheel)
- e. Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
- 3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
- 4. Drops to any body part other than the hand(s) or foot/feet are not allowed.
- 5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

- 1. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
- 2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level.
- 3. The Performing Athlete may be inverted in an elevated skill provided the following:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the Performance Surface or is returning to the upright body position.
  - b. The height of the Performing Athlete's shoulders does not exceed shoulder-level.
- 4. Hip-over-head rotation of the Performing Athlete(s) is allowed provided the following:
  - a. Contact between the Performing Athlete and the Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. The height of the Performing Athlete's hips does not exceed head-level.
  - c. The Performing Athlete is limited to 1 continuous hip-over-head rotation.

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

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

- 1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder-level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete is not inverted when released.
  - c. The Performing Athlete does not enter into or travel through an inverted position after the release.
- 2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete is not supine or inverted when released.
  - c. The Performing Athlete does not enter into or travel through an inverted position after release.

## **D. ADDITIONAL SKILL PARAMETERS/LIMITATIONS – POM INTERMEDIATE DIVISION**

- 1. Stationary turns are allowed provided:
  - a. The working leg is held in any position waist-level or lower.  
(Exception: Single Illusion Turn, Single Leg Hold Turn.)
  - b. The supporting leg does not have to maintain contact with the performance surface provided the working leg is held in a position waist-level or lower. (Example: Axel Turn)
  - c. The stationary turn is limited to 3 consecutive rotations.
- 2. Turns, that intentionally travel, are limited to 4 consecutive rotations. (Examples: Chainé Turn, Piqué Turn)
- 3. Leaps and jumps may involve a release of the head up/towards the back while airborne.  
(Example: Ring leap, C-jump, and Firebird Leaps are allowed)
- 4. Leaps and jumps are allowed provided the following:
  - a. The skills do not involve rotation on the vertical axis while airborne. (Exception: Calypso)
  - b. Legs do not move across the vertical axis while airborne.  
(Exception: Traditional switch leaps are allowed)

## POM - PREMIER DIVISION RULES

*Note: This level is for qualified Primary Division Ages through Senior/Master Division Ages.*

### A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
  - a. Airborne inverted skills with hand support are not allowed while holding poms/any item(s).
  - b. Airborne inverted skills without hand support are not allowed.
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills are allowed provided the Athlete is not holding poms/any items in the supporting hand(s). *(Exception: Forward Roll, Backward Roll)*.
  - b. Airborne hip-over-head rotation skills with hand support are allowed under the following conditions:
    - i. The skill(s) are limited to 2 consecutive hip-over-head rotations.
    - ii. The Athlete does not hold poms/any items(s) in supporting hand(s).
  - c. Airborne hip-over-head rotation skills without hand support are allowed provided that all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip-over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip-over-head rotation skills.
3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
Exception: Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level.
5. Landing on the performance surface in a push up position from an airborne skill while holding poms/any items in supporting hand(s) is not allowed.

### B. PERFORMED BY GROUPS AND PAIRS

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

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

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

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

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

2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above head level.
  - b. The Performing Athlete is not supine or inverted when released.
  - c. The Performing Athlete does not enter into or travel through a prone or inverted position after release.

#### **D. SKILL PARAMETERS/LIMITATIONS – POM PREMIER DIVISION**

1. Aside from the Pom Premier Division rules detailed herein, there are no additional/progressional skill limitations for the Pom Premier Division.

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### **GENRE: HIP HOP**

#### **HIP HOP – NOVICE DIVISION RULES**

*Note: This level is for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

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

1. Inverted Skills:
  - a. Non-airborne inverted skills must involve hand support with both hands throughout the entire skill and are not allowed while holding any item(s) in supporting hands. *(Example: Headstand, Handstand, Stall/Freeze are allowed. Head Spins are not allowed)*
  - b. Airborne inverted skills, with or without hand support, are not allowed. *(Exception: Kip-Up with hand support originating from the performance surface and Hand Hops that do not become a hip-over-head rotation skill are allowed provided that the Performing Athlete does not hold any item(s) in supporting hand(s))*
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills with hand support are not allowed while holding any item(s) in supporting hands. *(Exception: forward rolls, backward rolls)*
  - b. Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills.
  - c. Airborne hip-over-head rotation skills with or without hand support are not allowed. *(Exception: Round-off not connected to any other hip-over-head rotation skill)*
  - d. Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. Drops to any body part other than the hand(s) or foot/feet are not allowed.
5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

1. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill. *(Clarification: Performing Athlete(s) cannot be released.)*
3. The lift may not elevate the Performing Athlete's hips above head level.
4. The Performing Athlete may not be inverted in any elevated skill. *(Clarification: The Performing Athlete may be vertically inverted if connected to the performance surface.)*
5. Hip-over-head rotation of the Performing Athlete(s) is not allowed while elevated from the performance surface.

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

1. The Performing Athlete may not be released. *(Clarification: Contact must be maintained until the Performing Athlete returns to the performance surface.)*

#### **D. ADDITIONAL SKILL PARAMETERS/LIMITATIONS – HIP HOP NOVICE DIVISION**

1. Stationary turns are allowed provided:
  - a. The working leg is held close to the performance surface or in a Passé, Pencil, Coupé or Drag position.
  - b. The supporting leg maintains contact with the performance surface. (*Example: Pirouette, 2-Step Spin, Corkscrew*)
  - c. The stationary turn is limited to 2 consecutive rotations.
2. Turns, that intentionally travel, are limited to 2 consecutive rotations. (*Examples: Chainé Turn, Piqué Turn, Circle Glide, Traveling Two-Step*)
3. Leaps and jumps are allowed provided:
  - a. The skills do not involve a release of the head up/towards the back while airborne.
  - b. The skills do not involve a rotation(s) on the vertical axis while airborne.
  - c. Legs do not move across the vertical axis while airborne. (*Examples: Toe Touch, Grande Jete*) (*Exception: Shuffles/Running Man, Rocks.*)
4. Inverted Spins are allowed provided:
  - a. The Performing Athlete's back/spine must maintain contact with performance surface throughout the skill. (*Clarification: A Performing Athlete may not spin on their shoulders, head or hands only*) (*Example: A Backspin is allowed, a Halo is not*)
  - b. The Inverted Spins are limited to 2 consecutive rotations.

#### **HIP HOP – INTERMEDIATE DIVISION RULES**

*Note: This level is for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

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

1. Inverted Skills:
  - a. Non-airborne inverted skills must involve hand support with at least 1 hand throughout the entire skill and are not allowed while holding any item(s) in supporting hand(s).
  - b. Airborne inverted skills, with or without hand support, are not allowed. (*Exception: Kip-up with hand support originating from the performance surface is allowed but the Performing Athlete may not hold any item(s) in supporting hand(s)*)
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills with hand support are not allowed while holding any item(s) in supporting hands. (*Exception: Forward rolls, backward rolls*)
  - b. Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills.
  - c. Airborne hip-over-head rotation skills with hand support are allowed provided the skills are:
    - i. Limited to 2 consecutive hip-over-head rotation skills.
    - ii. Not airborne in the approach, although may be airborne in the decent. (*Clarification: In the approach, the hands must touch the performance surface prior to the athlete's feet losing contact with the performance surface*). (*Examples: Round-off, headspring*)
  - d. Airborne hip-over-head rotation skills without hand support are not allowed. (*Exception: Aerial cartwheel*)
  - e. Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. Drops to any body part other than the hand(s) or foot/feet are not allowed.
5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

1. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level.
3. The Performing Athlete may be inverted in an elevated skill provided the following:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the Performance Surface or is returning to the upright body position.
  - b. The height of the Performing Athlete's shoulders does not exceed shoulder-level.
4. Hip-over-head rotation of the Performing Athlete(s) is allowed provided the following:
  - a. Contact between the Performing Athlete and the Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. The height of the Performing Athlete's hips does not exceed head-level.
  - c. The Performing Athlete is limited to 1 continuous hip-over-head rotation.

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

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

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder-level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete is not inverted when released.
  - c. The Performing Athlete does not enter into or travel through an inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete is not supine or inverted when released.
  - c. The Performing Athlete does not enter into or travel through an inverted position after release.

## **D. ADDITIONAL SKILL PARAMETERS/LIMITATIONS – HIP HOP INTERMEDIATE DIVISION**

1. Stationary turns are allowed provided:
  - a. The working leg is held in any position waist-level or lower.  
*(Exception: A Single Illusion Turn, a Single Leg Hold Turn, High Kick Turn.)*
  - b. The supporting leg does not have to maintain contact with the performance surface provided the working leg is held in a position waist-level or lower. *(Example: Axel Turn, and Axel Turn Variations)*
  - c. The stationary turn is limited to 3 consecutive rotations.
2. Turns, that intentionally travel, are limited to 4 consecutive rotations. *(Examples: Chainé Turn, Piqué Turn, Circle Glide, Traveling Two-Step)*
3. Leaps and jumps may involve a release of the head up/towards the back while airborne.  
*(Example: Ring Leap, C-Jump, and Firebird Leaps are allowed)*
4. Leaps and jumps are allowed provided:
  - a. The skills do not involve a rotation(s) on the vertical axis while airborne. *(Exception: Calypso, 360 Jump that is not connected to any other skill)*
  - b. Legs do not move across the vertical axis while airborne. *(Examples: Switch Leap, Shuffle/Running Man, Rocks)*
5. Inverted Spins are allowed provided:
  - a. The Performing Athlete's back/spin maintains contact with performance surface throughout the skill.  
*(Clarification: A Performing Athlete may not spin on their shoulders, head or hands only). (Example: A Backspin is allowed; a Halo is not)*
  - b. The Inverted Spins are limited to 2 consecutive rotations.



## HIP HOP - PREMIER DIVISION RULES

*Note: This level is for qualified Primary Division Ages through Senior/Master Division Ages.*

### A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
  - a. Airborne inverted skills with hand support are not allowed while holding any item(s).
  - b. Airborne inverted skills without hand support are not allowed.
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills are allowed provided the Athlete is not holding any items in the supporting hand(s). *(Exception: Forward, Backward Roll)*.
  - b. Airborne hip-over-head rotation skills with hand support are allowed under the following conditions:
    - i. The skill(s) are limited to 2 consecutive hip-over-head rotations.
    - ii. The Athlete does not hold any items(s) in supporting hand(s).
  - c. Airborne hip-over-head rotation skills without hand support are allowed provided that all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip-over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip-over-head rotation skills.
3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed. *(Exception: Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level.)*
5. Landing on the performance surface in a push up position from an airborne skill while holding any item in supporting hand(s) is not allowed.

### B. PERFORMED BY GROUPS AND PAIRS

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

1. At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head level.

*Exception: When a Performing Athlete is supported by 1 Supporting Athlete, the Performing Athlete may be released at any level provided:*

  - a. *The Performing Athlete is not inverted and does not travel through an inverted position after the release.*
  - b. *The Performing Athlete is either caught, assisted or supported to the performance surface by 1 or more Supporting Athlete(s).*
  - c. *The Performing Athlete is not caught in a prone position.*
  - d. *Any Supporting Athlete does not hold any item throughout the entire skill.*
3. Hip-over-head rotation of the Performing Athlete(s) is allowed provided that contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
4. A Vertical Inversion is allowed provided:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. When the height of the Performing Athlete's shoulders exceeds shoulder level, there is at least 1 additional athlete to spot who is not currently bearing the weight of the Performing Athlete.

*(Clarification: When there are 3 Supporting Athletes an additional spot is not required)*

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

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

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. At least one part of the Performing Athlete's body is at or below head level at the highest point of the released skill.
  - b. The Performing Athlete does not enter into or travel through an inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. At least one part of the Performing Athlete's body is at or below head level at the highest point of the released skill.
  - b. The Performing Athlete is not supine or inverted when released and must land on their foot/feet.
  - c. The Performing Athlete does not enter into or travel through a prone or inverted position after release.

### **D. SKILL PARAMETERS/LIMITATIONS – HIP HOP PREMIER DIVISION**

1. Aside from the Hip Hop Premier Division rules detailed herein, there are no additional/progressional skill limitations for the Hip Hop Premier Division.

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## **GENRE: JAZZ & HIGH KICK (KICK)**

### **JAZZ & HIGH KICK – NOVICE DIVISIONS RULES**

*Note: This level is for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

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

1. Inverted Skills:
  - a. Non-airborne inverted skills must involve hand support with both hands throughout the entire skill and are not allowed while holding any item(s) in supporting hands. *(Example: Headstand, Handstand)*
  - b. Airborne inverted skills, with or without hand support, are not allowed. *(Exception: Kip-Up with hand support originating from the performance surface is allowed but the Performing Athlete may not hold any item(s) in supporting hand(s))*
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills with hand support are not allowed while holding any item(s) in supporting hands. *(Exception: Forward Roll, Backward Roll)*
  - b. Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills.
  - c. Airborne hip-over-head rotation skills with or without hand support are not allowed. *(Exception: Round-off not connected to any other hip-over-head rotation skill)*
  - d. Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. Drops to any body part other than the hand(s) or foot/feet are not allowed.
5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

1. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill. *(Clarification: Performing Athlete(s) cannot be released.)*
3. The lift may not elevate the Performing Athlete's hips above head level.
4. The Performing Athlete may not be inverted in any elevated skill. *(Clarification: The Performing Athlete may be vertically inverted if connected to the performance surface.)*
5. Hip-over-head rotation of the Performing Athlete(s) is not allowed while elevated from the performance surface.



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

1. The Performing Athlete may not be released. *(Clarification: Contact must be maintained until the Performing Athlete returns to the performance surface.)*

### **D. ADDITIONAL SKILL PARAMETERS/LIMITATIONS – JAZZ & HIGH KICK NOVICE DIVISION**

1. Stationary turns are allowed provided:
  - a. The working leg is held close to the performance surface or in a Passé, Pencil, or Coupé position.
  - b. The supporting leg maintains contact with the performance surface. *(Example: Pirouette)*
  - c. The stationary turn is limited to 2 consecutive rotations.
2. Turns, that intentionally travel, are limited to 2 consecutive rotations. *(Examples: Chainé Turn, Piqué Turn)*
3. Leaps and jumps are allowed provided:
  - a. The skills do not involve a release of the head up/towards the back while airborne.
  - b. The skills do not involve rotation on the vertical axis while airborne.
  - c. Legs do not move across the vertical axis while airborne. *(Examples: Toe Touch, Grande Jete)*

## **JAZZ & HIGH KICK – INTERMEDIATE DIVISIONS RULES**

*Note: This level is for Special Abilities/Special Olympics Teams, Adaptive Abilities Teams, as well as for Tiny Division Ages through Senior/Master Division Ages.*

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

1. Inverted Skills:
  - a. Non-airborne inverted skills must involve hand support with at least 1 hand throughout the entire skill and are not allowed while holding any item(s) in supporting hand(s).
  - b. Airborne inverted skills, with or without hand support, are not allowed. *(Exception: Kip-up with hand support originating from the performance surface is allowed but the Performing Athlete may not hold any item(s) in supporting hand(s))*
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills with hand support are not allowed while holding any item(s) in supporting hands. *(Exception: Forward rolls, backward rolls)*
  - b. Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills.
  - c. Airborne hip-over-head rotation skills with hand support are allowed provided the skills are:
    - i. Limited to 2 consecutive hip-over-head rotation skills.
    - ii. Not airborne in the approach, although may be airborne in the decent. *(Clarification: In the approach, the hands must touch the performance surface prior to the athlete's feet losing contact with the performance surface).* *(Examples: Round-off, headspring)*
  - d. Airborne hip-over-head rotation skills without hand support are not allowed. *(Exception: Aerial cartwheel)*
  - e. Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. Drops to any body part other than the hand(s) or foot/feet are not allowed.
5. Landing in a push up position onto the performance surface from any airborne skill is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

1. The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
2. At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level.
3. The Performing Athlete may be inverted in an elevated skill provided the following:
  - a. Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the Performance Surface or is returning to the upright body position.
  - b. The height of the Performing Athlete's shoulders does not exceed shoulder-level.

4. Hip-over-head rotation of the Performing Athlete(s) is allowed provided the following:
  - a. Contact between the Performing Athlete and the Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. The height of the Performing Athlete's hips does not exceed head-level.
  - c. The Performing Athlete is limited to 1 continuous hip-over-head rotation.

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

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

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder-level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete is not inverted when released.
  - c. The Performing Athlete does not enter into or travel through an inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder level and the Performing Athlete must land on their foot/feet.
  - b. The Performing Athlete is not supine or inverted when released.
  - c. The Performing Athlete does not enter into or travel through an inverted position after release.

#### **D. ADDITIONAL SKILL PARAMETERS/LIMITATIONS – JAZZ & HIGH KICK INTERMEDIATE DIVISION**

1. Stationary turns are allowed provided:
  - a. The working leg is held in any position waist-level or lower.  
(Exception: *Single Illusion Turn, Single Leg Hold Turn.*)
  - b. The supporting leg does not have to maintain contact with the performance surface provided the working leg is held in a position waist-level or lower. (Example: *Axel turn*)
  - c. The stationary turn is limited to 3 consecutive rotations.
2. Turns, that intentionally travel, are limited to 4 consecutive rotations. (Examples: *Chainé Turn, Piqué Turn*)
3. Leaps and jumps may involve a release of the head up/towards the back while airborne.  
(Example: *Ring leap, C-jump, and Firebird Leaps are allowed*)
4. Leaps and jumps are allowed provided the following:
  - a. The skills do not involve rotation on the vertical axis while airborne. (Exception: *Calypso*)
  - b. Legs do not move across the vertical axis while airborne. (Examples: *Toe Touch, Grande Jete*)  
(Exception: *Traditional switch leaps are allowed*)

### **JAZZ & HIGH KICK - PREMIER DIVISIONS RULES**

*Note: This level is for qualified Primary Division Ages through Senior/Master Division Ages.*

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

1. Inverted Skills:
  - a. Airborne inverted skills with hand support are not allowed while holding any item(s).
  - b. Airborne inverted skills without hand support are not allowed.
2. Skills with hip-over-head rotation:
  - a. Non-airborne hip-over-head rotation skills are allowed provided the Athlete is not holding any items in the supporting hand(s). (Exception: *Forward rolls and backward rolls are allowed*).
  - b. Airborne hip-over-head rotation skills with hand support are allowed under the following conditions:
    - i. The skill(s) are limited to 2 consecutive hip-over-head rotations.
    - ii. The Athlete does not hold any items(s) in supporting hand(s).
  - c. Airborne hip-over-head rotation skills without hand support are allowed provided that all of the following criteria are met:
    - i. Involves no more than 1 twisting transition.
    - ii. Does not connect to another skill that is airborne with hip-over-head rotation without hand support.
    - iii. Are/Is limited to 2 consecutive hip-over-head rotation skills.

3. A hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a hip-over-head rotation skill is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
Exception: Only drops to the shoulder, back or seat are permitted provided that the height of the airborne individual does not exceed hip level.
5. Landing on the performance surface in a push up position from an airborne skill while holding any item in supporting hand(s) is not allowed.

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

***Lifts and Partnering are not required; however, are allowed with the following limitations:***

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

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

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

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
  - a. At least one part of the Performing Athlete's body is at or below head level at the highest point of the released skill.
  - b. The Performing Athlete does not enter into or travel through an inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
  - a. At least one part of the Performing Athlete's body is at or below head level when released and must land on their foot/feet.
  - b. The Performing Athlete is not supine or inverted when released.
  - c. The Performing Athlete does not enter into or travel through a prone or inverted position after release.

## **D. SKILL PARAMETERS/LIMITATIONS – JAZZ & HIGH KICK PREMIER DIVISIONS**

1. Aside from the Jazz & High Kick Premier Divisions rules detailed herein, there are no additional/progressional skill limitations for the Jazz & High Kick Premier Divisions.

## **IV. GLOSSARY OF TERMS**

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

## V. SCORESHEETS

To access the ICU Scoresheets, please reference <https://cheerunion.org/education/scoresheets/>. For any questions or requests for further clarification, please email [pc.rules@cheerunion.org](mailto:pc.rules@cheerunion.org)

## VI. AGE GRID / ATHLETE AGE ELIGIBILITY RECOMMENDATIONS

The ICU recommends that all teams consult the specific event athlete age & eligibility requirements where the respective team may compete, as these criteria can differ for different events. For ICU's recommended Age Grid criteria, please reference <https://cheerunion.org/education/rules-agegrid/>.

## VII. OTHER CRITERIA (PERFORMANCE SURFACE DIMENSIONS, ROUTINE TIME, ETC.)

ICU recommends that all teams consult the specific event criteria (performance surface dimensions, routine time, etc.) where the respective team may compete, as these criteria can differ for different events. For ICU's criteria for ICU events, please reference <https://cheerunion.org/championships/>.

## VIII. ADAPTIVE ABILITIES RULES & GUIDELINES

For Athletes with and without Physical, Sensory and/or Intellectual Disabilities:

1. All General Safety Rules apply.
2. All Adaptive Abilities (AA) Division Rules apply: [https://cheerunion.org/wp-content/uploads/2024/05/ICU\\_2024\\_Rules\\_Adaptive-Abilities.pdf](https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Adaptive-Abilities.pdf)
3. Adaptive Abilities Teams, with AA Rules & General Rules applied, are eligible to compete in the following Progression Levels (all levels): Novice, Intermediate & Premier  
(Please see "SAFETY RULES – BY GENRE & LEVEL" for a complete listing of rules by level.)
4. All Adaptive Abilities Teams may also compete in the Game Day format.  
(Please see "OTHER COMPETITION FORMATS" for more details.)

## IX. SPECIAL OLYMPICS / SPECIAL ABILITIES RULES & GUIDELINES

For Athletes with and without Intellectual Disabilities:

1. All General Safety Rules apply.
2. All Special Abilities (SA) Division Rules apply: [https://cheerunion.org/wp-content/uploads/2024/05/ICU\\_2024\\_Rules\\_Special-Abilities.pdf](https://cheerunion.org/wp-content/uploads/2024/05/ICU_2024_Rules_Special-Abilities.pdf)
3. Special Abilities Teams, with SA Rules & General Rules applied, are eligible to compete in the following Progression Levels: Novice & Intermediate  
(Please see "SAFETY RULES – BY GENRE & LEVEL" for a complete listing of rules by level.)
4. All Special Abilities Teams may also compete in the Game Day format.  
(Please see "OTHER COMPETITION FORMATS-GAME DAY" for more details.)

## X. OTHER COMPETITION FORMATS - GAME DAY

GAME DAY is a competition format that breaks down the elements of Game Cheering into individual segments (in a competitive format, with a pause between each segment) reflective of Game Cheering commonly performed by Performance Cheer Teams at sporting events. All general Safety Rules and applicable level rules apply with added restrictions. Please see <https://cheerunion.org/education/gameday/> for more information.