

**Dansk Cheerleading Forbund  
DCA**

**Regler 2012**



## INDHOLDSFORTEGNELSE

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## **GENEREL INFORMATION**

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### **Tilmelding**

Alle klubber, der er medlem af DCA inden konkurrencestart, kan tilmelde hold til konkurrencen.

Alle udøvere skal være danske statsborgere eller have en gyldig opholdstilladelse til Danmark, som er gyldig i minimum seks måneder.

Alle udøvere skal være medlem af en klub, som er medlem af DCA og/eller have gyldig licens for at deltage i konkurrencen.

Ønsker et hold, en gruppe eller en individuel at framelde sig konkurrencen, skal dette meddeles hurtigst muligt til DCA. Der refunderes som udgangspunkt ikke allerede indbetalte beløb.

Tilmelder et hold sig ikke inden fristens udløb eller betales der ikke til tiden, forbeholder DCA sig retten til at udelukke holdet fra at deltage eller pålægge et gebyr for sen tilmelding/betaling.

### **Bedømmelse, score sheets, klager m.v.**

Dommerpanelet består af fem uddannede dommere, som er udvalgt af DCA.

Point for en rutine udregnes på følgende måde:

Alle dommernes point for en rutine lægges sammen, den højeste og den laveste score trækkes herefter fra, og summen deles herefter med tre. Eventuelle strafpoint fratrækkes denne samlede gennemsnits sum, hvorefter dette udgør totalsummen. Se strafpoint side 7.

Det er ud fra totalsummen der rankes. Såfremt der er et "tie" mellem to eller flere hold, det vil sige, at holdene har fået samme totalscore, tillægges den højeste og laveste score som blev trukket fra, og der foretages en ny ranking af de hold, som ligger i "tie".

Dommernes score sheets bliver udleveret til klubberne (træner eller kontaktperson fra klubben) umiddelbart efter konkurrencen. Såfremt dette ikke skulle være muligt, vil score sheets blive fremsendt pr. e-mail senest en uge efter konkurrencens afslutning. Alle resultater vil blive offentliggjort på en liste med holdnavn, placering og samlet antal point.

Der kan ikke klages over resultaterne fra konkurrencen. Dommerne træffer den endelig beslutning, og ved at deltage i konkurrencen anerkender man, at dommernes beslutning er endelig.

Alle klager vedrørende konkurrencen/arrangementet skal være skriftlige og sendes til DCA senest en uge efter konkurrencen.

### **Opførsel**

Musik og opførsel skal være egnet til konkurrence, og dette betyder bl.a. at bandeord, seksuelle undertoner og racistiske udtryk m.fl. er forbudt, og kan medføre diskvalifikation.

Upassende opførsel fra en træner, udøvere eller andre repræsentanter fra en klub kan medføre bortvisning fra konkurrencen og/eller diskvalifikation af holdet til konkurrencen.

Routine, niveau, koreografi, uniform og musik skal passe til aldersgruppen.

### **Dispensation og rettelser**

DCA forbeholder sig retten til at dispensere fra reglerne.

DCA forbeholder sig retten til at udstede eller indføre rettelser til disse regler.

**Spørgsmål til reglerne**

Vi anbefaler at downloade cheerleading glossary fra DCA's hjemmeside ([www.danskcheer.com](http://www.danskcheer.com)), for forklaring af specielle udtryk, som anvendes i dette regelsæt.

Eventuelle fortolkningsspørgsmål vedrørende reglerne, eller spørgsmål til reglerne generelt skal stilles til Mikael Sohn Ottesen, DCA. E-mail: [mikaelsohnottesen@gmail.com](mailto:mikaelsohnottesen@gmail.com).

## **ALDERSREGLER**

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Alle udøvere på et hold skal opfylde alderskrav nedenfor:

### **Peewee Minors**

0-8 år

Udøvere må ikke være fyldt 9 år pr. 31/12 i konkurrenceåret.

### **Peewee**

8-12år

Udøvere skal være fyldt 8 år pr. 31/12 i konkurrenceåret. Udøvere må ikke være fyldt 13 år pr. 31/12 i konkurrenceåret.

### **Junior**

12-16år

Udøvere skal være fyldt 12 år pr. 31/12 i konkurrenceåret. Udøvere må ikke være fyldt 17 år pr. 31/12 i konkurrenceåret.

### **Senior**

15+år

Udøvere skal være fyldt 15 år pr. 31/12 i konkurrenceåret.

### **Dispensation i 2012**

Udøvere født i 2003 vælger selv om de vil deltage i konkurrencen som peewee minor eller peewee.

Udøvere født i 2000 vælger selv om de vil deltage i konkurrencen som peewee eller junior.

*NB: En udøver kan kun konkurrere indenfor en aldersgruppe. En udøver kan derfor f. eks ikke stille op i senior cheer og junior group stunt, men skal være f.eks. junior eller senior gennem hele konkurrencen.*

### **Dispensation i 2013**

Udøvere født i 2004 vælger selv om de vil deltage i konkurrencen som peewee minor eller peewee.

Udøvere født i 2001 vælger selv om de vil deltage i konkurrencen som peewee eller junior.

### **EM**

Vi skal gøre opmærksom på, at aldersreglerne for deltagelse ved EM er forskellige fra de danske regler. Aldersreglerne for EM 2012 er som følger;

#### **Senior:**

14 years and older in the year of the competition for all dance divisions.

15 years and older in the year of the competition for cheerleading level 6 divisions, partner stunts and group stunts.

#### **Junior:**

Junior age group will be from 12 years to 16 years in the year of the competition.

## KATEGORIER OG TID

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Der konkurreres i følgende kategorier:

Kategori	Tid (minutter)	Antal udøvere	All girl	Coed	1 kategori (All girl & Coed)
Peewee Minors Cheer	Max 2.00	Min 6	-	-	X
Peewee Cheer	Max 2.00	Min 6	-	-	X
Junior Cheer B	Max 2.30	Min 6	-	-	X
Junior Cheer (Elite)	Max 2.30	Min 6	X	X	-
Senior Cheer (Premier)	Max 2.30	Min 6	X	X	-
Junior Group Stunt (Elite)	Max 1.00	Max 5	X	X	-
Senior Group Stunt (Premier)	Max 1.00	Max 5	X	X	-
Senior Partner Stunt (Premier)	Max 1.00	2 & 1 spotter. (1 dreng og en pige)	-	X	-
Junior Dance	Max 2.30	Min 6	-	-	X
Senior Dance	Max 2.30	Min 6	-	-	X

### Tidstagning

#### *Cheer, alle alderskategorier*

Tiden starter ved første bevægelse eller råb og stopper når hele holdet står stille/indtager stillestående position. Efter cheer/chant har holdet max 20 sekunder til at stille klar til at udføre selve cheer rutinen.

#### *Group Stunt & partner stunt, alle alderskategorier*

Tiden starter ved første bevægelse og stopper når hele holdet står stille/indtager stillestående position.

#### *Dance, alle alders kategorier*

Tiden starter ved første bevægelse eller råb og stopper når hele holdet står stille/indtager stillestående position.

Ved overtrædelse af tidsreglerne, se strafpoint.

## TØJREGLER

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### **Uniform**

Alle udøvere på et hold skal bære samme uniform, dog kan drenge og piger have forskellige uniformer. Der må ikke fjernes tøj under konkurrencen, hvorfor holdet da vil blive diskvalificeret, se strafpoint.

Alle udøvere på et hold skal have sko på under hele rutinen. Skoene skal som udgangspunkt være en form for sportssko med flade såler, som egner sig til cheerleading og dance. Det er i dance kategorierne tilladt at have "dance paws" (type af gymnastiksko) på, men strømpesøkker, bare tæer eller andre specielle dansesko/tåspidssko (ballet, step m.v.) er ikke tilladt.

### ***Cheerleading & group stunt for alderskategorierne: PeeWee Minors, PeeWee og Junior***

Bar mave eller overkrop er ikke tilladt. Toppen skal dække til kant på underdel når man er stillestående med armene nede.

Piger skal være iført nederdel eller kjole, og drenge shorts eller lange bukser.

Under nederdel/kjole skal piger have "hotpants" eller shorts på.

### ***Cheerleading, group stunt og partner stunt for alderskategorien: Senior***

Det er tilladt for piger at bære mavetop/have bar mave. Bar overkrop for drenge er ikke tilladt.

Piger skal være iført nederdel, kjole eller shorts, og drenge shorts eller lange bukser.

Under nederdel/kjole/shorts skal piger have "hotpants" eller en anden type af shorts på.

### ***Dance, alle alderskategorier***

Bar mave eller overkrop er ikke tilladt. Toppen skal dække til kant på underdel når man er stillestående med armene nede, se undtagelse nedenfor.

Piger skal være iført nederdel, kjole, bukser eller tights/leggings, og drenge shorts eller lange bukser.

Under nederdel/kjole skal piger have "hotpants" eller shorts på.

Ved overtrædelse af tøjreglerne, se strafpoint.

## STRAFPOINT

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### Overtrædelse af tidsregler

0 – 5 sekunder

5 point

6 – 10 sekunder

10 point

10 – 15 sekunder

15 point

Osv.

### Manglende cheer/chant

5 point

### Overtrædelse af sikkerhedsregler

5 point

For hver hændelse

### Kaste hårde skilte

5 point

Det er forbudt at kaste skilte udenfor konkurrencegulvet.

(Det er derimod lovligt at ligge skilte stille og roligt udenfor måtten).

### Overtrædelse af tøjregler

Diskvalifikation

### Overtrædelse af aldersregler

Diskvalifikation

## CHEERLEADING

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### Krav til cheer rutinen

Det er obligatorisk for alle hold, der deltager i cheerleading kategorierne, at udføre et cheer eller chant i **starten** af rutinen. Rutinen **skal** derfor startes med et cheer/chant, som DCA anbefaler ikke overstiger 0:30 minut (der gives ikke strafpoint ved overskridelse af den anbefalede tidsramme, men anmoder dog trænerne om at tænke på deres udøvere, idet der efter cheer/chant skal udføres en musikdel). Holdet skal herefter udføre en rutine til musik. Musikdelen må for senior og junior maksimalt udgøre 2:30 minutter, dog kun 2:00 minutter for PeeWee og PeeWee Minors. Det anbefales, at der anvendes props og stunts/pyramide(r) i cheer/chant delen.

Efter endt cheer/chant kan holdet vælge at anbringe anvendte props uden for konkurrencegulvet. Herefter skal udøverne stille sig klar til at udføre selve musikdelen, hvori selve stunts og pyramider udføres. Det vil dermed sige, at det blot er for musikdelen, at holdet kan få eventuelle strafpoint for overtid. Vi skal dog pointere, at udøverne bedes stille klar til udførelse af musikdelen så hurtigt som muligt efter endt cheer/chant.

Der er ikke udover ovenstående, generelle krav om, hvilke elementer der skal indgå i rutinen (ingen obligatoriske elementer udover et cheer/chant), og vi anbefaler derfor, at alle kigger score sheets igennem, så man er klar over hvad der vil blive bedømt, samt hvor meget forskellige elementer bør vægte i rutinen.

## GENEREL GUIDELINES

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Participants must start in the competition area and teams may line up anywhere inside the competition area. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.

***Exception:*** Athletes in cheer and group may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.

All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

Competition officials, judges, coaches and athletes may stop a routine if injury occurs.

If a routine is interrupted (music, injury etc.), the team may stop or continue the routine. The competition officials and judges will determine if the team will perform the routine again, if the team will be evaluated on the routines entirety or from the point where the interruption occurred.

## **GENEREL SAFETY RULES & ROUTINE REQUIREMENTS**

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1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. 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.
6. 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.
7. 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 are not allowed. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets).
8. Any height increasing apparatus used to propel an athlete is not allowed.
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal, see deductions). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position 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 would not be in clear violation of this rule.
14. 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 hands of base(s) if the base(s) hands are resting on the performing surface.
15. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in their mouth during practise and/or performance.

## PEEWEE MINORS (LEVEL 1)

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### LEVEL 1 General Tumbling

- A. All tumbling must originate from and land on the performing surface. Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Clarification: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed even in Level 1.
- 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.
- D. Assisted or connected tumbling is not allowed.
- E. Dive rolls are not allowed.

### LEVEL 1 Standing/Running Tumbling

- A. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs) Tumbling skills must involve hand support with both hands when passing through the inverted position.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. Front and back handsprings are not allowed.

### LEVEL 1 Stunts

- A. 1. A spotter is required for all stunts at shoulder level and above.  
(Example: suspended splits, flat-bodied positions, preps are examples of prep level stunts.)  
Clarification: 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.  
Exception: shoulder sits and shoulder straddles do not require a spotter.
- B. 1. Single leg stunts are only allowed below shoulder (prep) level. Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.  
2. Extended stunts are not allowed. A stunt may be held at or pass through an extended position.  
clarification: Taking the top person above the head of the bases would be illegal.
- C. Twisting stunts and transitions are allowed up to  $\frac{1}{4}$  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, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{4}$  rotation. Clarification: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in level 1.
- D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs, and leap frog variations are not allowed in level 1.
- 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  
Example: shoulder sits walking under an extension.  
Exception: An individual may jump over another individual.
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases,

must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition.

- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. Stunts - Release Moves
  1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
  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.
- K. Stunts – Inversions
  1. All inversions must maintain contact with the performance surface. Example: supported handstand.
- L. 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.)

## LEVEL 1 Pyramids

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top person must receive primary support from a base.
- C. Two leg extended stunts:
  1. Two leg extended stunts must be braced by at least two persons at prep level or below with hand/arm connection only. The connection must be made at or below prep level.
- D. Single leg stunts at prep level:
  1. Single leg stunts at prep level must be braced by at least one person at prep level or below with hand/arm connection only.
  2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
  3. The connection must be made prior to executing single leg stunt and must be made at or below prep level.
  4. Prep level bracers must have both feet in bases' hands. Exception: Prep level bracers do not have to have both feet in bases' hands if they are in shoulder sit, flat back, straddle lift or shoulder stand.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

## LEVEL 1 Dismounts

- A. Cradles from single based stunts must have a separate spotter with at least one 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 two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids above waist level must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface. Straight drops or small hop off's, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
Clarification: an individual may not land on the performing surface from above waist level without assistance.

- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including 1/4 turns) are not allowed.
- F. No dismounts are allowed from extended stunts in pyramids. Clarification: an extended stunt in a pyramid must be brought down to prep level before it can be dismounted.
- G. No free flipping or assisted flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesome/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
- J. 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.

#### LEVEL 1 Tosses

- A. No tosses allowed.

## PEEWEE & JUNIOR B (LEVEL 3)

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### LEVEL 3 General Tumbling

- A. All tumbling must originate from and land on the performing surface.  
Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition.  
Rebounding to a prone position in a stunt is allowed.
- 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.
- D. Assisted or connected tumbling is not allowed.  
Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- E. Dive rolls are allowed  
Exception: Dive rolls performed in a swan/arched position are not allowed.  
Exception: Dive rolls that involve twisting are not allowed.

### LEVEL 3 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. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne.  
Exception: round offs are allowed.

### LEVEL 3 Running Tumbling

- A. Flips:
  - 1. Back flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). Exception: aerial cartwheels, running tuck fronts, and  $\frac{3}{4}$  front flips are allowed. The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.  
Clarification: a front handspring (or any other tumbling skill) into a front tuck is illegal.
  - 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 legal.
  - 3. Cartwheel tucked flips are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel.  
Exception: a forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.  
Clarification: If any tumbling follows a forward or backward roll or a forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.
- C. No twisting while airborne.  
Exception: round offs are allowed.

### LEVEL 3 Stunts

- A. A spotter is required for each top person in an extended stunt.

- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
  1. Twisting mounts and transitions are allowed up to one 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, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation.
  2. Full twisting transitions may land or originate from prep level or below only.  
Example: no full up to an extended position.
  3. Twisting transitions to and from an extended position may not exceed a 1/2 twisting rotation.  
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 ½ rotation.
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping stunts and transitions are not allowed
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.  
Example: Shoulder sits walking under prep.  
Exception: an individual may jump over another individual.
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. Stunts - Release Moves
  1. Release moves are allowed but must not pass above extended arm level.  
Exception: Cradles are allowed.
  2. Release moves may not land in an inverted position. Releasing from inverted to non-inverting is not allowed.
  3. Release moves must return to original bases.  
Clarification: an individual may not land in the performing surface without assistance.
  4. Helicopters are not allowed.
  5. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
  6. Release moves are restricted to a single skill/trick.
  7. Release moves may not intentionally travel.
  8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. Stunts – Inversions
  - 1.No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.  
Exception: Multi base suspended forward roll dismount to a cradle or the performing surface are allowed.  
Multi base suspended forward rolls must be supported by two 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.  
Exception: Multi base suspended forward roll may twist up to a full twisting rotation.
  - 3.Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base.  
Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).  
Clarification 2: Catchers must physically catch the top person at the head and shoulder area.
- L. 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.

## LEVEL 3 Pyramids

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single 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  
Example: shoulder sits walking under prep.
- E. Pyramids - Release Moves  
Clarification: anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the level 3 dismount rules.
  - 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below.  
Clarification: Level 3 pyramid release moves may now incorporate release moves that maintain contact with one other top person provided the release move meet the criteria established under stunt release moves. Level 3 pyramid release moves, must maintain contact with two other top persons if the release move begins at prep level or above, oases above extended arm level, includes more than one skille, or is caught in an extended position.
  - 2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below. Clarification 1: being braced on one side with both arms and the other side by hand-foot connection is NOT allowed. Clarification 2: if top person is braced on each side with arm-to-arm connection and a third bracer with hand-foot connection, the skill would be legal.
  - 3. These release transitions may not involve changing bases.
  - 4. These transitions must be caught by at least 2 catchers.
    - a. Both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- F. Pyramids - Inversions
  - 1. Must follow Level 3 Stunt Inversions rules
  - 2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is in direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below.  
Example 1: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill.  
Example 2: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.
- G. Pyramids - Release Moves w/ Braced Inversions
  - 1. Pyramid transitions may not involve inversions while released from the bases.

## LEVEL 3 Dismounts

- A. Cradles from single based stunts must have a separate spotter with at least one 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 two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require 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 quarter turns are allowed from any single leg stunt.
- E. Up to 1-1/4 twists are allowed from any two leg stunts. Twisting out of a platform position is not allowed.

- F. Up to 1 trick allowed during a dismount from any two leg stunt.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- J. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- K. 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.

### LEVEL 3 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 from ground level 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. Flipping, inverted or traveling tosses are not allowed.
- D. 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.
- E. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation.  
Example: Legal: toe-touch, ball out, pretty girl, etc.  
Example: Illegal: Switch kick, pretty girl-kick, double toe-touch etc.  
Clarification: The "arch" does not count as a trick.  
Exception: a Ball X is allowed at this level.
- F. During a twisting toss, no skill other than the twist is allowed.  
Example: no kick fulls, 1/2 twist toe touches, etc.
- G. Top persons in separate tosses may not come in contact with each other
- H. Only a single top person is allowed during a toss.

## JUNIOR ELITE (LEVEL 5) & JUNIOR GROUP STUNT

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### Level 5 General Tumbling

- A. All tumbling must originate from and land on the performing surface.  
Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition.  
Rebounding to a prone position in a stunt is allowed.
- 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.
- D. Assisted or connected tumbling is not allowed.  
Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- E. Dive rolls are allowed
  - 1. Dive rolls performed in a swan/arched position are not allowed.
  - 2. Dive rolls that involve twisting are not allowed.

### Level 5 Standing / Running Tumbling

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

### Level 5 Stunts

- A. A spotter is required for each top person in an extended stunt.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:  
are allowed up to 2 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.  
Example: shoulder sits walking under prep.  
Exception 1: An individual may move over another individual.  
**Exception 2: An individual may move under a stunt.**
- E. Free flipping mounts and transitions are not allowed.
- F. During transitions, at least one base must remain in contact with the top person.  
Exception: See "Release Moves".
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. Stunts - Release Moves
  - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level  
Exception: cradles. Example: Tick-tocks are allowed.
  - 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.

3. Release moves must return to original bases.  
Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.

K. Stunts – Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids".
2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two 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: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.  
Exception: A controlled power pressing of an extended inverted stunt (Example: needle or handstand) to shoulder level is allowed.
3. Downward inversions must maintain contact with an original base.  
Exception: In side rotating downward inversions, 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.
  - 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.

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

## Level 5 Pyramids

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D.
  1. No stunt or pyramid may move over or under another separate stunt or pyramid.  
Example: shoulder sits walking under prep.  
Exception 1: An individual may jump over another individual.  
Exception 2: An individual may move under a stunt.
  - 2.
- E. 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 one person 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 second level.  
Clarification: The transition must be continuous.
  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.
    - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated
  5. Non-inverted pyramid release moves must be caught by at least 2 catchers.
    - a. In pyramids where the top person travels over their bracer (example: leap frogs or wolf wall transitions), both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- F. Pyramids- Inversions
  1. Must follow Stunt Inversions rules.

#### G. 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 throughout entire transition with either the top person(s) or the base(s). Clarification: Top person(s) bracing the inversion must show a concerted effort to maintain contact throughout the entire transition until they are safely caught by the bases.
2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations, 1/2 twisting rotations.
3. Braced inversions (including braced flips) that exceed 1/2 twisting rotations are only allowed up to a 3/4 flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation.  
Clarification: Legal: an athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward 3/4 rotation to a prone position while in contact with one 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) must be caught by at least 3 catchers.  
Exception: Braced flips that land in an extended upright position.
  - a. All 3 catchers must be stationary
  - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
7. All braced inversions (including braced flips) that land in an extended upright position require at least one base and additional spotters.
  - a. The base(s) and spotter(s) must be stationary.
  - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
  - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated.
8. Braced inversions (including braced flips) may not travel downward while inverted.

### Level 5 Dismounts

- A. Cradles from single based stunts must have a separate spotter with at least one 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 two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
Clarification: An individual may not land in the performing surface from above waist level without assistance.
- D. Up to a 2-1/4 twisting rotation allowed from all stunts.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- H. 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.

### Level 5 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 from ground level 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 travelling tosses.

Exception: A  $\frac{1}{2}$  turn is allowed by bases as in a kick full basket.

- C. Flipping, inverted or travelling tosses are not allowed.
- D. 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.
- E. Up to 2- $\frac{1}{2}$  twisting rotation allowed.
- F. Top persons in separate tosses may not come in contact with each other.
- G. Only a single top person is allowed during a toss.

# SENIOR PREMIER (LEVEL 6), SENIOR GROUP STUNT & PARTNER STUNT

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## General Tumbling

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.) Exception: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted, or connected tumbling is not allowed.
- E. Dive rolls are allowed
  - 1. Dive rolls performed in a swan/arched position are not allowed.
  - 2. Dive rolls that involve twisting are not allowed.

## Standing / Running Tumbling

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

## Stunts

- A. A spotter is required:
  - 1. During extended one-arm stunts other than an extension, awesomes/cupies or liberties
  - 2. When the load/transition involves a twist or flip
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person.
- C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.  
Exception 1: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (example: a flip that lands in a straddle position requires a hands-on spotter)  
Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double awesomes/cupies require a separate spotter for each top person
- G. Stunts - Release Moves
  - 1. Release moves are allowed.
  - 2. Release moves may not land in a prone position.
  - 3. Release moves must return to original bases. Exception: A toss, from the performing surface, to prep level is allowed to travel if the toss is from a single base and there is an additional spotter on the catch.
  - 4. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  - 5. Release moves may not intentionally travel. See exception in #3 above
  - 6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- H. Stunts - Inversions
  - 1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must

maintain contact with a base.

## Pyramids

- A. Pyramids are allowed up to 2-1/2 high.
- B. For 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-1/2 high level. Spotters may not be a primary support of the pyramid.
- C. Free-flyings mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
- D. Pyramids - Release Moves
  - 1. During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.
- Pyramids – Inversions
  - 1. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
  - 2. 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.
- E. Pyramids - Release Moves w/ Braced Inversions
  - 1. Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
  - 2. 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.

## Dismounts

- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/2 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- D. Free flipping dismounts are allowed up to 1 flipping and 0 twisting rotations.
- E. Free flipping dismounts to the performance surface are not allowed.
- F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- G. Flips that originate above prep level are not allowed. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## 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 from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulders area of the top person.

- C. Flipping tosses are allowed up to 1 flipping rotation and 2 twists.
- D. In flipping tosses (tuck, layout or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

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-twisting Layout  
Kick, Full-Twisting Layout, Kick  
Pike, Split, Double Full Twist  
Full-twisting Layout, Split, Full Twist

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 3-1/2 twists.

# DANCE : HIP HOP & FREESTYLE

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## CATEGORY DEFINITIONS:

**HIP HOP** - Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. There is also an additional focus on athletic incorporations such as jumps, freezes/stalls and other tricks. See score sheet for more information.

**FREESTYLE** - Incorporates the concepts of Jazz and Hip Hop with an emphasis on choreography, proper technical execution, visual effect, creativity, staging and team uniformity. Poms are used for 50-100% of the routine. Important characteristics of this type of routine include synchronization and visual effect, clean and precise motions, strong pom technique, the incorporation of dance technical elements and dance styles. Visual effects include level changes, group work, formation changes, the use of different color poms, etc. (See Section E. Props for any clarifications)

Der er ikke generelle krav til hvilke elementer der skal indgå i rutinen (ingen obligatoriske elementer), og vi anbefaler derfor, at alle kigger score sheets igennem – som findes bagerst i dette regelsæt – så man er klar over, hvad der vil blive bedømt, samt hvor meget forskellige elementer bør vægte i rutinen.

## A. GLOSSARY OF TERMS:

1. **Aerial Cartwheel** - Cartwheel executed without placing hands on the ground.
2. **Airborne** - To be free of contact with a person and/or the performing surface.
3. **Back Walkover** - A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.
4. **Cartwheel** - A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
5. **Chorus Line Flips** - A skill in which an individual back or front flips between two other individuals whose arms and/or wrists are interlocked. The individual flips with or without hand/arm contact.
6. **Dive Roll** - An airborne forward roll where the hands and feet are off of the performing surface simultaneously. (This skill is allowed as long as the performer is in a pike position)
7. **Elevated** - To move a dancer to a higher position or place from a lower one.
8. **Elevated Individual** - the individual who is lifted from the performance surface as a part of a Lift. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.
9. **Executing Individual** - the individual who performs a skill as part of a Trick or uses support from another individual (s) when partnering. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.
10. **Flying Squirrel** - A jump executed with forward momentum with the individuals arms extended in front, legs behind, creating an "X" position in the air
11. **Freeze** - see Stall for definition
12. **Front Walkover** - A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.
13. **Handstand** - A straight body inverted position where the arms are extended straight by the head and ears.
14. **Head Spin** - A hip hop technique in which the individual spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
15. **Head Spring (Front/Back)** - The individual approaches the head spring much like a hand spring and can be executed either to the front or to the back. A front head spring begins in a standing or squatting position, the hands are placed on the floor with the head in between the hands like a head stand, the legs come over the head and whip through as in a kip up to spring the individual over to land on the feet. A back head spring begins in a standing or squatting position. The individual springs backward to land on one or both hands, rolls through to the head and completes the skill with a kip up to land forward on the feet.
16. **Headstand** - A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.
17. **Kip-up** - From lying down, stomach up, the individual bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the individual to land in an upright position with both feet planted on the floor.
18. **Lifts** - An action in which an individual is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of "Lifting" individuals and "Elevated" Individuals. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.
19. **Lifting Individual** - the individual who lifts the Elevated Individual as part of a Lift. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.
20. **Hip/over head Rotation** - A movement where hips move over the head, as in a back walkover, cartwheel or similar tumbling skill.

21. **Partnering** - An action in which two or more individuals use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills Refer to the ICU Rules for Lifts, Tricks and Partnering for a full definition.
22. **Pony Sit** - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.
23. **Prop** - An object that can be manipulated.
24. **Shoulder Roll** - A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.
25. **Shoulder Sit** - Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.
26. **Side Somi** - A tuck in the sideways position. Can be performed running or from a cartwheel or round-off entry.
27. **Shushunova** - a jump variation (such as a toe touch or pike jump) landing in a prone support (push up position)
28. **Stall (Freeze)** - A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.
29. **Supporting Individual** - the individual who holds or tosses and or maintains contact with an Executing Individual as a part of a Trick or Partnering Skill. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.
30. **Swinging Lift** - A lift in which the momentum of the lifted individual increases while creating a curve or arc with up and down motion.
31. **Thigh Stand** - A lift in which bases in lunge position with one leg bent and one leg straight, lifted individual's feet are placed in the pockets of the bases' thighs. Bases should support the top person with one arm around the back of the lifted individual's leg and the other hand bracing the foot.
32. **Toe Pitch** - A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.
33. **Toss** - An airborne trick where supporting individual(s) execute a throwing motion to increase the height of the executing individual. Executing individual becomes free from the performance surface, but maintains hand/arm/body to hand/arm contact with at least one supporting individual.
34. **Tumbling** - an acrobatic or gymnastics skill executed by an individual, without contact, assistance or support of another individual (s), and begins and ends on the performance surface.
35. **Trick (executed as partners or in a group)** - an action in which an individual executes a skill with support from one or more individuals. A Trick is comprised of "Supporting" Individual (s) and "Executing" Individual (s). Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.
36. **Trick (executed as an individual)** - See Tumbling
37. **Weight Bearing** - a skill in which the individual's weight is supported by one body part without any other body part on the ground
38. **Windmill** - Beginning in a position lying down on the back, the individual spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

## **B. TUMBLING AND TRICKS (Executed by Individuals)**

1. An acrobatic or gymnastics skill executed by an individual, without contact, assistance or support of another individual(s), and begins and ends on the performance surface.
2. Tumbling is allowed, but not required, in all divisions with the following limitations:

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Forward/ Backward Rolls	Front/ Back Tucks
Dive Rolls (in a piked position)	Side Somi
Round offs	Layouts
Shoulder Rolls	Shushunova
Headstands	Headsprings (without hand support)
Handstands	
Front/ Back Walkovers	<i>*Indicates allowed in the Hip Hop Division only</i>
Stalls/ Freezes	<i>*Aerial Cartwheel</i>
Head spins	<i>* Front/ Back handsprings</i>
Windmills/ Flairs	
Kip Up	
Cartwheels	

*Airborne skills with hip over head rotation must involve hand support with at least one hand while passing through the inverted position. (\*Exception - Aerial Cartwheels, Front/Back Handsprings - which are allowed in the Hip Hop Division Only) Tumbling skills with airborne hip over head rotation are limited to 2 connective*

*skills. Example - Round-off, back handspring, back handspring is not allowed. Round-off, back handspring, kip up is allowed.*

3. **Weight bearing skills on the hands are not allowed while holding poms or props. (Including tumbling, stalls, etc. Exception: forward and backward rolls.)**
4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hands or foot/feet in order to break the impact of the drop.
5. **Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel or an X, Star or Spread Eagle jump. All variations of a Shushunova are not permitted.**

### **C. LIFTS, TRICKS & PARTNERING - (Executed as partners or groups) Permitted and defined below.**

**Lift** - an action in which an individual(s) is elevated from the performance surface by one or more other individuals and set down. A Lift is comprised of "Lifting" Individual(s) and "Elevated" individual(s).

**Tricks** - an action in which an individual executes a skill with support from one or more individuals A Trick is comprised of "Supporting" Individual(s) and "Executing" Individual(s).

**Partnering** - an action in which two or more individuals use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills.

1. **A Lifting/Supporting Individual** must maintain direct contact with the performance surface at all times.
2. **At least one Lifting/Supporting Individual must have hand/arm/body to hand/arm/body contact, with the Elevated/Executing Individual(s), at all times during the Lift, Trick or Partnering Skill.**
3. Swinging Lifts and Tricks are allowed, provided the **Elevated/Executing Individual's body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.**
4. Hip over head rotation of the **Elevated/Executing Individual(s)** may occur as long as his/her hips maintain a level at or below the shoulder height of a standing **Lifting/Supporting Individual.** (Exception: chorus line flips are not allowed - See Glossary for full definition)
5. **All cheer style stunts and/or pyramids are prohibited.** (Exceptions: pony sit, thigh stand, shoulder sit)
6. **Jumping or leaping off an individual is allowed as long as there is hand/arm (Supporting Individual) to hand/arm/body (Elevated/Executing Individual) contact with a Supporting Individual throughout the skill.**
7. **Tossing an individual is allowed as long as there is hand/arm (Supporting Individual) to hand/arm/body (Elevated/Executing Individual) contact with at least one other individual throughout the skill.**

### **D. CHOREOGRAPHY AND COSTUMING**



1. Suggestive, offensive, or vulgar choreography, **costuming**, 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. Inappropriate choreography, costuming and/or music may affect the judges' overall impression and/or score of the routine.
4. All costuming, makeup and choreography should be age appropriate and acceptable for family viewing
5. No cheers or chants are allowed.
6. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed are grounds for disqualification. Please make sure that you have several dress rehearsals prior to competition to work out any costume problems.
7. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited.
8. Jewelry as a part of a costume is allowed.
9. All male performers' costumes must include a shirt that is fastened, however it can be sleeveless.

### **F. PROPS**

1. **A prop is defined as anything that is used as part of your choreography that is not attached to your costume.**
2. **Wearable and handheld items/props that compliment the choreography will be allowed in the Hip Hop Category. They may be removed and discarded from the body.**
3. **The Freestyle Category will not allow props, as poms are to be used for 50-100% of the 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.**

# SCORE SHEETS

## Cheerleading, alle alderskategorier

	<h1>ICU WORLD CHAMPIONSHIP</h1> <h2>The World Cup of Cheerleading</h2> <h3>Coed Premier Division</h3>	
JUDGE NO. _____ TEAM NO. _____ TEAM NAME _____		
<b>CHEER CRITERIA</b>		<b>10 POINTS</b> _____
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)		
<b>PARTNER STUNTS</b>		<b>25 POINTS</b> _____
Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety		
<b>PYRAMIDS</b>		<b>25 POINTS</b> _____
Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity		
<b>BASKET TOSSES</b>		<b>15 POINTS</b> _____
Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety		
<b>TUMBLING</b>		<b>10 POINTS</b> _____
Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization		
<b>FLOW OF ROUTINE/TRANSITIONS</b>		<b>5 POINTS</b> _____
Execution of routine components: flow, pace, timing of skills, transitions		
<b>OVERALL PRESENTATION, CROWD APPEAL</b>		<b>10 POINTS</b> _____
Overall presentation, showmanship, crowd effect		
<b>100 POINTS POSSIBLE</b>		<b>TOTAL</b> _____

**\* OBS: Da basket tosses ikke er tilladt for PeeWee Minor udgør totalsummen da 85.**

## Group Stunt & Partner Stunt, alle alderskategorier



# ICU WORLD CHAMPIONSHIP The World Cup of Cheerleading



## All Girl Group Stunt Division

JUDGE NO. \_\_\_\_\_ TEAM NO. \_\_\_\_\_ TEAM NAME \_\_\_\_\_

### A). STUNTS AND TOSSES- 75 POINTS

**1). EXECUTION OF TECHNIQUE** **30 POINTS** \_\_\_\_\_

Execution of proper technique to perform stunts, making the stunts appear to be easy.

**2). DIFFICULTY** **25 POINTS** \_\_\_\_\_

Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

**3). FORM AND APPEARANCE OF STUNTS** **20 POINTS** \_\_\_\_\_

This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

### B). OVERALL PERFORMANCE- 25 POINTS

**1). TRANSITIONS** **15 POINTS** \_\_\_\_\_

Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.

**2. SHOWMANSHIP** **10 POINTS** \_\_\_\_\_

Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

**100 POINTS POSSIBLE** **TOTAL** \_\_\_\_\_



# ICU WORLD CHEERLEADING CHAMPIONSHIPS



## Team Cheer - Freestyle Pom

JUDGE NO. \_\_\_\_\_ TEAM NO. \_\_\_\_\_ TEAM NAME \_\_\_\_\_

### OVERALL EFFECT (20 POINTS)

#### **Overall Impression**

Teams' ability to exhibit a dynamic and energetic routine  
Audience appropriateness of the music, costume and choreography  
Judges overall impression of the performance

10 \_\_\_\_\_

#### **Communication & Projection**

Ability to evoke feeling from an audience through the use of energy, showmanship, genuine expression, and emotion throughout the performance

10 \_\_\_\_\_

### CHOREOGRAPHY (20 POINTS)

#### **Creativity/ Musicality/ Formations & Transitions**

Use of poms and original movement to compliment the music and create visual effects/ inventive formations and creative ways to move from one formation to another, allowing for seamless changes of positions

10 \_\_\_\_\_

#### **Difficulty**

Use of intricate and challenging skills/movement (including various turns, leaps, jumps, kicks, etc)

10 \_\_\_\_\_

### TECHNIQUE (30 POINTS)

#### **Execution of Style(s) & Technical Skill**

The mastering and performance of all technical elements in accordance with the ability level of the entire team.

20 \_\_\_\_\_

#### **Placement/Control/Extension/Strength of Movement**

The proper control & correct placement/alignment of body & parts of body throughout all movement during performance. Ability to exhibit full extension and strength in technical elements and pom motions

10 \_\_\_\_\_

### GROUP EXECUTION (30 POINTS)

#### **Synchronization**

Uniformity of all movement throughout the routine and appropriate timing with the music

20 \_\_\_\_\_

#### **Spacing**

Ability of participants to gauge and position themselves correct distances between each other in and throughout all formations of performance.

10 \_\_\_\_\_

### TOTAL: (100 points)

\_\_\_\_\_



# ICU WORLD CHEERLEADING CHAMPIONSHIPS



## Team Cheer – Hip Hop

JUDGE NO. \_\_\_\_\_ TEAM NO. \_\_\_\_\_ TEAM NAME \_\_\_\_\_

### OVERALL EFFECT (20 POINTS)

#### **Overall Impression**

Teams' ability to exhibit a dynamic and energetic routine  
Audience appropriateness of the music, costume and choreography  
Judges overall impression of the performance

10 \_\_\_\_\_

#### **Communication & Projection**

Ability to evoke feeling from an audience through the use of energy, showmanship, genuine expression, and emotion throughout the performance

10 \_\_\_\_\_

### CHOREOGRAPHY (30 POINTS)

#### **Creativity & Musicality**

Use of original movement to compliment the music

10 \_\_\_\_\_

#### **Difficulty**

Use of intricate and challenging skills/movement

10 \_\_\_\_\_

#### **Formations & Transitions**

Use of inventive formations and creative ways to move from one formation to another, allowing for seamless changes of positions

10 \_\_\_\_\_

### TECHNIQUE (20 POINTS)

#### **Execution of Style(s) & Clarity of Movement**

The mastering of rhythm and hip hop elements in accordance with the ability level of the entire team

10 \_\_\_\_\_

#### **Placement/Control/Extension/Strength of Movement**

The proper control & correct placement/alignment of body & parts of body and the ability to exhibit full extension and strength of movement

10 \_\_\_\_\_

### GROUP EXECUTION (30 POINTS)

#### **Synchronization**

The uniformity, precision and appropriate timing with the beat/rhythm of the music of all movement throughout the performance

20 \_\_\_\_\_

#### **Spacing**

Ability of participants to gauge and position themselves correct distances between each other in and throughout all formations of performance

10 \_\_\_\_\_

### TOTAL: (100 points)

\_\_\_\_\_