

2020

ICU Adaptive Abilities, Special
Abilities and Special Olympic
Rules & Regulations



These rules are taken from the International Cheer Union '2020 General Information Divisions Rules & Regulations' rule books and are published by Cheer Canada with permission from the International Cheer Union.

GENERAL SAFETY RULES

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, 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 that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
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 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.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, poms, megaphones and pieces of cloth are the only props allowed (Exception: Adaptive Abilities, Special Olympics & Special Abilities athlete mobility/support devices). 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 (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.

10. 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 stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses. Exception: Within the ICU Adaptive Abilities Divisions, Special Olympics & Special Abilities Divisions, a mobile assistance and support devices in use to assist the athlete are considered part of the athlete. In these cases, X.10 does not apply.
11. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
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. Shushinovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not 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 the hands of base(s) if the base(s) hands are resting on the performing surface.
15. 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.
16. 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.
17. For purposes of promotion of international sport and the global athletic image of the Sport of Cheer, athletes are recommended to 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. For purposes of awareness, this is only a recommendation for 2020.

MOBILITY & SUPPORT DEVICE RULES

(Special Olympics, Special Abilities & Adaptive Abilities Divisions, and all Divisions-as applicable)

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

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

7. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.

ICU SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)

INTERMEDIATE DIVISION RULES

SPECIFIC DIVISION CRITERIA

1. All ICU general rules & guidelines, mobility/support device rules, as well as routine requirements apply.
2. All Special Olympics Unified National Teams must be comprised of a 1:1 ratio of Athletes with and without intellectual disabilities.
3. All Special Abilities Unified National Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.
4. All Special Olympics & Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.
5. All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant for safety purposes. Should the Coach or Assistant assist in the skill, directly or indirectly (for safety reasons), while spotting the skill- a reduced point value will be reflected in the team score for the respective category based on the level of assistance provided.
6. Tosses are not allowed.
7. Spotted and assisted tumbling is not allowed in Competition; however, spotted and assisted tumbling is allowed in Exhibition performances.
8. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
9. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer uniform during the routine.

10. Assistants shall wear athletic shoes (e.g. no flipflops) and shall not wear any jewelry for the protection of the Athletes.
11. For Special Olympics/Special Abilities Unified Teams Only: Skill difficulty performed by a Unified Partner within a specific category (e.g. tumbling, partner stunts, pyramids, etc.) must not exceed the difficulty of a comparable skill or a skill within the same category performed by an athlete with an intellectual disability, unless an athlete with an intellectual disability is part of the skill (e.g. a partner stunt group, pyramid, etc.), and compliant with the rules detailed herein.
12. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression, coaches must reference Section XIV. “Spinal Cord Compression/Atlantoaxial Instability (AAI) Rules & Guidelines.”

**SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION GENERAL TUMBLING**

1. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
2. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump over (rebound) another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed:
Exception 1: Dive rolls performed in a swan/arched position are not allowed.
Exception 2: Dive rolls that involve twisting are not allowed.

5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
6. 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.

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)

INTERMEDIATE DIVISION STANDING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are not allowed.
Clarification: A back walkover into a back handspring is allowed.
3. Jump skills in immediate combination with handspring(s) is not allowed. Example: Toe touch handsprings and handspring toe touches are not allowed.
4. No twisting while airborne. Exception: Round offs are allowed

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)

INTERMEDIATE DIVISION RUNNING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. No twisting while airborne. Exception: Round offs are allowed

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)

INTERMEDIATE DIVISION STUNTS

1. Spotters:
 - a. A spotter is required for each top person above prep level.
 - b. A spotter is required for each top person in a floor stunt.
Clarification: The spotter may grab the top person's waist in a floor stunt.
2. Stunt Levels:
 - a. 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.

3. 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 be assisted by another top person.

4. During transitions, at least one base must remain in contact with the other top person.
5. Free flipping or assisted flipping stunts and transitions are not allowed.
6. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

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

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not. Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

7. Single based split catches are not allowed.
8. Single based stunts with multiple top persons are not allowed.

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)
INTERMEDIATE DIVISION

Stunts-Release Moves

1. No release moves are allowed other than those allowed in Special Olympics & Special Abilities (Unified & Traditional) Intermediate Division “Dismounts”; and “Tosses” are not allowed.
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.

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)
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.

2. 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.*

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED & TRADITIONAL)

INTERMEDIATE DIVISION PYRAMIDS

1. Pyramids must follow Special Olympics & Special Abilities (Unified & Traditional) Intermediate Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Abilities (Unified & Traditional) Intermediate Division "Dismount" rules.
3. Extended stunts may not brace or be braced by any other extended stunts.
4. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not. Example: A shoulder sit walking under a prep is not allowed
5. Extended single-leg stunts:
 - a. Extended single-leg stunts 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.
 - b. The connection must be made prior to initiating the extended single leg stunt.
 - c. Prep level top persons 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.

SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED AND TRADITIONAL)

INTERMEDIATE DIVISION DISMOUNTS *Note: Movements are only considered*

“Dismounts” if released to a cradle or released and assisted to the performing surface.

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s):
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed. E. Twisting dismounts exceeding $\frac{1}{4}$ 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.
5. 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.
6. Cradles from extended single-leg stunts in pyramids are allowed
7. No free flipping or assisted flipping dismounts are allowed.
8. Dismounts may not intentionally travel.
9. Top persons in dismounts may not come in contact with each other while released from the bases.
10. Tension drops/rolls of any kind are not allowed.

**SPECIAL OLYMPICS & SPECIAL ABILITIES (UNIFIED AND TRADITIONAL)
INTERMEDIATE DIVISION TOSSES**

1. Tosses are not allowed.

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

Clarification 2: All waist level cradles are not allowed.

**ICU ADAPTIVE ABILITIES UNIFIED DIVISION RULES SPECIFIC DIVISION
CRITERIA**

1. All ICU general rules & guidelines, mobility/support devices rules, as well as routine requirements apply.
2. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression, coaches must reference Section XIV. “Spinal Cord Compression/Atlantoaxial Instability (AAI) Rules & Guidelines.”
3. All Adaptive Abilities Unified National Teams must be comprised of a minimum 25% or more Athletes with a disability per team.
Clarification: Adaptive Abilities Athlete qualification is subject to respective ICU general rules and guidelines, as well as National Federation confirmation and/or medical documentation, as requested. Please see Cheerleading Team Divisions Rules & Regulations (CTDRR) Section XV for more information.
4. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
5. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill.
6. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.
7. Basket tosses are not allowed.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION GENERAL TUMBLING

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

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

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

2. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.

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

3. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.

4. Dive rolls are allowed:

Exception 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Example: If an athlete in Adaptive Abilities Unified Median/L3 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 Adaptive Abilities Unified Median/L3 Standing Tumbling regulations.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION STANDING TUMBLING

1. Flips are not allowed.

Clarification: Jumps connected to $\frac{3}{4}$ front flips are also not allowed.

2. Series front and back handsprings are allowed.
3. No twisting while airborne.

Exception: Round offs are allowed.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION RUNNING TUMBLING

1. Flips must follow the enclosed conditions:
 - a. Back flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). Examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and Arabians.
 - b. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring back tucks are allowed.
 - c. Cartwheel tucked flips and/or cartwheel to back handsprings(s) to tucks are not allowed.
 - d. Aerial cartwheels, running front tucks, and $\frac{3}{4}$ front flips are allowed.

Clarification: A front handspring (or any other tumbling skill) into a front tuck is not allowed.

2. No tumbling is allowed after a flips 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 athletes finishes the skill with both feet together, then 1 step is all that is needed to create a new tumbling pass.

3. No twisting is allowed while airborne.

Exception: Round offs are allowed.

Exception: Aerial cartwheels are allowed

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION STUNTS

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions are allowed up to 1 twisting rotation by the top person in relation to the performance surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

4. Full twisting transitions must land at and original from prep level or below only.

Example: No full ups (1 twist or more) to an extended position.

5. Twisting transitions to and from an extended position may not exceed a ½ twisting rotation.

Clarification: A twist performed with an additional turn by the bases performed in the same level set, would be not allowed not be allowed if the resulting cumulative rotation of the top person exceeds ½ rotation.

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

Exception: See “Release Moves”.

7. Free flipping mounts and transitions are not allowed.

8. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual. *Clarification 1: This rule pertains to an athlete’s torso (midsection of an athlete’s body) not moving over or under the torso of another athlete; this does not pertain to an athlete’s arms or legs. Clarification 2: A top person may not pass over or under the torso (midsection of an athlete’s body) of another top person regardless 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.

9. Single based split catches are not allowed.

10. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.

ADAPTIVE ABILITIES UNIFIED 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 Adaptive Abilities 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.

ADAPTIVE ABILITIES UNIFIED 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 Adaptive Abilities Unified Median Division.
4. Downward inversions may not come into contact with each other.
5. 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.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION PYRAMIDS

1. Pyramids must follow Adaptive Abilities Unified Median Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base. Exception: See Adaptive Abilities Unified Median "Pyramid Release Moves"
3. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.
4. No stunt or pyramid may move over or under another separate stunt, pyramid, or individual.

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

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

5. Twisting stunts and transitions to extended skills are allowed up to 1 twist if connected to at least 1 bracer at prep level or below and at least 1 base. The connection to the bracer must be hand/arm to hand/arm. The connection must be made prior to the initiating of the skill and must remain in contact throughout the skill. A Hand/arm connection does not include the shoulder.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION PYRAMIDS - Release Moves

Any skill allowed as an Adaptive Abilities Unified Median Division Release Move is also allowed if it remains connected to a base and 2 bracers. Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following 6 rules, the top person must land in a cradle or dismount to the performance surface and must follow the Adaptive Abilities Unified Median Division dismount rules.

1. 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: Adaptive Abilities Unified Median Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Adaptive Abilities Unified Median Division “Stunt Release Moves” or “Dismounts” criteria.

2. The top person must remain in direct contact with at least 2 different top persons at prep level or below. One of these top person contacts must be in a hand/arm to hand/arm connection; the other may be either in a hand/arm to hand/are connections or in a hand/arm to foot/lower leg (below the knee) connection. *Clarification 1: Pyramid Release Moves must be braced on 2 different sides (e.g. right side/left side or left side/back side, etc.) by 2 separate bracers. (Example: 2 bracers on the same arm is 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.*
3. Primary weight may not be borne at the 2nd level. *Clarification: The transition must be continuous.*
4. These release transitions may not involve changes bases.
5. 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.
6. Release moves may not be braced/connected to the top persons above prep level.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION

Pyramids-Inversions

1. Must follow Adaptive Abilities Unified 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 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.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION

Pyramids-Release Moves w/ braced inversions

1. Pyramid transitions may involve inversions while released from the bases.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION DISMOUNTS

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

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).

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

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

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

4. Only straight pop downs, basic straight cradles, and ¼ turns are allowed from any single (1 leg) stunt.
5. Up to a 1 ¼ twisting rotations are allowed from all 2 - leg stunts.

Clarification: Twisting from a platform is not allowed. A Platform is not considered a 2 - leg stunt. There are specific exceptions given for the platform body position within the Adaptive Abilities Unified Median Division “Stunts” regarding Twisting Stunts and Transitions specifically.

6. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

Exception: If the “prop” is a mobile device of an Adaptive Abilities athlete, then it is allowed.

7. Up to 1 trick is allowed during a dismount from any 2 leg stunt.
8. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
9. No free flipping dismounts allowed.
10. Dismounts may not intentionally travel.
11. Top persons in dismounts may not come in contact with each other while released from the bases.
12. Tension drops/rolls of any kind are not allowed.
13. 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.
14. Dismounts from an inverted position are not allowed.

ADAPTIVE ABILITIES UNIFIED MEDIAN DIVISION TOSSES

1. Basket Tosses are not allowed.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION GENERAL TUMBLING

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

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

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

2. Tumbling over, under, or through a stunt, individual, or prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.

Clarification: An individual may jump over another individual.

3. Tumbling while holding or in contact with any prop is not allowed, unless the “prop” is mobility equipment for an Adaptive Abilities athlete.

4. Dive rolls are allowed:

Exception 1: Dive rolls performed in a swan/arched position are not allowed.

Exception 2: Dive rolls that involve twisting are not allowed.

5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Example: If an athlete in Adaptive Abilities Unified Advanced/L4 performs a round off - toe touch - back handspring- whip-layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Adaptive Abilities Unified Advanced/L4 Standing Tumbling regulations.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION STANDING TUMBLING

1. Standing flips and flips from a back handspring entry are allowed.

2. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

3. Consecutive flip-flip combinations are not allowed. Example: Back tuck – back tuck, back tuck – punch front are not allowed.

4. 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 $\frac{3}{4}$ 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 skills.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION RUNNING TUMBLING

1. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION STUNTS

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions to prep level are allowed up to 1 ½ 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, is not allowed if the resulting cumulative rotation of the top person exceeds a 1½ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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

- b. 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 (1 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.

5. During transitions, at least 1 base must remain in contact with the top person. Exception: See “Release Moves”.
6. Free flipping mounts and transitions are not allowed.
7. 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.

8. Single based split catches are not allowed.
9. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single leg top persons may not connect to any other extended single leg top person.

ADAPTIVE ABILITIES UNIFIED 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 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. 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 inverted to non-inverted positions may not twist. Release moved 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, 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 Adaptive Abilities 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.

ADAPTIVE ABILITIES UNIFIED 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.
5. 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.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION PYRAMIDS

1. Pyramids must follow Adaptive Abilities Unified 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.
2. Top persons must receive primary support from a base. Exception: See Adaptive Abilities Unified Advanced “Pyramid Release Moves”

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

4. 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.

5. Any skill that is allowed as an Adaptive Abilities Unified 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.

ADAPTIVE ABILITIES UNIFIED 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 tic-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Adaptive Abilities Unified Advanced Division "Stunts", the same skill is allowed in Adaptive Abilities Unified 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 tic-tock must be braced the entire time during the release from the bases.

Clarification 2: Adaptive Abilities Unified Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Adaptive Abilities Unified 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 2nd 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.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION

Pyramids-Inversions

1. Must follow Adaptive Abilities Unified Advanced Division “Stunt Inversions” rules.

ADAPTIVE ABILITIES UNIFIED 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 the 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 sideback 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 1¼ 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.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION DISMOUNTS

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

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

2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s). Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or a spotter(s). Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.

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

4. 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 Adaptive Abilities Unified Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.

5. 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 Adaptive Abilities Unified Advanced Division “Stunts” regarding Twisting Stunts and Transitions specifically.
6. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop. Exception: If the “prop” is a mobile device of an Adaptive Abilities athlete, then it is allowed.
7. During a cradle that exceeds 1 ¼ twists, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.
12. 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.

13. Dismounts from an inverted position may not twist.

ADAPTIVE ABILITIES UNIFIED ADVANCED DIVISION TOSSES

1. Basket Tosses are not allowed.

SPINAL CORD COMPRESSION/ATLANTOAXIAL INSTABILITY (AAI) RULES & GUIDELINES

1. Overview: Spinal cord compression may occur at any vertebral level as a result of either a bony or ligamentous abnormality. These abnormalities may predispose individuals to injury if they participate in activities that radically move the vertebrae at the area of compression. When spinal cord compression occurs at the cervical vertebrae (C-1 and C-2) in the neck, it is known as Atlantoaxial instability (AAI). Of note, people with Down syndrome are at higher risk for developing symptomatic AAI. Spinal cord compression/AAI can result in a number of signs or symptoms. Athletes who describe incontinence or any numbness, weakness, pain or discomfort, head tilt, spasticity or paralysis of any part of the body, especially if any of those symptoms are new or have worsened within the past 3 years, may need additional neurological evaluation before they can be cleared to participate in certain skills in Cheer. It should be noted that NOT all neurological signs and symptoms (such as those that are stable and longstanding) will require further neurological evaluation for Spinal Cord Compression/AAI prior to participation.
2. Rules & Guidelines: Spinal Cord Compression/AAI is referenced herein as a precaution for Special Olympic, Special Abilities and/or Adaptive Abilities Teams or any athlete that may potentially have Spinal Cord Compression/AAI. The presence of any signs or symptoms should be taken seriously as it is associated with significant risk of spinal cord injury in the sports environment. Any skills that may pose a danger to an athlete with symptoms of Spinal Cord Compression/AAI (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI at risk for a fall from a height) are prohibited without the written approval/clearance by a medical professional
3. Waivers & Documentation: Proof of all waivers (Special Olympics waivers enclosed: https://resources.specialolympics.org/taxonomy/leading_a_program/athlete_registration_f

[orms.aspx#su%20pplementalforms](#)) and documentation is the direct responsibility of the Team Director & Coach.

4. For Special Olympic Teams specifically: Per the Special Olympics General Rules (Section 2.02F) <https://resources.specialolympics.org/governance-and-leadership-excellence/special-olympics-general-rules/article-2>, all athletes are required to be cleared by a medical professional (via official medical waivers and documentation) and forms must be submitted to the local Special Olympics Program. Spinal Cord Compression/AAI is evaluated as a component of the official Special Olympics Medical form. Work with your local Special Olympics Program to secure the relevant registration forms, including medical and waivers for the area program. *Templates available here:*
https://resources.specialolympics.org/taxonomy/leading_a_program/athlete_registration_forms.aspx

ADAPTIVE ABILITIES QUALIFICATION GUIDELINES

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

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

***Note 2: Based on the uniqueness of Cheerleading competition, the ICU additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICSD. The ICU again encourages National Federations to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for Adaptive Abilities development purposes. ***Note 3: In 2020, ICU is scheduled to launch the*

Adaptive Abilities Athlete Classification programme for a base score of 25 points (of 100 points) for the Team Cheer categories only. Further details can be referenced at:

<http://cheerunion.org/education/coach/>.

IPC's brief description of the 10 eligible* impairment types (as a guideline for the ICU Adaptive Abilities programme):

Impairment: Explanation

1. ***Impaired muscle power:*** Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. ***Impaired passive range of movement:*** Range of movement in one or more joints is reduced permanently, for example due to arthrogyrosis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. ***Limb deficiency:*** Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
4. ***Leg length difference:*** Bone shortening in one leg due to congenital deficiency or trauma.
5. ***Short stature:*** Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. ***Hypertonia:*** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. ***Ataxia:*** Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. ***Athetosis:*** Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.

9. **Visual impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. **Intellectual Impairment:** A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
11. ****Hearing Impairment:** Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete's "better ear"- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.