

CANADIAN SCHOLASTIC
PERFORMANCE CHEER (DANCE)
ICU RULES & REGULATIONS
2020-2021



These rules are taken from the International Cheer Union '2021 WSPC Divisions, Rules and Regulations' and the '2021 UWCC Performance Cheer Team Rules & Regulations' rule books and are published by Cheer Canada with permission from the International Cheer Union.

GENERAL SAFETY RULES

1. All teams must be supervised during all official functions by a qualified coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete and team skill level with regard to proper performance placement
3. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly
4. All programs should have, and review, an emergency action plan in the event of an injury.
5. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
6. No technical skills should be performed when a coach is not present or providing direct supervision.
7. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.
8. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
9. The performance surface should be taken into consideration before engaging in any technical aspect of Performance Cheer. The performance area should be reasonably free of obstructions. Athletes should not perform technical skills on:
1. Concrete, asphalt, or any other hard or uncovered surface
2. Wet surfaces
3. Uneven surfaces
4. Surfaces with obstructions.
10. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

COMPETITION ROUTINE GUIDELINES

1. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
2. Formal entrances which involve Performance Cheer, technical skills, and all traditions/chants are not permitted. Athletes should enter the performance area in a timely fashion.
3. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc.).
4. Teams may perform off of the performance floor; however, all routine choreography for the entire team must begin and end on the performance surface. Jumping on or off a raised performance surface is prohibited.
5. Time limit is as follows: Teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a team exceeds the time limit by more than three (3) seconds, the team will be assessed a penalty.

6. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.
7. Cheer Canada Recommendation: Be aware of any music guidelines set forth by any event you are attending.

CHOREOGRAPHY AND COSTUMING

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and 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. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to-swearwords, connotations of inappropriate behavior, etc. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.
2. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should athletes choose not to wear shoes during their performance, anything with wheels are not allowed (e.g. roller skates, roller blades, heelys, etc.) Wearing socks and/or footed tights are not allowed.
3. Teams may NOT use Disney themes nor may they have costumes that resemble a Disney character.
4. When athletes are standing at attention, all costumes/uniforms must cover the midriff area (middle section of the body) completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable. This does not apply to the "University" division/age for the 2020/2021 season.
5. When competing in a shirt, it must be fastened. Sleeveless shirts are permitted.
6. Jewelry as part of the costume is allowed.

PROPS

1. Props are not allowed. A prop is defined as anything/any item that is used during the routine performance that is not continually attached to the athlete's uniform/costume. Articles of the athlete's costume/uniform (e.g. jackets, headbands, sunglasses, hats, etc.) may be removed during the performance; however, this item must be discarded, and not included within the performance- otherwise this item is considered a prop and is a violation of the rules contained herein. *Exception: Poms used within a pom routine is not considered a prop, as this is an essential component of the pom team's performance.*
2. The use of hands-free poms is allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, allowing for the pom to be easily transferable to place a hand – free of the pom – on the

performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together does not satisfy the definition of a “handsfree pom.

CHEER CANADA CATEGORIES

1. Cheer Canada shall only offer the categories of pom, jazz and hip hop for the first two years, and will revisit opening new categories after consulting PSOs and EPs on their growth and recommendations.
2. POM- Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and performance cheer skill technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as “one”. A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Pom routines follow a more “traditional” theme.
3. 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. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on athletic incorporations such as jumps, freezes, floor work and other skills. Distinctive clothing and accessories reflecting Hip Hop Culture must be worn.
4. JAZZ – As defined by the IASF - Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality. (ICU offers a similar category called “Open”)

ROUTINE RULES AND GUIDELINES

1. WEIGHT BEARING SKILLS: Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands-free poms for hip over-head skills is allowed.
2. TUMBLING AND TRICKS (Executed by Individuals)

*Note: The following list is for reference only and includes common skills used within the Performance Cheer Divisions. These skills are not required within a routine and this list does not include all (“Allowed” & “Not Allowed”) Performance Cheer skills.

Allowed	Not Allowed
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Aerial Cartwheels	Front Aerials
Forward/Backward Rolls	Back Handsprings
Shoulder Rolls	Front/Back Tucks
Cartwheels	Toe Pitch Back Tucks
Headstands (Primary novice not allowed)	Layouts
Handstands	Shushunova
Backbends	Headsprings (w/out hands support)
Front/Back Walkovers	Dive Rolls (In any positions)
Stalls/Freezes	
Head Spins (Primary novice not allowed)	
Windmills	
Kip Ups	
Round Offs	
Headsprings (with hand support) - (Primary novice not allowed)	
Front Handsprings	
Branny (Primary novice not allowed)	
Side Somi (Primary novice not allowed)	

- a. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support, aerial cartwheels, and side somis not connected to any tumbling skill are allowed).
- b. If a team chooses to use hands-free poms for aerial cartwheels and/or side somis, and later touches down, the poms MUST be flipped off of the hand or a penalty will be assessed. Simply wearing the hands-free poms for the aerial cartwheel and/or side somi does not make the skill legal if the hands-free poms are not used correctly.
- c. If a team chooses to use non-hands-free poms for aerial cartwheels and/or side somis, the non-hands-free poms MUST be moved to 1 hand. If the athlete later touches down with the hand that holds both poms, a penalty will be assessed. There are no exceptions to this rule.
- d. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- e. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
- f. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.

- g. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
 - h. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the “rubber band” /”bronco” kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).
3. LIFTS AND PARTNERING (Performed in pairs or groups)
- a. The Performing Athlete must receive support from a Supporting Athlete who is in direct contact with the performance surface throughout the entire skill. (Exception: Kick Line Leaps).
 - b. Elevators, thigh stands, shoulder sits, and chair sits are allowed.
 - c. The following cheerleading-based stunts are not allowed:
 - i. Extended cheerleading stunts – which are skills where the lifted athlete is extended in an upright position over the base(s) who maintain fully extended arms and have the lifted athlete’s feet in hands
 - ii. Pyramids and Basket Tosses
 - d. Swinging in and out of lifts and tricks in the prone position; swinging forwards, backwards, or making a complete circular rotation is not allowed if the Performing Athlete is in a prone position (body facing the ground)
 - e. Hip over-head rotation of the Performing Athlete(s) may occur as long as a Supporting Athlete maintains contact until the Performing Athlete returns to the performance surface or is returning to the upright position.
 - f. Vertical Inversions are allowed as long as:
 - i. The Supporting Athlete(s) maintain contact until the Performing Athlete returns to the performance surface or returns to the upright position.
 - ii. When the height of the Performing Athlete’s shoulders exceeds shoulder level of the Supporting Athlete(s), there is at least one additional athlete to spot who does not bear weight.
4. RELEASE MOVES (Unassisted Dismounts to the performance surface)
- a. A Performing Athlete may jump, leap, step, or push off a Supporting Athlete if:
 - i. The highest point of the released skill does not elevate the Performing Athlete’s feet above head level.
 - 1. Exception for University Division: Toe touches off an Athlete’s back/leap frog jumps will be allowed.

- ii. The Performing Athlete may not pass through the prone or inverted position after the release.
 - iii. Toe pitch back tucks are not allowed.
- b. A Supporting Athlete may release/toss a Performing Athlete if:
- i. The highest point of the release/toss does not elevate the Performing Athlete's hips above head level of the Supporting Athlete.
 - ii. The Performing Athlete is not supine or inverted when released.
 - iii. The Performing Athlete does not pass through a prone or inverted position after release.
 - iv. Toe Pitch back tucks are not allowed.

GLOSSARY OF TERMS

Aerial Cartwheel: An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.

Airborne (executed by Individuals, Groups or Pairs): A state or skill in which the performer is free of contact from a person and/or the performing surface.

Airborne Hip Over Head Rotation (executed by Individuals): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).

Category: Denoting the style of the routine. (Example: Pom, Hip Hop)

Connected/Consecutive Skills: An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)

Contact (executed by Groups or Pairs): The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

Division: Denoting the composition of a competing group of individuals. (Example: Primary, Junior High)

Drop (executed by Individuals): An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.

Elevated: An action in which an individual is moved to a higher position or place from a lower one.

Executing (Performing) Individual: An individual who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual(s).

Head Level: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Height of the Skill: Where the action is taking place.

Hip Level: A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Hip Over Head Rotation (executed by Individuals): An action characterized by continuous movement where an individual's hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).

Hip Over Head Rotation (executed by Groups or Pairs): An action characterized by continuous movement where the Executing Individual's hips rotate over his/her own head in a lift or partnering skill. Inversion/Inverted: A position in which the Individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

Inversion/Inverted: A position in which the Individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall or change in momentum.

Inverted Skills (executed by Individuals): A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

Lift (executed by Groups or Pairs): A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing (Performing) Individual(s) and a Supporting Individual(s).

Partnering (executed by pairs): A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.

Perpendicular Inversion (executed by Individuals): An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.

Prone: A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up

Prop: Anything that is used in the routine choreography that is not/was not originally part of the costume. Clarification 1: For Pom Categories, Poms are considered part of the uniform. Clarification 2: For Cheer Abilities Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

Shoulder Inversion (executed by individuals): A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.

Shoulder Level: A designated and average height; the height of a standing performer's shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Supine: A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.

Supporting Individual: An individual who performs a skill as a part of “Groups or Pairs” who supports or maintains contact with an Executing Individual.

Toss: A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual’s feet are free from the performance surface when the toss is initiated. **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

Vertical Inversion (executed by Groups or Pairs): A skill in which the Executing Individual’s waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.