

CANADIAN PERFORMANCE
CHEER (DANCE) SCHOLASTIC
ICU RULES & REGULATIONS
2019-2020



These rules are taken from the International Cheer Union '2019 ICU Rules' and 'WSSC 2019 Divisions, Rules and 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

**CHEER CANADA APPROVED PERFORMANCE CHEER
(DANCE) SCHOLASTIC GRID
2019-2020**

CHEER CANADA SCHOLASTIC PERFORMANCE CHEER			
Division	Grades	Team Size	Gender
Primary Novice	1-4	5 or more	Mixed
Primary	4-6	5 or more	Mixed
Junior High	6-10	5 or more	Mixed
Senior High	9-12	5 or more	Mixed
University	Collegiate	5 or more	Mixed
Dance Abilities	All	No min/max	Mixed

You will note that for the most part, the School Performance Cheer age grid above follows that of the ICU 2019 School & Performance Cheer Worlds divisions

- Division names: The ICU offered the following divisions at the 2019 School Performance Cheer Worlds
 - Primary School Tiny: Pom, Hip Hop, High Kick, Open 6 years and younger
 - Primary School Mini: Pom, Hip Hop, High Kick, Open 9 years and younger
 - Primary School: Pom, Hip Hop, High Kick, Open 12 years and younger
 - The Primary School Divisions are open to all primary/ elementary school teams. Team size is 5 athletes or more: male/female athletes.
 - Junior High (JH): Pom, Hip Hop, High Kick, Open
 - The JH Division is open to all junior/middle school teams. Team size is 5 athletes or more: male/female athletes.
 - Junior Varsity (JV): Pom, Hip Hop, High Kick, Open
 - The JV Division is open for secondary/high schools with a 2nd/Preparatory Team or a 2nd Varsity School Team at the competition. Team size is 5 athletes or more: male/female athletes.
 - Small Varsity: Pom, Hip Hop, High Kick, Open 7 to 12 athletes- male/female
 - Medium Varsity: Pom, Hip Hop, High Kick, Open 13 to 16 athletes- male/female
 - Large Varsity: Pom, Hip Hop, High Kick, Open 17 athletes or more- male/female
- The above Cheer Canada divisions will allow teams to fit into the ICU School Performance Cheer worlds divisions
- At this time, Cheer Canada does not feel the need to separate teams by all-female, co-ed and all-male.

If a division is deep, the event producer may elect to subdivide the divisions based on team size. Cheer Canada recommends splitting the divisions equally so there will be 50% of the teams in each division.

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 the performance surface is prohibited.
5. Time limit is as follows: SCHOOL 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. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine. Teams may NOT use Disney themes nor may they have costumes that resemble a Disney character.

2. All costuming should be secure and offer full coverage of body parts. Tights should be worn under briefs, hot pants or excessively short shorts. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless. Jewelry as part of the costume is allowed.
3. Footwear is required. 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.

PROPS

1. SCHOOL: Props are not allowed. A Prop is defined as anything that is not attached to the costume. Articles of the athlete's costume/uniform may be removed; 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. **NOTE:** While Cheer Canada offers the Jazz category, Jazz is not offered at the ICU school world championships

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)**

Allowed	Not Allowed
Aerial Cartwheels	Front Aerials
Forward/Backward Rolls	Front/Back Handsprings
Shoulder Rolls	Front/Back Tucks
Cartwheels	Side Somi
Headstands (Primary novice not allowed)	Layouts
Handstands	Shushunova
Backbends	Headsprings (w/out hands support)
Front/Back Walkovers	Dive Rolls (In any positions)

Stalls/Freezes	Continuous double (partner)-cartwheels
Head Spins (Primary novice not allowed)	Toe Pitch Back Tucks
Windmills	
Kip Up	
Round Off	
Headsprings (with hand support) - (Primary novice not allowed)	

- a. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
- b. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand. (Exception: Aerial cartwheels may be done with hands free poms).
- c. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
- d. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
- e. 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.
- f. 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.
- g. 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 freeze).

3. LIFTS AND PARTNERING (Executed in pairs or groups)

- a. The Executing 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. Extensions and all other cheer based stunts are not allowed.
- c. Swinging lifts and tricks are allowed provided the Executing Athlete's body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).
- d. Hip over-head rotation of the Executing Athlete(s) may occur as long as a Supporting Athlete maintains contact until the Executing Athlete returns to the performance surface or is returning to the upright position.
- e. Vertical Inversions are allowed as long as:
 - i. The Supporting Athlete(s) maintain contact until the Executing Athlete returns to the performance surface or returns to the upright position.
 - ii. When the height of the Executing 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. An Executing Athlete may jump, leap, step, or push off a Supporting Athlete if:
 - i. The highest point of the released skill does not elevate the Executing Athlete's feet above head level.
 - ii. The Executing 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 an Executing Athlete if:
 - i. The highest point of the release/toss does not elevate the Executing Athlete's hips above head level.
 - ii. The Executing Athlete is not supine or inverted when released.

- iii. The Executing 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 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.

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 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. 14

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 ParaCheer 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.