

GET IN THE GAME
25-26 November 2023
Singapore



CHEERLEADING RULE BOOK 2023

Version 2.0

1.0. GENERAL REGULATIONS

The following rules and regulations apply for DHL Express AsiaCup 2023 Championship and are based upon the rules given by the Cheerleading Association (Singapore) (CAS). The competition is supported by CAS.

All team members must work for DHL Express and should have been on the payroll as of 31 March 2023, and approved by local HR. Teams will be disqualified if any team members do not comply with this rule.

There will be 2 categories for the cheerleading competition: Cheer Pom Division and Cheerleading Division. Teams are required to have a certified cheerleading coach in order to be eligible for the Cheerleading Division. The certification should be International Cheer Union (ICU) Level 2 Coaching Certification or equivalent. The coach will be required to submit his/her cheerleading coaching qualifications to the Organising Committee. Teams without certified cheerleading coaches are to register for the Cheer Pom Division in view of safety considerations. Please refer to the Cheer Pom Rule Book.

There will be two [2] days of competition, i.e., Day 1 (First Round) and Day 2 (The Final). Only the top 5 teams in each division on Day 1 will proceed to the Final on Day 2.

Teams will perform the same routine on both days. (Note: Teams will only be allowed to adjust their final day routine for the purpose of rectifying the portion of routine that received penalties during the first round).

2.1. Division - Cheerleading

The number of athletes required:

Division	Rules Reference	Team Size
CHEERLEADING	MODIFIED LEVEL 2 (Level 2 without Basket Tosses)	12 persons

2.2. Participation and Substitution

1. Only registered participants are permitted to participate in the competition.
2. 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.
3. Substitutions may be made in the event of any injury or other serious circumstance, approved by the organisers on a case-by-case basis. Substitutes must abide by the eligibility requirements and must be reported to the organisers beforehand.

2.3. Cross-overs

Each athlete may only compete in one team in the specific division.

2.4. Routine Requirements

A. Cheer Portion of Team Cheer Routine

Cheer can be included at the beginning or middle of the routine. Use of native language is encouraged, and using a more national or team pride style cheer is encouraged. The cheer portion of the routine is based on the ability to lead the crowd for the team’s nation, the use of signs, poms, flags, megaphones, and the practical use of stunts/pyramids to lead the crowd. The cheer portion must be performed without music. No voice-overs or words may be recorded to make the team vocal projection louder.

B. Tumbling Portion of Team Cheer Routine

A **minimum of two [2] athletes tumbling in synchronization** is required for a score in the tumbling section of the score sheet. No scores will be awarded under the tumbling section on the score sheet for individual tumbling but will go under the overall effect component.

2.5. Choreography and Music

1. Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences and therefore lack crowd appeal.
2. All facets of a performance/routine, including both choreography and music selection, should be engage-appropriate entertaining, and suitable for all audience members.
3. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or replaying lewd or profane gestures or implications. Examples of inappropriate choreography may include but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.
4. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members. Music or words unsuitable for family listening, which includes, but is not limited to, swear words and connotations of any type of sexual act or behaviour, are examples of inappropriate choreography.
5. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'.
6. Music or movement in which appropriateness is questionable or with which uncertainty exists should be assumed to be inappropriate and removed so as not to put the team in an unfortunate situation.
7. Inappropriate choreography and music will be assessed with a penalty of five [5] point deduction from the overall score and may affect the overall impression score.
8. Use of music that has been cleared and approved for use as you have mixed for your routine(s), specifically for the purpose of being fully compliant with the law, is highly recommended. The organisers do not have any control over the content of your music, nor does it possess the authority or interest to police it. This responsibility remains solely on the team who has provided the music. Teams by way of competing and opting to play their music at the event, are also fully releasing any and all liability specific to their own music and its rights or lack thereof. If you have any questions concerning your music, we suggest consulting a music attorney. To the fullest extent of the law, the registered team and all its affiliates, supporters, and competitors shall indemnify, defend and hold harmless the Organizer, Cheerleading Association (Singapore), its officers, employees, agents, representatives, consultants, and contractors from and against any and all loss, costs, penalties, fines, damages, claims, expenses (including attorney's fees) or liabilities arising out of, resulting from, or in connection with the services contemplated by the policies and rules stated in the Rule Books, including but not limited to a team's choice of music.

2.6. Time Limit and Music Control

Division	Time of Routine
CHEERLEADING	Cheer Portion: A minimum of 00:30min can be placed in the beginning. or middle of a routine Music Portion: Maximum: 2:30min Maximum time between Cheer and Music Portion: 00:30min

1. Each team will have a maximum of two minutes and thirty seconds [2:30] for music and a minimum of thirty [30] seconds for cheer which must be performed in the beginning or middle of the routine. There is a time limit of maximum time interval of thirty [30] seconds between the Cheer and Music portion.
2. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music, whichever comes last.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. One [1] point deduction for five to ten [5 – 10] seconds and three [3] point deduction for eleven [11] seconds and over per judge.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several-second cushion to allow for variations in sound equipment.
5. Each team must have a representative to play their music. This person is responsible for bringing the music to the music table and must report to the sound console before the start of the routine. This person is responsible for notifying the music technician to start the music at the right timing. The organisers will not be responsible for any timing errors or routine interruptions that result from the music person leaving his/her position or assigning another individual to control the music.
6. All music must be sent to the attention to DHLAsiaCup.Cheerleading@dhl.com in MP3 format before 03 November 2023. The organisers reserve to right to impose any penalties for last-minute changes in music.

7. All music should be in MP3 format. It is recommended to prepare an additional backup of MP3 in a USB drive; in case the sound system has trouble reading the submitted audio.

2.7. Floor Entrances and Exits

1. Athletes are expected to exhibit the utmost sportsmanship, respect, and support throughout the entire event.
2. Entrance: In order to keep the competition on time, teams must enter the performance floor as quickly as possible. When teams are introduced, teams are expected to take the floor within a thirty [30] second window and assume the starting position for their routine. Elaborate choreographed entrances will not be allowed.
3. Exit: At the conclusion of the routine, teams are expected to exit the performance floor immediately, within a thirty [30] second window.
4. Although teams are allowed to show spirit briefly to the crowd, any skill performed before or after the allotted routine time is not allowed and will be assessed a penalty of five [5] point deduction to overall score.
5. Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, unprofessional behaviour, etc, may be assessed a penalty of five [5] point deduction to overall score. These actions may include, but not limited to, things such as
 - a. Taunting another team. Taunting may be defined as the use of baiting or taunting acts of words that engender ill will between teams;
 - b. An athlete calling unnecessary attention to her/himself, E.g., High five's, chest bumps, etc.
 - c. Excessive pre or post-competition team rituals (team bonding traditions must take place behind the stage area);
 - d. Displays of public affection;
 - e. Running the perimeter of the performance floor (like a "victory" lap);
 - f. Stepping outside of the floor bounds to approach coaching staff, crowd members and/or other members of the audience;
 - g. Excessive celebration; any prolonged, excessive, or premeditated celebration by individual athletes or a group of athletes while on the competition floor, E.g. Athletes wrapping their legs around coaches and/or each other, victory dances, etc.
 - h. Coaching staff, fans and/or other members of the performing team taking the performance floor before, during or after a performance (unless in direct response to an obvious athlete injury). The only people allowed on the performance floor are the competitors and competition personnel; or

- i. Athletes collapsing to the floor following a performance when an injury does not seem apparent.

2.8. Competition Area

1. The performance floor will be approximately 42 feet x 42 feet / 7 strips (12.8 metres x 12.8 metres). The surface will be a traditional foam mat.
2. Teams may line up anywhere inside the competition area.
3. There is no penalty for stepping outside the area; however, all skills must originate from the performance surface. Skills which do not originate from the performance surface will be assessed a one [1] point penalty per judge.

2.9. Appearance and Image Policy

1. Uniform Guidelines
 - a. No risqué, sexually provocative or lingerie-looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
 - b. Athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. All garments must properly cover the athlete and the athlete's undergarments during the routine.
2. Uniform Skirt - When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and fall at least one [1] inch below briefs (regular and boy cut briefs).
3. Uniform Shorts - When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.
4. Uniform Top - Uniform tops must be secured by straps or material over at least one shoulder or around the neck. Tube tops are not allowed.
5. Make-Up
 - a. Make-up should be uniform and appropriate for both the performance and the age of the athletes.
 - b. Face/eyelid rhinestones are not allowed.
 - c. False eyelashes are allowed but may not be decorated in rhinestones or additional jewellery.
6. Bows and Hair Accessories
 - a. Bows and hair accessories should be worn in a manner to minimise risk for the participants, adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

7. Judges reserve the right to assess warning and/or a deduction of five [5] points per judge when a team's appearance does not meet the standards of appropriate described in this policy.
8. Additional appearance requirements such as additional costuming requirements, footwear, jewellery, and medical items may be found in the General Safety Rules and Performance Cheer Rules.

2.10. Safety Spotter Policy

1. Each team is allowed to have Safety Spotters for the routine in accordance to the corresponding level rules and is trained in proper spotting techniques.
2. Definition of Safety Spotter: Individuals on the competition floor are provided as a safety precaution to spot certain elements of a routine.
3. Teams are allowed to provide up to four [4] safety spotters during the competition. Otherwise, official spotters will be provided by the Organisers.
4. Guidelines: Safety spotters:
 - a. Should only be used during the stunt and/or pyramid. Safety spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
 - b. Should not touch, assist, or save skills being performed. Safety spotters should only be used to prevent a fall to the competition floor. Any touch, assist or saved skill, the top should be returned to the performance surface.
 - c. Should be dressed in accordance to the General Safety Rules and are presentable, professional, and distinguishable from the performing athletes. Safety Spotters should not wear any lanyards, badges or pins including competition IDs, and no bags are to be carried.
 - d. Should not dress or act in a manner that distracts from the athletes and their performance and conduct any form of verbal coaching during the routine.
 - e. Should be at least eighteen [18] years old (within the year) and familiar with spotting the skills of the performing team.
5. Teams with Safety Spotters in violation of the guidelines will be assessed a five [5] point penalty per judge.
6. To provide the safest competitive environment, teams should not attempt skills beyond their level.

2.11. How to Handle Procedural Questions

3. Questions concerning the rules and regulations or procedures of the cheerleading tournament will be handled exclusively by the Cheerleading Coach and will be directed to the head of the Cheerleading Association for seeking resolution.
4. Such questions should be made prior to the team's performance. Any questions concerning the team's performance should be made to the head of the Cheerleading Association immediately after the team's performance.
5. Cheerleading Association (Singapore) will NOT handle any questions or feedback by any other person other than the coach of the team. Insistence on directing questions to the Cheerleading Association (Singapore) will constitute harassment and will risk a five [5] point deduction to the team's overall score.

2.12. Interpretations and/or Rulings

Any interpretation of any aspect of these rules and regulations, or any decision involving any other aspect of the cheerleading tournament, will be rendered by the Organizing Steering Committee. The committee will render a judgement in an effort to ensure that the tournament proceeds in a manner consistent with the general spirit and goals of the cheerleading tournament.

2.13. Interruption of Performance

A. Unforeseen Circumstances

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety with all skills performed full-out from the beginning of the routine but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials. All point deductions up to that point (if any) will carry over.
3. If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

B. Fault of Team

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety with all skills performed full-out from the beginning of the routine but will be evaluated ONLY from the point where the interruption occurred. All point deductions up to that point (if any) will carry over.
3. If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

C. Injury

1. The only persons that may stop a routine for injury are: a) competition officials, b) administrator/coach from the team performing, c) injured individual or d) judges.
2. An injured athlete may cause a potential safety hazard because of the inability to hold, support, spot or catch. For the safety of all athletes competing, a routine may be interrupted if:
 - a. An athlete is clearly injured.
 - b. An athlete is questionably injured and does not resume their role in the routine within five [5] seconds of questionable injury.
 - c. An athlete leaves the competition floor due to an injury.
3. In the event that a routine is interrupted due to injury, it will be at the Competition Officials' discretion whether or not that team will be allowed to perform again at a later date.
4. An Injured Participant may not return to the competition floor unless the competition officials receive clearance from all of the representatives listed below:
 - a. Event Medical Personnel attending to that participant.
 - b. Head Coach or Advisor of competing team.
5. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the performance is to take place is at the sole discretion of the competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
6. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries.
7. If a team is permitted to perform again but fails to perform the routine in its entirety.

8. (Example: throwing back tucks instead of the full twist thrown in the original performance), it is at the discretion of the Competition Official how that team's scores will be affected.

2.14. Sportsmanship

1. We would like to create a positive experience for everyone by encouraging great sportsmanship at our competitions. All behaviours should be kept professional and respectful.
2. All participants (athletes, substitutes, coaches, advisors, entourage) agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team are responsible for seeing that team members, coaches and other persons affiliated with the team conduct themselves accordingly.
3. Severe cases of unsportsmanlike conduct are grounds for disqualification and/or suspension or ban from future championships. Any event staff member can report any unsportsmanlike behaviour from cheerleaders, coaches, and/or supporters to the organizer. Every report will be reviewed, and a decision will be rendered by the organizer and judging panel. A deduction of five [5] points per judge may be given to the team's composite score, or the team may be disqualified. Multiple infractions will result in disqualification. The organizer reserves the right to evict any person in violation of the code of conduct.
4. Should a question of interpretation occur, the question will be discussed between one [1] coach representative and/or one [1] advisor of the team and the organizer and/or judge in private and in an atmosphere of mutual respect and professionalism.
5. Decision of the judges and organizer are final, even in the event of disqualification. Discussion with judges and/or organizers will be conducted only at assigned times and only in an atmosphere of mutual respect and professionalism with one [1] coach representative and/or one [1] advisor of the team.

2.15. Substance Abuse Policy

1. 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.
2. Should an athlete be found in guilty of substance abuse, the following actions may or will be taken:
 - a. One athlete/coach (es): Disqualification of the individual from the competition

- b. Two or more athletes on the team: Team disqualification from the competition
- c. Suspension from future competitions for a period to be determined by Competition Officials
- d. In all instances deemed appropriate by the organizers, law enforcement officials may be contacted.

2.16. Judging Criteria

1. The judges will score the teams according to the judging criteria on a hundred [100] point system.
2. Scores achieved by teams on Day 1 will not be brought forward to Finals. The final rankings of the teams will depend on Day 2 scores ONLY.

2.17. Penalties

Any team in violation of the Rule Book will be assessed deductions which include but are not limited to, those listed in the penalty table below. The penalty table below assists in defining common violations but should not be deemed a comprehensive and exclusive list.

Any team that does not adhere to the terms and procedures of these “Rules and Regulations” will be subject to disqualification from the competition, will automatically forfeit any right to prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

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If you have any questions concerning the legality of a move or trick, please send a video link of your skills to DHLAsiaCup.Cheerleading@dhl.com

VIOLATION	PENALTY
Team Size / Team Composition	Disqualification
Routine Requirements	Five [5] point deduction per judge
Choreography and Music	Five [5] point deduction to overall score
Time Limit: Exceed for five to ten [5 – 10] seconds	One [1] point deduction per judge
Time Limit: Exceed for eleven [11] seconds and over	Three [3] point deduction per judge
Floor Entrances and Exits	Five [5] point deduction to overall score
Competition Area: Skills Origin	One [1] point deduction per judge
Appearance and Image Policy: Costume Malfunction	Disqualification
Appearance and Image Policy	Five [5] point deduction per judge
Safety Spotters Guidelines	Five [5] point deduction per judge
Participation and Substitution / Crossovers	Disqualification
Procedural Questions - Harassment	Five [5] point deduction to overall score
Sportsmanship and Code of Conduct	Five [5] point deduction per judge OR Disqualification and/or suspension or ban from future competitions
Substance Abuse Policy	Individual or Team Disqualification
Safety and Technical Rules	Five [5] point deduction per judge (unless specified otherwise)

2.18. Judging Procedures

1. The judges for the event will be appointed at the sole discretion of the organisers.
2. As the teams make their presentations, judges will score the teams using a 100 point system.
3. The judges' scores will be totalled to determine the team's score.
4. In the event of a tie, the ranking points from each judge will be used to break the tie.

2.19. Scores and Ranking

1. Individual judges' score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams.
2. Scores and rankings will be available only to coaches or administrators after the conclusion of the competition day. No scores or rankings will be given over the telephone.
3. After each round of competition, teams will receive the judges' score sheets as well as their scores. In addition, teams will receive a ranking sheet with the names and scores of the team's final placement.

2.20. Finality of Decisions

1. By participating in this competition, each team agrees that decision by the judges will be final and will not be subject for review.
2. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition, and each team, therefore, expressly waives any legal, equitable, administrative, or procedural review of such decisions.

2.21. Appearances, Endorsements and Publicity

All teams winning titles or awards agree to have all appearances, endorsements and publicity approved through the organisers' office.

3.0 CHEERLEADING DIVISION

3.1. General Safety Rules

1. All athletes must be supervised during all official functions by a qualified coach. Coaches must have an ICU Level 2 coaching certification or equivalent.
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 programme 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. Jewellery of any kind, including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces, and pins on uniforms, is not allowed. Jewellery must be removed and may not be taped over. Exception: medical ID tags/bracelets. Clarification: Rhinestones are legal whether adhered to the uniform or the skin.
8. Any height-increasing apparatus used to propel an athlete is not allowed.
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). 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. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team members and be trained in proper spotting techniques.

13. Drops including but not limited to knee, seat, 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. Shushunovas 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. A team’s native and local language is recommended for all cheers and chants.
18. A team’s native and local culture is recommended for inclusion within the performance routine.
19. CAS is committed to protecting clean athletes and strictly follows the enclosed ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our Sport.
(http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf)
20. All athletes must be within compliance of tournament eligibility rules.

3.2. Modified Level 2 Rules

A. 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 stunt 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 (rebound) over another individual.

3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed.
Exception: Dive rolls performed in a swan/arched position are not allowed.
Exception: Dive rolls that involve twisting are not allowed.
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 steps out immediately; moving into a 1/2 turn is not allowed.

B. 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) are not allowed.
Example: Toe touch handsprings and handspring toe touches are not allowed.
4. No twisting while airborne. Exception: Round offs are allowed.

C. 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.

D. Stunts

1. Spotters (Note: not to be confused with “Safety Spotters”)
 - a. A spotter is required for each top person above the 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 would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore illegal, regardless of the back spot’s positioning.

b. Twisting stunts and transitions are allowed up to a total of $\frac{1}{2}$ 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, would be illegal if the resulting cumulative rotation of the top person exceeds $\frac{1}{2}$ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e., prep), and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

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 1: A log/barrel roll may not include any other skills (e.g. kick full twists etc) other than the twist.

Clarification 2: A log/barrel roll may be assisted by another top person.

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

d. Free flipping or assisted flipping stunts and transitions are not allowed.

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

Clarification: This pertains to an athlete's torso moving over or under the torso of another athlete, not the 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 sits walking under prep is illegal. Exception: An individual may jump over another individual.

f. Single based split catches are not allowed.

g. Single based stunts with multiple top persons are not allowed.

3. Release Moves

a. No release moves allowed other than those allowed in "Dismounts".

b. Release moves may not land in a prone or inverted position.

c. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance. Exception: See Dismount "F"

d. Releasing from inverted to non-inverted is not allowed.

e. Helicopters are not allowed. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

Clarification 1: The log roll may not be assisted by another top person.

Clarification 2: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists

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

- f. Release moves may not intentionally travel.
- g. Release moves may not pass over, under or through other stunts, pyramids or individuals.

4. Stunt-Inversions

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

Clarification: All inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to a non-inverted position. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

- b. 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.

E. Pyramids

- 1. Pyramids must follow "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 dismount to the performing surface and must follow the "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 of if the stunt or pyramid is separate or not. Example: A shoulder sits walking under a prep is illegal.

- 5. Extended single-leg stunts:

- a. Extended single-leg stunts must be braced by at least one top person at prep level or below with hand-arm connection only. The hand arm of the top person must be, and 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 bases' hands.
Exception: Prep-level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

F. 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 one 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 two catchers and a spotter with at least one 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.
5. Twisting dismounts exceeding $\frac{1}{4}$ turn is not allowed. All other positions are not allowed. Example: toe touch, pike, tuck, etc., are not allowed.
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.
7. Cradles from extended single leg stunts in pyramids are allowed.
8. No free flipping or assisted 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.

G. Tosses

No tosses are allowed for this competition.

3.3 Judging Criteria

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms or megaphone, practical use of Stunts/Pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Dance	Executive of dance, Synchronization, Timing, Creativity	15
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper technique, Synchronization	10
Flow of Routine/Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation and Crowd Appeal	Overall presentation, Showmanship, Crowd Effect	10
Grand Total		100

4. CHEERLEADING GLOSSARY

1. **½ Wrap around:** A stunt skill that involves a single base holding a top person, usually in a cradle position (as seen in “Swing Dancing”). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps its free arm around the legs of the top person with the top person’s body wrapped around the back or the base.
2. **Aerial (noun):** Cartwheel or walkover executed without placing hands on the ground.
3. **Airborne/Aerial (adjective):** To be free of contact with a person or the performing surface.
4. **Airborne Tumbling Skill:** An aerial manoeuvre involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.
5. **All 4s Position:** An “All 4s Position” is when an athlete is on their hands and knees on the performing surface but not in a tucked (nugget) position. When this is supporting a top person, the “All 4s” position is a waist level stunt.
6. **Assisted-Flipping Stunt:** A stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See “Suspended Flip”, Braced Flip”)
7. **Back Walkover:** A non-aerial tumbling skill where the athlete moves backwards into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.
8. **Backward Roll:** A non-aerial tumbling skill where the athlete rotates backwards into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.
9. **Ball – X:** A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

10. **Barrel Roll:** See “Log Roll”.
11. **Base:** A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts, or tosses a top person into a stunt. (See also: New Base and/or Original Base)
12. **Basket Toss:** A toss involving 2 or 3 bases and a spotter -- 2 of the bases use their hands to interlock wrists.
13. **Block:** A tumbling term referring to the increase in height created by using one’s hand(s) and upper body power to push off the performing surface during a tumbling skill.
14. **Block Cartwheel:** A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.
15. **Brace:** A physical connection that helps to provide stability from one top person to another top person. A top person’s hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.
16. **Braced Flip:** A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).
17. **Bracer:** A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.
18. **Cartwheel:** A non-aerial tumbling skill where the athlete supports the weight of their body with their arm(s) while rotating sideways through an inverted position, landing on one foot at a time.
19. **Catcher:** Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers: a) must be attentive, b) must not be involved in other choreography, c) must make physical contact with the top person upon catching d) must be on the performing surface when the skill is initiated.

20. **Chair:** A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.
21. **Code Style Toss:** A single base grabs the top person at the waist and tosses the top person from ground level.
22. **Cradle:** A dismount in which the top person is caught in a cradle position.
23. **Cradle Position:** Base(s) supporting a top person by placing arms wrapped under the back and under the legs of the top person. The top person must land in a “V”/pike/hollow body position (face up, legs straight and together) below prep level.
24. **Cupie:** A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as “Awesome”.
25. **Dismount:** The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a “Dismount”. When/if performing a skill from the cradle to the ground, the skill will follow stunt rules (twisting, transitions, etc.)
26. **Dive Roll:** An airborne tumbling skill with a forward roll where the athlete’s feet leave the ground before the athlete’s hands reach the ground.
27. **Double-Leg Stunt:** See “Stunt”.
28. **Double Cartwheel:** An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.
29. **Downward Inversion:** A stunt or pyramid in which an inverted person’s center of gravity is moving towards the performing surface.
30. **Drop:** Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet, which breaks the impact of the drop.

31. **Extended Arm Level:** The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.
32. **Extended Position:** A top person in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.
33. **Extended Stunt:** When the entire body of the top person is extended in an upright position over the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)
34. **Extension Prep:** See "Prep".
35. **Flat Back:** A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.
36. **Flip (Stunting):** A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.
37. **Flip (Tumbling):** A tumbling skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.
38. **Flipping Toss:** A toss where the top person rotates through an inverted position.
39. **Floor Stunt:** Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.
40. **Flyer:** See "Top Person"

41. **Forward Roll:** A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.
42. **Free Flipping Stunt:** A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.
43. **Free Release Move:** A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.
44. **Front Limber:** A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.
45. **Front Tuck:** A tumbling skill in which the athlete generates momentum upward to perform a forward flip.
46. **Front Walkover:** A non-aerial tumbling skill in which an athlete rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.
47. **Full:** A 360-degree twisting rotation.
48. **Ground Level:** To be on the performing surface.
49. **Half (Stunt):** See “Prep”.
50. **Hand/Arm Connection:** The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.
51. **Handspring:** An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards, rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

52. **Handstand:** A straight body inverted position where the arms of the athlete are extended straight by the head and ears.
53. **Hanging Pyramid:** A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A “Hanging Pyramid” would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the second level.
54. **Helicopter Toss:** A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.
55. **Horizontal Axis (Twisting in Stunts):** An invisible line drawn from front to back through the belly button of the top person.
56. **Initiation/Initiating:** The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.
57. **Inversion:** See "Inverted"; it is the act of being inverted
58. **Inverted:** When the athlete’s shoulders are below her/his waist and at least one foot is above her/his head.
59. **Jump:** An airborne position not involving hip-over-head rotation created by using one’s own feet and lower body power to push off the performance surface.
60. **Jump Skill:** A skill which involves a change in body position during a jump. i.e., toe touch, pike, etc.
61. **Jump Turn:** Any turn that is added to a jump. A “straight jump” with a turn does not make the jump a “jump skill”.
62. **Kick Double Full:** Skill, typically from a toss, which involves a kick and a 720-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

63. **Kick Full:** Skill, typically from a toss, which involves a kick and a 360-degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.
64. **Knee (Body) Drop:** See “Drop”.
65. **Layout:** An airborne tumbling skill which involves a hip-over-head rotation in a stretched, hollow body position.
66. **Leap Frog:** A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.
67. **Second Level Leap Frog:** Same as above but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.
68. **Leg/Foot Connection:** The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.
69. **Load-In:** A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.
70. **Log Roll:** A release move in which the top person’s body rotates at least 360 degrees while remaining parallel to the performing surface. An “Assisted Log Roll” would be the same skill, with assistance from an additional base that maintains contact throughout the transition.
71. **Mount:** See “Stunt”.
72. **Multi-Based Stunt:** A stunt having 2 or more bases not including the spotter.
73. **New Base(s):** Bases previously not in direct contact with the top person of a stunt.

74. **Non-Inverted Position:** A body position in which either of the conditions below are met.
 - a. The top person's shoulders are at or above their waist.
 - b. The top person's shoulders are below their waist, and both feet are below their head.

75. **Nugget:** A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

76. **Onodi:** Starting from a back hand-spring position after pushing off, the athlete performs a ½ twist to the hands, ending the skill as a front handspring step out.

77. **Original Base(s):** Base(s) which is in contact with the top person during the initiation of the skill/stunt.

78. **Pancake:** A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

79. **Paper Dolls:** Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

80. **Pike:** Body bent forward at the hips with legs straight and together.

81. **Platform Position:** A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

82. **Power Press:** When bases bring the top person from an extended position down to prep level or below, and then immediately re-extend the top person.

83. **Prep (stunt):** A multi base, two leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

84. **Prep-Level:** The lowest connection between the base(s) and the top person is at shoulder level. i.e., prep, shoulder level hitch. A stunt may also be considered at Prep-Level if the connection between the base(s) and the top person is at an extended level, provided that the top person is not in an upright position. . i.e., flatback, straddle lifts. Examples of stunts that are also considered “Prep-Level”: Chair, T-lift,
85. **Primary Support:** Supporting a majority of the weight of the top person.
86. **Prone Position:** A face down, flat body position.
87. **Prop:** An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only prop allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
88. **Punch:** See “Rebound”
89. **Punch Front:** See “Front Tuck”
90. **Pyramid:** Two or more connected stunts.
91. **Rebound:** An airborne position not involving hip-over-head rotation created by using one’s own feet and lower body power to propel off the performance surface -- typically performed from or into a tumbling skill.
92. **Release Move:** When the top person becomes free of contact with all people on the performing surface, see “Free Release Move”.
93. **Rewind:** A free-flipping release move from ground level used as an entrance skill into a stunt.
94. **Round Off:** Similar to a cartwheel, except the athlete lands with two feet placed together on the ground instead of one foot at a time, facing the direction from which they arrived.
95. **Running Tumbling:** Tumbling involves a forward step, or a hurdle used to gain momentum as an entry to a tumbling skill.

96. **Second Level:** Any person being supported above from the performing surface by one or more bases.
97. **Second Level Leap Frog:** Same as “Leap Frog” but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.
98. **Series Front or Back Handsprings:** Two or more front or back handsprings performed consecutively by an athlete.
99. **Show and Go:** A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.
100. **Shoulder Level:** A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).
101. **Shoulder Sit:** A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.
102. **Shoulder Stand:** A stunt in which an athlete stands on the shoulder(s) of a base(s).
103. **Shushunova:** A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.
104. **Single-Based Double Cupie:** A single base supporting 2 top persons whom each have both feet in a separate hand of the base; see “Cupie”.
105. **Single-Based Stunt:** A stunt using a single base for support.
106. **Single-Leg Stunt:** See “Stunt”.
107. **Split Catch:** A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high “V” motion, creating an “X” with the body.
108. **Sponge Toss:** A stunt similar to a basket toss in which the top person is tossed from the “Load In” position. The top person has both feet in the bases’ hands prior to the toss.

109. **Spotter:** A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All “Spotters” must be your own team members and be trained in proper spotting techniques. The spotter:
- must be standing to the side or the back of the stunt, pyramid or toss.
 - must be in direct contact with the performing surface.
 - must be attentive to the stunt being performed.
 - must be able to touch the base of the stunt which they are spotting but does not have to be in direct physical contact with the stunt.
 - cannot stand so that their torso is under a stunt.
 - may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
 - may not have both hands under the sole of the top person’s foot/feet or under the hands of the bases.
 - may not be considered both a base and the required spotter at the same time.
 - Example: In a two-leg stunt, the base of one of the legs is not allowed also to be considered the required spotter (regardless of the grip).
 - If the spotter’s hand is under the top person’s foot, it must be their front hand. Their (the spotter’s) backhand **MUST** be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.
110. **Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backwards prior to execution of tumbling skill(s) is still defined as "standing tumbling."
111. **Straight Cradle:** A release move/dismount from a stunt to a cradle position where the top person keeps their body in a “Straight Ride” position -- no skill (i.e., turn, kick, twist, pretty girl, etc.) is performed.
112. **Straight Ride:** The body position of a top person performing a toss or dismount that doesn’t involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

113. **Stunt:** Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot than the skill will be considered a "Two Leg" stunt.
114. **Suspended Roll:** A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.
115. **Suspended Forward Roll:** A suspended roll that rotates in a forward rotation. See Suspended Roll
116. **Suspended Backward Roll:** A suspended roll that rotates in a backward rotation. See Suspended Roll
117. **T-Lift:** A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connect with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.
118. **Tension Roll/Drop:** A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.
119. **Three Quarter (3/4) Front Flip (stunt):** A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.
120. **Three Quarter (3/4) Front Flip (tumble):** A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.
121. **Tic-Tock:** A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

122. **Toe/Leg Pitch:** A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.
123. **Toss:** An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person
124. **Top Person:** The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.
125. **Transitional Pyramid:** A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.
126. **Transitional Stunt:** Top person or top persons moving from one stunt position to another, thereby changing the configuration of the beginning stunt.
127. **Traveling Toss:** A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").
128. **Tuck Position:** A position in which the body is bent at the waist/hips with the knees drawn into the torso.
129. **Tumbling:** Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface.
130. **Twist:** An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis)
131. **Twisting Stunt:** Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through the belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the bases and/or change in direction of the twisting rotation, starts a new transition.

132. **Twisting Tumbling:** A tumbling skill involving hip-over-head rotation in which an athlete rotates around their body's "Vertical Axis"
133. **Two – High pyramid:** A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.
134. **Two and One Half (2-1/2) – High Pyramid:** A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e., extension, liberty, etc.) are 2 ½ body lengths.
135. **Upright:** A body position of a top person in which the athlete is in a standing position on at least one foot while being supported by a base(s).
136. **V-Sit:** A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.
137. **Vertical Axis (Twisting in Stunts or Tumbling):** An invisible line drawn from head to toe through the body of the tumbling athlete or top person.
138. **Walkover:** A non-aerial tumbling skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.
139. **Waist Level:** A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position base stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

140. **Whip:** A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in an arched position (not tucked and not in layout position). A "Whip" has the look of a back handspring without the hands contacting the ground.
141. **X-Out:** A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.



GET IN THE GAME
25-26 November 2023
Singapore



DHL ASIACUP 2023
CHEERLEADING SCORE SHEET

Date: _____ Judge #: _____ Division: _____

Team #: _____ Team Name: _____

CHEER CRITERIA **10 POINTS** _____
Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphones, and practical use of Stunts/Pyramids to lead the crowd, execution (native language encouraged).

PARTNER STUNTS **25 POINTS** _____
Execution of skills, Difficulty (Level of skill, number of bases, number of stunt groups), Synchronization, Variety

PYRAMIDS **25 POINTS** _____
Difficulty, Transitions moving into or dismounting out of skills, execution, timing, creativity

DANCE **15 POINTS** _____
Execution of dance, Synchronization, Timing, Creativity

TUMBLING **10 POINTS** _____
Group tumbling, execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

FLOW OF ROUTINE/TRANSITIONS **5 POINTS** _____
Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION AND CROWD APPEAL **10 POINTS** _____
Overall presentation, showmanship, crowd effect

TOTAL **100 POINTS POSSIBLE** _____

COMMENTS

