

International Cheer Union **World** Cheerleading Championships



**The World Championship
event for National Teams of
all countries!**

28-29 April 2011 at the

WALT DISNEY World Resort

Orlando, Florida USA



Information and Registration Packet

The International Cheer Union (ICU) will host the 2011 ICU World Cheerleading Championships on Thursday and Friday, 28-29 April 2011 at the **ESPN Wide World of Sports®** Complex. Since many countries converge to Florida this weekend; expense, time and highest anticipated national participation was the criteria in this decision. Many athletes and coaches will participate in the ICU World Cheerleading Championships; then will have their teams perform at the IASF Cheerleading Worlds Saturday & Sunday.

I. Tentative Schedule of Events

Thursday, 28 April 2011

- ICU World Championship Opening Ceremonies
- ICU World Championship Partner & Group Stunt Competition
- ICU VIP Reception & Athlete Cultural Exchange

Friday, 29 April, 2011

- ICU World Championship Team Competition
- ICU Closing Ceremonies
- World VIP Reception

Saturday-Sunday, 30 April - 1 May 2011

- IASF Club Worlds Championships
- IASF Club Worlds Block Party (Sunday)

II. Divisions (12 total):

A). Team Cheer (4 divisions)

Based on the objectives of growth for existing and emerging nations, the 2011 ICU World Cheerleading Championships will offer 2 levels of cheerleading for the Coed & All Girl divisions.

1. All Girl Elite (equivalent to Level 5)
2. All Girl Premier (equivalent to Level 6)
3. Coed Elite (equivalent to Level 5)
4. Coed Premier (equivalent to Level 6)

Notes: For safety reasons, and easier participation for new nations, as well as offering the highest level of cheerleading; all 4 team cheer divisions will be available to all nations.

B). Partner Stunt (2 divisions)

Both divisions will be available to all nations.

1. All Girl Group Stunt: up to 5 female athletes
2. Coed Stunt: 2 athletes (1 base, 1 top person), and one spotter for safety reasons only.

C). Team Cheer (3 divisions)

Based on the idea of participation and global representation, the 2011 ICU World Cheerleading Championships will offer the following divisions:

1. Team Cheer Jazz
2. Team Cheer Hip Hop
3. Team Cheer Freestyle Pom

Notes: All divisions are available to all nations. Crossover of teams into each category is allowed as needed for each country.

D). Doubles (3 divisions)

Reflective of the ICU Team Cheer divisions in each discipline (rules & score sheets), the following are based on the ICU initiative of global participation opportunities for athletes, as well as global development of cheer around the world. All divisions are available to all nations who wish to participate:

- 1). Doubles Cheer Jazz (2 athletes)
- 2). Doubles Cheer Hip Hop (2 athletes)
- 3). Doubles Cheer Freestyle Pom (2 athletes)

Each nation can only have 1 entry per nation per division.

III. Time of Routine

A. Team Cheer (Coed & All Girl):

1. Cheer portion: can be placed in the beginning or middle of routine. Time recommendation of thirty seconds (details below).
2. Music portion: Two minutes, thirty seconds (2:30)

B. Group Stunt/Coed Stunt: One minute (1:00)

C. Team Cheer (Jazz, Hip Hop, Freestyle Pom):

Two minutes, thirty seconds (2:30)

D. Doubles: One minute, thirty seconds (1:30)

IV. Cheer Portion of Routine

(Team Cheer Coed & All Girl Divisions Only)

Based on importance of separation of cheerleading from other sports; making it a unique sport globally, a cheer will be included in the beginning or middle of routine. Use of native language in the cheer and also using a more national pride style cheer is encouraged. The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd for the team's nation, use of signs, poms, and practical use of stunt/ pyramids to lead the crowd. Video examples will be provided; again, native language is encouraged.

V. Team Size/Number of athletes per team

Objective is to best represent global cheerleading in its present status, allow best size to form the best routines, without creating a financial barrier for emerging nations.

1. Team Cheer (Coed & All Girl Divisions) -

Minimum 8 athletes, maximum 24 people.

2. Coed Partner Stunt Division-

1 male athlete, 1 female athlete, 1 spotter.

3. Group Stunt Division - up to 5 female athletes.

4. Team Cheer (Jazz, Hip Hop, Freestyle Pom Divisions) - Minimum 4 athletes, maximum 24 people.

5. Doubles (Jazz, Hip Hop, Freestyle Pom Divisions) - 2 athletes

VI. Ages of Athletes

1. Elite/Level 5 divisions:

14 years or older within the year of the World Championship.

2. Premier/Level 6 division:

15 years or older within the year of the World Championship.

3. All Girl Group Stunt:

14 years or older within the year of the World Championship.

4. Coed Partner Stunt:

15 years or older within the year of the World Championship.

5. Team Cheer (Jazz, Hip Hop, Freestyle Pom Divisions):

14 years or older within the year of the World Championship.

6. Doubles (Jazz, Hip Hop, Freestyle Divisions):

14 years or older within the year of the World Championship.

Note: This age range best represents cheerleading on the global status for national team competition; however, all federations can adjust their own team age ranges to be more restrictive (older) than the World Championship parameters as needed.

V. Residence of Athletes

All athletes are required to be permanent residents of their respective nation on the 2011 World Championship date. Federation to determine status.

VII. Performance Surface

1. Team Cheer (Jazz, Hip Hop, Freestyle Pom Divisions): Marley dance floor or a wooden parquet floor surface. (minimum surface area of 42 feet x 42 feet or 12.8 meters x 12.8 meters)

2. Team Cheer (Coed, All Girl, Partner & Group Stunt Divisions): No spring floor, standard foam mat surface. (8 strips / 42 feet x 48 feet or 12.8 meters x 14.6 meters)

Note: For the reason of accessibility, cost, and ICU objective of grassroots growth of cheerleading within every nation, a standard foam mat was selected for the Team Cheer Coed & All Girl Divisions, and Partner & Group Stunt Performances.

Cross-Overs

(athletes participating in multiple divisions)

Based on the number of national teams anticipated in the 2011 ICU World Cheerleading Championships, crossovers between divisions will only be allowed in the ICU (cross-overs will not be allowed for the IASF Worlds).

REGISTRATION DEADLINES & PAYMENT POLICIES

- 1▶ REGISTRATIONS RECEIVED AFTER YOUR DEADLINE WILL BE ACCEPTED BASED ON HOTEL AVAILABILITY. HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINE DATES.**
- 2▶ All items are due with Registration by March 11, 2011.**
No Changes will be accepted after April 12, 2011.

FOR CANCELLATIONS RECEIVED ON OR BEFORE APRIL 12, 2011

All monies will be refunded with the exception of two hundred dollars (\$200.00) per person that will apply to cover hotel and entertainment guarantees. Cancellations received **after** April 12, 2011 will result in a **FULL FORFEITURE** of all monies paid. All cancellations must be in writing to the ICU World Cheerleading Championships. We will not accept cancellations by phone.

- 3▶ TEAM PAYMENT MUST BE IN THE FORM OF A CREDIT CARD, CASHIER'S CHECK OR MONEY ORDER!! NO GYM/BOOSTER/PERSONAL CHECKS!**

ALL REGISTRATION MATERIAL WILL BE RETURNED IF SUBMITTED WITH A GYM/BOOSTER/PERSONAL CHECK.

PARTICIPANT BIRTH CERTIFICATES

Teams will no longer be required to submit a picture and a copy of each participants birth certificate with their registration. However, a copy of each participants birth certificate or passport must be made readily available upon request of an ICU Official. Copies of your athlete's birth certificates on a USB/Zip drive is acceptable.

AIRPORT TRANSPORTATION

If you need transportation to and from the Orlando International Airport, you must read this information carefully. We will be sending you a transportation packet of important instructions for setting up your transportation to and from the airport. This packet should arrive about 4 weeks prior to the event.

Teams with the second deadline will receive this information with the return packet.

Disney's Magical Express



- ★ Transportation between Orlando International Airport and the *Walt Disney World*® Resort will be provided by *Disney's Magical Express*. Attendees utilizing another airport will need to find alternate transportation.
 - ★ *Disney's Magical Express* provides motorcoach transportation to/from the *Walt Disney World*® Resort and special luggage delivery service.
 - ★ *Disney's Magical Express* requires a reservation. Each guest must be registered at a *Walt Disney World*® Resort prior to contacting *Disney's Magical Express*.
 - ★ After registering for the event, each team will be provided with specific details to book their *Disney's Magical Express* reservation. Reservations need to be completed 14 days prior to arrival. Guests will be asked to provide a mailing address and inbound/outbound flight information.
 - ★ *Disney's Magical Express* will mail Airport Transportation Booklets which include detailed arrival instructions and special luggage tags.
 - ★ Disney luggage tags and transfer will not be provided for guest making arrangements within 14 days of arrival.
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THE ICU WORLD CHEERLEADING CHAMPIONSHIPS PARTICIPANTS/COACHES/SPECTATORS REGISTRATION FORM



2011 ICU WORLD CHEERLEADING CHAMPIONSHIPS

• PLEASE FILL IN BOTH ADDRESSES (PRINT OR TYPE IN BLUE OR BLACK INK) •

PLEASE SEND INFO TO OUR GYM/TEAM ADDRESS BELOW:

Team Name/Country representing

Person to Receive Information

Gym/Team Address

Gym/Team City/State/Zip

City/Country

()

Gym/Team Phone

()

Gym/Team Fax

PLEASE SEND INFO TO THE HOME ADDRESS BELOW:

Person to Receive Information

Home Address

Home City/State/Zip

City/Country

()

Home Phone

E-mail Address

()

Cell Phone

LIST YOUR FEDEX SHIPPING ADDRESS BELOW (NO P.O. BOXES, PLEASE):

Person to Receive Information

Street Address

City/State/Zip

City/Country

()

Daytime Phone

()

Alternate Phone

PLEASE CHECK ALL THAT APPLY.
REMINDER: CROSSOVERS AND 1 NATION
PER DIVISION ARE ALLOWED.

TEAM CHEER

- All Girl Elite (equivalent to Level 5)
- All Girl Premier (equivalent to Level 6)
- Coed Elite (equivalent to Level 5)
- Coed Premier (equivalent to Level 6)

PARTNER STUNTS

- All Girl Group Stunt
- Coed Stunt

TEAM CHEER

- Jazz
- Hip Hop
- Freestyle Pom

DOUBLES

- Cheer Jazz
- Cheer Hip Hop
- Cheer Freestyle Pom

* Nations can only enter each
category once.

If you have family members flying separately from the teams, we suggest they register with us separately in order to receive their tickets, nametags, etc. when they arrive.

- Please Read and Sign Cancellation Policy! •
- HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES •

ACCOMMODATIONS

2011 ICU WORLD CHEERLEADING CHAMPIONSHIPS



Gym/Team Name _____ City, State/Country _____

Event Producer that awarded the bid _____

DIRECTIONS:

1. Choose the package type and Resort you wish to purchase.
 2. Choose the type of room you wish to stay in (quad, triple, double or single)
 3. Return with a **full payment** to the Cheerleading Worlds office.
- **HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES.**
 - All **Walt Disney World**® Theme Park tickets are valid April 27 – May 3, 2011

MAILING ADDRESS:
 International Cheer Union
 6745 Lenox Center Court • Suite 300
 Memphis, TN 38115

TWO NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for the two nights of April 30 (check-in) through May 2 (check-out) includes:

- Two nights and three days hotel accommodations
- Round trip airport transfers provided by *Disney's Magical Express*
- Three day **Walt Disney World**® PARK-HOPPER Pass
- Three day admission into *ESPN Wide World of Sports*® Complex
- Transportation to all events that are directly related with Worlds
- Private Block Party at *Disney's Hollywood Studios*™
- All taxes and gratuities

	<u>ALL STAR RESORT</u>	<u>CARIBBEAN RESORT</u>
Quad (4 per room).....	\$412.00 per person	\$474.00 per person
Triple (3 per room).....	\$429.00 per person	\$512.00 per person
Double (2 per room).....	\$469.00 per person	\$589.00 per person
Single (1 per room).....	\$604.00 per person	\$813.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

THREE NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for any three nights stay between April 28 (check-in) through May 3 (check-out) includes:

- Three nights and four days hotel accommodations
- Round trip airport transfers provided by *Disney's Magical Express*
- Three day **Walt Disney World**® PARK-HOPPER Pass
- Three day admission into *ESPN Wide World of Sports*® Complex
- Transportation to all events that are directly related with Worlds
- Private Block Party at *Disney's Hollywood Studios*™
- All taxes and gratuities

	<u>ALL STAR RESORT</u>	<u>CARIBBEAN RESORT</u>
Quad (4 per room).....	\$455.00 per person	\$535.00 per person
Triple (3 per room).....	\$485.00 per person	\$589.00 per person
Double (2 per room).....	\$548.00 per person	\$701.00 per person
Single (1 per room).....	\$745.00 per person	\$1026.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

EXTRA NIGHTS (AVAILABLE ONLY WITH FIVE NIGHT TRAVEL PACKAGES) I would like to stay an extra night on:

- Wednesday, April 27, 2011
- Thursday, April 28, 2011
- Monday, May 2, 2011
- Tuesday, May 3, 2011

Optional Extra Nights: Since the hotel has very limited space available for these nights, reservations for the extra nights will be accepted on a first come-first served basis.

All rooms at the All Star Resort (regardless of occupancy)\$147.00 per room, includes tax

All rooms at the Caribbean Beach Resort (regardless of occupancy)\$220.00 per room, includes tax

You may upgrade your Four Day PARK HOPPER to a 5 Day PARK HOPPER for an additional \$30 per person. Please indicate this on your rooming list by filling in the .

FOUR NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for any four night stay between April 28 (check-in) through May 3 (check-out) includes:

- Four nights and Five days hotel accommodations
- Round trip airport transfers provided by *Disney's Magical Express*
- Four day **Walt Disney World**® PARK-HOPPER Pass
- Three day admission into *ESPN Wide World of Sports*® Complex
- Transportation to all events that are directly related with Worlds
- Private Block Party at *Disney's Hollywood Studios*™
- All taxes and gratuities

	<u>ALL STAR RESORT</u>	<u>CARIBBEAN RESORT</u>
Quad (4 per room).....	\$504.00 per person	\$618.00 per person
Triple (3 per room).....	\$551.00 per person	\$699.00 per person
Double (2 per room).....	\$662.00 per person	\$879.00 per person
Single (1 per room).....	\$935.00 per person	\$1318.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

FIVE NIGHTS PLEASE CHOOSE ONE:

- DISNEY'S ALL STAR RESORT**
- DISNEY'S CARIBBEAN BEACH RESORT**

The travel package price for any five night stay between April 27 (check-in) through May 3 (check-out) includes:

- Five nights and six days hotel accommodations
- Round trip airport transfers provided by *Disney's Magical Express*
- Five day **Walt Disney World**® PARK-HOPPER Pass
- Three day admission into *ESPN Wide World of Sports*® Complex
- Transportation to all events that are directly related with Worlds
- Private Block Party at *Disney's Hollywood Studios*™
- All taxes and gratuities

	<u>ALL STAR RESORT</u>	<u>CARIBBEAN RESORT</u>
Quad (4 per room).....	\$518.00 per person	\$642.00 per person
Triple (3 per room).....	\$594.00 per person	\$769.00 per person
Double (2 per room).....	\$731.00 per person	\$981.00 per person
Single (1 per room).....	\$1073.00 per person	\$1532.00 per person

(NONE OF THE ABOVE PRICES INCLUDE AIRFARE.)

**PLEASE MAKE CHECKS PAYABLE TO
 ICU WORLD CHEERLEADING CHAMPIONSHIPS
 NO GYM/BOOSTER/PERSONAL CHECKS WILL BE ACCEPTED**

Gym/Team Name _____ City _____ State _____ Country _____

Event where team received bid _____ Sponsoring Event Producer _____

Medical Forms needed: Total # of Adults _____ Total # of Minors _____

★ Medical Release forms are required for coaches and participants only!

ROOMING LIST

IMPORTANT: This form must be completed in order for your registration to be accepted. Reservations will be entered according to the dates below and charged as such. List below names in full of people staying in either quad (4), triple (3), double (2), or single (1), rooms.

In parenthesis, specify one of the following for each person: (P) = Participant (C) = Coach (F) = Family/Friend

PLEASE NOTE: Rollaway beds are not available. (PLEASE PRINT OR TYPE) Upgrade to 5 Day Park Hopper (Please color for upgrades only)

SINGLES (ONE IN EACH ROOM)

	P/C/F	Arrival Date	Depart Date	Ticket Upgrade
1.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
4.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
4.	()	()	()	(<input type="radio"/>)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
4.	()	()	()	(<input type="radio"/>)

SINGLES (ONE IN EACH ROOM)

	P/C/F	Arrival Date	Depart Date	Ticket Upgrade
1.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)

DOUBLES (TWO IN EACH ROOM)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)

TRIPLES (THREE IN EACH ROOM)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)

QUADS (FOUR IN EACH ROOM)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
4.	()	()	()	(<input type="radio"/>)
1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
4.	()	()	()	(<input type="radio"/>)

1.	()	()	()	(<input type="radio"/>)
2.	()	()	()	(<input type="radio"/>)
3.	()	()	()	(<input type="radio"/>)
4.	()	()	()	(<input type="radio"/>)

CREDIT CARD PAYMENTS

2011 ICU WORLD CHEERLEADING CHAMPIONSHIPS



Team Name _____
City _____ State/Country _____

If any family members wish to charge their payment on a credit card, we accept VISA, MasterCard, Discover or American Express. Below list the person wishing to charge, their credit card number, expiration date and amount to be charged along with their signature. Please send this information along with your registration. **(One form per family group.)**

CREDIT CARD TYPE: VISA MC AMEX DISC **Exp. Date:** ___/___/___ **Total Amount Charged:** \$ _____

Account Number:

Name (Print) _____ Signature _____

()

Billing Address* _____ Daytime Telephone Number _____

City/State/Zip or City/Country _____

()

Email Address _____ Cell Phone Number _____

If this credit card payment is NOT for your entire group, please list person(s) and amounts to be paid with this credit card.

List person(s) and amounts to be paid with this credit card.

Person(s)	Amount
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

* In order for credit cards to be processed, we **MUST** have the billing address for the credit card being charged. This address **MUST** include the zip code for the billing address.

THIS FORM MAY BE DUPLICATED.

EXTRA TICKET ORDER FORM

2011 ICU WORLD CHEERLEADING CHAMPIONSHIPS

NOTE: THIS IS AN OPTIONAL FORM. If you are not purchasing The ICU World Cheerleading Championships packet, but would still like to order tickets, please complete this form.

Team Name _____

Name _____
(All tickets will be distributed at the same time to the person listed above. Photo ID required for pickup.)

Address _____
City/State/Zip or City/Country

Phone Number (Home) _____ (Work) _____

Email _____ Cell () _____

WALT DISNEY WORLD® TICKETS AVAILABLE FOR PURCHASE

Pick up at All Star Resort Carribean Beach

- | | |
|--|---------------------|
| <input type="radio"/> THREE DAY PARK-HOPPER - \$190.00 each
<small>(Transportation is not included)</small> | Number Needed _____ |
| <input type="radio"/> FOUR DAY PARK-HOPPER - \$220.00 each
<small>(Transportation is not included)</small> | Number Needed _____ |
| <input type="radio"/> FIVE DAY PARK-HOPPER - \$250.00 each
<small>(Transportation is not included)</small> | Number Needed _____ |
| <input type="radio"/> WDW WATER PARK - \$35.00 each
<small>(One Day Admission into any WDW Water Park)</small> | Number Needed _____ |
| <input type="radio"/> COUNTER SERVICE MEAL VOUCHER - \$15.00 each
<small>(One entrée, dessert and beverage per voucher-at designated Theme Park dining locations. Lunch or Dinner Only.)</small> | Number Needed _____ |
| <input type="radio"/> VIP RECEPTION AND AWARDS CEREMONY - \$100.00 each
<small>(Coaches and Gym Owners only)</small> | Number Needed _____ |
| <input type="radio"/> PRIVATE BLOCK PARTY AT DISNEY'S HOLLYWOOD STUDIOS™
- \$35.00 each <small>(Transportation is not included)</small> | Number Needed _____ |

METHOD OF PAYMENT

Enclosed is check number _____ for \$ _____

I authorize The Cheerleading Worlds to charge my:

VISA MC AMEX DISC in the amount of \$ _____ for tickets.

Account Number

Expiration Date _____

Name on Credit Card _____

Card Holder Billing Address* _____

Card Holder City/State/Zip or City/Country _____

Card Holder Daytime Phone () _____

Card Holder Signature _____

Card Holder Email Address _____

* In order for credit cards to be processed, we MUST have the billing address for the credit card being charged. This address MUST include the zip code for the billing address.

• **FORM MAY BE COPIED** • Tickets valid April 27 - May 3, 2011 •



This form and full payment are due in the ICU World Cheerleading Championships Office by April 5, 2011.

Credit Card orders may be faxed to: 1-901-387-4357

Checks and forms are to be mailed to:

**ICU World
CHEERLEADING CHAMPIONSHIP
- TICKET ORDERS
6745 LENOX CENTER COURT
SUITE 300
MEMPHIS, TN 38115**

PLEASE SUBMIT ONE FORM PER FAMILY OR PICKUP.

No orders will be accepted after April 22, 2011.

Tickets may be purchased in Orlando at Celebrity Hall while supplies last.

NO GYM/BOOSTER/PERSONAL CHECKS WILL BE ACCEPTED!

ORDERS NOT PAID IN FULL WILL NOT BE PROCESSED.

TEAM ROSTER

Team Name _____

City _____ State _____ Country _____



Please list the names of all participants that are performing on the floor at The ICU World Cheerleading Championships. Athlete and/or team crossovers are allowed at the ICU.

TEAM CHEER

- All Girl Elite
- All Girl Premier
- Coed Elite
- Coed Premier

PARTNER STUNTS

- All Girl Group Stunt
- Coed Stunt

TEAM CHEER

- Jazz
- Hip Hop
- Freestyle Pom

DOUBLES

- Cheer Jazz
- Cheer Hip Hop
- Cheer Freestyle Pom

I declare that all participants below:

Participant's Name

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

Participant's Name

17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____

ALTERNATES SECTION

25. _____
26. _____
27. _____
28. _____
29. _____
30. _____

* Review all Rules & Guidelines *

Gym Owner

Team Coach

Gym Owners/Coaches names you would like listed on the video screen at the event
(LIMIT OF THREE PLEASE)



Team Name _____

City _____ State _____ Country _____

CANCELLATION POLICY

For cancellations received **on or before** April 12, 2011, all monies will be refunded with the exception of two hundred dollars (\$200.00) per person that will apply to cover hotel and entertainment guarantees. Cancellations received **after** April 12, 2011 will result in a **FULL FORFEITURE** of all monies paid. All cancellations must be in writing to the ICU World Cheerleading Championships. We will not accept cancellations by phone.

I have read the cancellation policy and understand and accept its contents. I have also advised all participants, parents and chaperones of my group of this cancellation policy.

Coach Signature

Date

Each adult traveling on the travel package and each participant's parent must sign below. Your application will not be entered without **ALL** signatures.

We have read the cancellation policy and understand and accept its contents.

- | | | | |
|-----------|-----------|-----------|-----------|
| 1. _____ | 11. _____ | 21. _____ | 31. _____ |
| 2. _____ | 12. _____ | 22. _____ | 32. _____ |
| 3. _____ | 13. _____ | 23. _____ | 33. _____ |
| 4. _____ | 14. _____ | 24. _____ | 34. _____ |
| 5. _____ | 15. _____ | 25. _____ | 35. _____ |
| 6. _____ | 16. _____ | 26. _____ | 36. _____ |
| 7. _____ | 17. _____ | 27. _____ | 37. _____ |
| 8. _____ | 18. _____ | 28. _____ | 38. _____ |
| 9. _____ | 19. _____ | 29. _____ | 39. _____ |
| 10. _____ | 20. _____ | 30. _____ | 40. _____ |

• HOTELS MAY FILL UP PRIOR TO PUBLISHED DEADLINES •

• NO GYM CHECKS WILL BE ACCEPTED •



2011 ICU WORLD CHAMPIONSHIPS

CHEER DIVISIONS RULES & REGULATIONS

ELITE, PREMIER, PARTNER & GROUP STUNT

Bold Text denotes change from 09-10

I. GENERAL RULES

1. The ICU will have full support of the IASF.
2. The event (ICU World Championship) will take place on Thursday and Friday (**April 28-29, 2011**) before the IASF/USASF Worlds Championship in Orlando, Florida (**April 30- May 1, 2011**)
3. All teams must be supervised during all official functions by a qualified director/advisor/coach.
4. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

II. TOURNAMENT FACILITY

1. The competition is scheduled to be held at ESPN World of Sports™ HP Fieldhouse (Formerly known as the Milkhouse).
2. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES** —Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
- B. **PERFORMANCE** — Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. SPORTSMANSHIP

All participants 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 is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

V. 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, 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.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment and/or music, 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, but will be evaluated **ONLY** from the point where the interruption occurred.

C. INJURY

1. **The only persons that may stop a routine for injury are: a) competition officials, b) the gym owner / head coach from the team performing or c) an injured individual.**
2. 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 re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
3. **The injured participant that wishes to perform may not return to the competition floor unless:**
 - a. **The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.**

- b. **If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.**

VI. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

VII. DISQUALIFICATION

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 any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

VIII. GENERAL SAFETY RULES

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. Athletes must always practice and perform on an appropriate surface.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are not allowed

when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)

8. Any height increasing apparatus used to propel an athlete is not allowed.
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team’s members **and be trained in proper spotting technique.**
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovas are allowed. *Clarification: Drops that include any weight bearing contact with the hands and feet would not be in clear violation of this rule.*
14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

ICU ELITE DIVISION RULES

Elite Division GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed. *Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.*

- E. Dive rolls are allowed.
 1. Dive rolls performed in a swan/arched position are not allowed.
 2. Dive rolls that involve twisting are not allowed.

Elite Division

STANDING/RUNNING TUMBLING

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

Elite Division

STUNTS

- A. **A spotter is required for each top person in an extended stunt.**
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and twisting transitions are allowed up to **2 twisting rotations by the top person in relation to the performing surface.**
Clarification: A twist performed with a n additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations.
- D. Free flipping mounts and transitions are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- F. Single based split catches are not allowed.
- G. Single based double awesomes/cupies require a separate spotter for each top person.
- H. **Elite Division Stunts - Release Moves**
 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed.)
 2. Release moves may not land in a prone position.
 3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
 4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
 5. Release moves may not intentionally travel.
 6. Release moves may not pass over, under or through other: stunts, pyramids, or individuals.
- I. **Elite Division Stunts – Inversions**
 1. Extended inverted stunts allowed. Also, see “Stunts” and “Pyramids.”
 2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the

bases. (Exception: A controlled power pressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed). *Clarification: Catchers must make contact with the head and shoulder area.*

3. Downward inversions must maintain contact with an original base. (Exception: In side rotating downward inversions (i.e. cartwheel-style transition dismounts), the original base may lose contact with the top person when it becomes necessary to do so.
 4. Downward inversions from above prep level may not be caught and/or land in an inverted position.
Clarification: Top person may not be caught or land with their shoulders below their hips.
- J. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Elite Division

PYRAMIDS

- A. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. **Elite Division Pyramids - Release Moves**
 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
 2. Primary weight may not be borne at second level.
Clarification: The transition must be continuous.
 3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
 - a. In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.
 - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
 4. Non inverted transitional pyramids may involve changing bases. When changing bases:
 - a. The top person must maintain physical contact with a person at prep level or below.
 - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
- D. **Elite Division Pyramids - Inversions**
 1. Must follow Elite Division Stunt Inversions rules.
- E. **Elite Division Pyramids - Release Moves w/ Braced Inversions**
 1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either

the top person(s) or the base(s).

Clarification: Top person(s) bracing the inversion must show a concerted effort to maintain contact with the inverted top person until they are safely caught by the bases.

2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations.
3. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers.
 - a. All 3 catchers must be stationary.
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
7. Braced inversions (including braced flips) may not travel downward while inverted.

Elite Division

DISMOUNTS

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
Clarification: An individual may not land on the performing surface without assistance.
- D. Up to a 2-1/4 twisting rotations allowed from all stunts.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. When cradling single based double awesomes/cupies 2 catchers must catch each top person.

Elite Division

TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during

the toss (i.e. No intentional traveling tosses).

(Exception: A 1/2 turn is allowed by bases as in a kick full basket.)

- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2-1/2 twisting rotations allowed.

ICU PREMIER DIVISION RULES

Premier Division

GENERAL TUMBLING

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

Premier Division

STANDING/RUNNING TUMBLING

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

Premier Division

STUNTS

- A. A spotter is required:
 1. During extended one-arm stunts other than an awesomes/cupies or liberties
 2. When the load/transition involves a twist or flip
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person in relation to the performing surface. **Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations.**
- C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate

from ground level only and are allowed up to 1 flipping and 2 twisting rotations.

Exception 1: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (example: a flip that lands in a straddle position requires a hands -on spotter)

Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.

- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double awesomes/cupies require a separate spotter for each top person

G. Premier Division Stunts - Release Moves

1. Release moves are allowed.
2. Release moves may not land in a prone position.
3. Release moves must return to original bases.
Exception: A toss, from the performing surface, to prep level is allowed to travel if the toss is from a single base and there is an additional spotter on the catch.
4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. See exception in #3 above.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.

H. Premier Division Stunts - Inversions

1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

Premier Division PYRAMIDS

- A. Pyramids are allowed up to 2-1/2 high.
- B. For 2-½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.
- C. Free-flying mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
- D. **Premier Division Pyramids – Release Moves**
 1. During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.

E. Premier Division Pyramids - Inversions

1. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

F. Premier Division Pyramids – Release Moves w/ Braced Inversions

1. Braced flips are allowed up to 1-1/4 flipping and 1 twisting rotation.
2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

Premier Division DISMOUNTS

- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
Clarification: An individual may not land on the performing surface without assistance.
- C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-¼ twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. e.g. extension, liberty, heel stretch).
- D. Free flipping dismounts are allowed up to 1 flipping and 0 twisting rotations.
- E. Free flipping dismounts to the performance surface are not allowed.
- F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- G. Flips that originate above prep level are not allowed. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

Premier Division TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

- B. Tosses must be performed from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulders area of the top person.
- C. Flipping tosses are allowed up to 1 flipping rotation and 2 twists.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist
 Double Full-Twisting Layout
 Kick, Full-Twisting Layout
 Pike, Open, Double Full-Twist
 Arabian Front, Full-Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist
 Kick, Double Full-Full Twisting Layout
 Kick, Full-Twisting Layout, Kick
 Pike, Split, Double Full-Twist
 Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.

- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 3-1/2 twists.

IX. Time Limit / Music / Entrances

- Each team will have a maximum of 2 minutes 30 seconds for music and a recommended 30 seconds for cheer which must be performed in the beginning or middle of the routine.
- Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- 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.
- If a team exceeds the time limit, a penalty will be assessed for each violation. **One point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.**
- 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.
- Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing “play” and “stop” for the team.
- All music must be on a CD. The ICU recommends that you bring both in case sound systems have trouble reading your CD.
- In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.
- Teams may not use Disney Themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

X. COMPETITION AREA

- The performance floor will be approximately 42 feet x 48 feet. **(12.8 meters x 14.6 meters)** The surface will be traditional foam mat.
- Teams may line up anywhere inside the competition area.
- No penalty for stepping outside the area.

XI. JUDGING CRITERIA

The judges will score the teams according to the judging criteria on a 100 point system.

ALL GIRL ELITE

CHEER CRITERIA	10 POINTS
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)	
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	
BASKET TOSSES	15 POINTS
Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	
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, CROWD APPEAL, DANCE	10 POINTS
Overall presentation, showmanship, dance, crowd effect	
TOTAL POINTS	(100)_____

ALL GIRL PREMIER

CHEER CRITERIA	10 POINTS
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)	
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	
BASKET TOSSES	15 POINTS
Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	
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, CROWD APPEAL, DANCE **10 POINTS**
 Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100)_____

COED ELITE

CHEER CRITERIA **10 POINTS**
 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)

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

BASKET TOSSES **15 POINTS**
 Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety

TUMBLING **10 POINTS**
 Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization

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

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

TOTAL POINTS (100)_____

COED PREMIER

CHEER CRITERIA **10 POINTS**
 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)

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

BASKET TOSSES **15 POINTS**
 Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety

TUMBLING **10 POINTS**
 Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization

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

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

TOTAL POINTS (100)_____

ALL GIRL GROUP STUNT

A). STUNTS AND TOSSES- 75 POINTS
1). EXECUTION OF TECHNIQUE **30 POINTS**
 Execution of proper technique to perform stunts, making the stunts appear to be easy.

2). DIFFICULTY **25 POINTS**
 Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

3). FORM AND APPEARANCE OF STUNTS **20 POINTS**
 This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

B). OVERALL PERFORMANCE- (25 POINTS)
1). TRANSITIONS **15 POINTS**
 Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.

2). SHOWMANSHIP **10 POINTS**
 Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

TOTAL POINTS (100)_____

COED PARTNER STUNT

A). STUNTS- 75 POINTS
1). EXECUTION OF TECHNIQUE **30 POINTS**
 Execution of proper technique to perform stunts, making the stunts appear to be easy.

2). DIFFICULTY **25 POINTS**
 Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)

3). FORM AND APPEARANCE OF STUNTS **20 POINTS**
 This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.

B). OVERALL PERFORMANCE- 25 POINTS
1). TRANSITIONS **15 POINTS**
 Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.

2). SHOWMANSHIP **10 POINTS**
 Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.

TOTAL POINTS (100)_____

XII. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the International Cheer Union. As the teams make their presentations, the judges will score the teams using a 100 point system. The highest score and the lowest score given for each team will be dropped and the

remaining judges scores will be totaled to determine the overall team score. In the event of a first place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XIII. SCORES AND RANKINGS

Individual 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. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams final placement.

XIV. FINALITY OF DECISIONS

By participating in this championship, each team agrees that decision by the judges will be final and will not be subject for review. 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.

XV. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

XVI. PENALTIES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please send a video copy of your skills to the ICU Office. **This must be submitted by DVD or Email only and clearly labeled with Team name, contact person name, number and email contact. It should be submitted by April 1st. Please send to: ICU, Attn Mike Cooper, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115.**

We have reviewed the Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the competition and agree to adhere to the rules, policies and procedures contained herein. Rule clarifications and changes may occur throughout the season.

Team Name

Date

City/State/Country

Coach/Gym Owner's Signature

Division

Captain's Signature



2011 ICU WORLD CHAMPIONSHIPS TEAM CHEER RULES & REGULATIONS JAZZ, HIP HOP, FREESTYLE POM

I. GENERAL RULES

1. The ICU will have full support of the IASF.
2. The event (2011 ICU World Cheerleading Championships) will take place on Thursday and Friday (**28-29 April 2011**) before the IASF/USASF Worlds Championship in Orlando, Florida (**30 April – 1 May 2011**)
3. All teams must be supervised during all official functions by a qualified director/advisor/coach.
4. All directors, advisors and coaches should have an emergency action plan in the event of an injury.

II. TOURNAMENT FACILITY

1. The competition is scheduled to be held at the *ESPN Wide World of Sports*® Complex.
2. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. **RULES & PROCEDURES** --Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. **PERFORMANCE** --Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. SPORTSMANSHIP

All participants 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 is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

V. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN 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, 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.

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, but will be evaluated **ONLY** from the point where the interruption occurred.

C. INJURY

1. **The only persons that may stop a routine for injury are: a) competition officials, b) the gym owner/head coach from the team performing or c) an injured individual.**
2. **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 re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.**
3. **The injured participant that wishes to perform may not return to the competition floor unless:**
 - a. **The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.**

If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.

VI. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

VII. DISQUALIFICATION

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 any prizes or

awards presented by the competition, and may also forfeit the opportunity to participate the following year.

VIII. SPECIFIC RULES

A. GLOSSARY OF TERMS:

1. **Aerial Cartwheel** - Cartwheel executed without placing hands on the ground.
2. **Airborne** - To be free of contact with a person and/or the performing surface.
3. **Back Walkover** - A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.
4. **Cartwheel** - A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
5. **Chorus Line Flips** – **A skill in which an individual back or front flips between two other individuals whose arms and/or wrists are interlocked. The individual flips with or without hand/arm contact.**
6. **Dive Roll** - An airborne forward roll where the hands and feet are off of the performing surface simultaneously. **(This skill is allowed as long as the performer is in a pike position)**
7. **Elevated** - To move a dancer to a higher position or place from a lower one.
8. **Elevated Individual** – **the individual who is lifted from the performance surface as a part of a Lift. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.**
9. **Executing Individual** – **the individual who performs a skill as part of a Trick or uses support from another individual (s) when partnering. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.**
10. **Flying Squirrel** – **A jump executed with forward momentum with the individuals arms extended in front, legs behind, creating an “X” position in the air**
11. **Freeze** - see Stall for definition
12. **Front Walkover** - A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.
13. **Handstand** - A straight body inverted position where the arms are extended straight by the head and ears.
14. **Head Spin** - A hip hop technique in which the individual spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
15. **Head Spring (Front/Back)** - **The individual approaches the head spring much like a hand spring and can be executed either to the front or to the back. A front head spring begins in a standing or squatting position, the hands are placed on the floor with the head in between the hands like a head stand, the legs come over the head and whip through as in a kip up to spring the individual over to land on the feet. A back head spring begins in a standing or squatting position. The individual springs backward to land on one or both hands, rolls through to the head and completes the skill with a kip up to land forward on the feet.**
16. **Headstand** - A position in which one supports oneself vertically on one’s head with the hands on the floor supporting the body.
17. **Kip-up - From lying down, stomach up, the individual bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the individual to land in an upright position with both feet planted on the floor.**
18. **Lifts** - **An action in which an individual is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of “Lifting” individuals and “Elevated” Individuals. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.**
19. **Lifting Individual** – **the individual who lifts the Elevated Individual as part of a Lift. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.**
20. **Hip/over head Rotation** - A movement where hips move over the head, as in a back walkover, cartwheel or similar tumbling skill.
21. **Partnering** – **An action in which two or more individuals use support from one another, but are not elevated. Partnering can involve both “Supporting” and “Executing” skills Refer to the ICU Rules for Lifts, Tricks and Partnering for a full definition.**
22. **Pony Sit** - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.
23. **Prop** - An object that can be manipulated.
24. **Shoulder Roll** - A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.
25. **Shoulder Sit** - Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.
26. **Side Somi** – **A tuck in the sideways position. Can be performed running or from a cartwheel or round-off entry.**
27. **Shushunova** – **a jump variation (such as a toe touch or pike jump) landing in a prone support (push up position)**
28. **Stall (Freeze)** - A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.
29. **Supporting Individual** – **the individual who holds or tosses and or maintains contact with an Executing Individual as a part of a Trick or Partnering Skill. Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.**
30. **Swinging Lift** – **A lift in which the momentum of the lifted individual increases while creating a curve or arc with up and down motion.**
31. **Thigh Stand** – **A lift in which bases in lunge position with one leg bent and one leg straight, lifted individual’s feet are placed in the pockets of the bases’ thighs. Bases should support the top person with one arm around the back of the lifted individual’s leg and the other hand bracing the foot.**
32. **Toe Pitch** - A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person’s height often resulting in a hip over head rotation/flip.
33. **Toss** - **An airborne trick where supporting individual(s) execute a throwing motion to increase the height of the executing individual. Executing individual becomes free from the performance surface, but maintains hand/arm/body to hand/arm contact with at least one supporting individual.**

34. **Tumbling – an acrobatic or gymnastics skill executed by an individual, without contact, assistance or support of another individual (s), and begins and ends on the performance surface.**
35. **Trick (executed as partners or in a group) - an action in which an individual executes a skill with support from one or more individuals. A Trick is comprised of “Supporting” Individual (s) and “Executing” Individual (s). Refer to the ICU Rules for Lifts, Tricks and Partnering for safety guidelines.**
36. **Trick (executed as an individual) - See Tumbling**
37. **Weight Bearing – a skill in which the individual’s weight is supported by one body part without any other body part on the ground**
38. **Windmill - Beginning in a position lying down on the back, the individual spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to the ground.**

B. TUMBLING AND TRICKS (Executed by Individuals)

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

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

Airborne skills with hip over head rotation must involve hand support with at least one hand while passing through the inverted position. (*Exception – Aerial Cartwheels, Front/Back Handsprings – which are allowed in the Hip Hop Division Only)
Tumbling skills with airborne hip over head rotation are limited to 2 connective skills. Example – Round-off, back handspring, back handspring is not allowed. Round-off, back handspring, kip up is allowed.

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

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

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

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

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

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

****NOTE: Because the Lifts Tricks and Partnering rules have been revised, it is strongly suggested that you send in a video for review. This must be submitted by DVD only clearly labeled with Team name, contact person name, number and email. It must be received by April 1st. Please send to: ICU, Attn: Liz Rifino, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115 Email: lrifino@varsityspirit.com**

D. CHOREOGRAPHY AND COSTUMING

1. **Suggestive, offensive, or vulgar choreography, costuming, and/or music are inappropriate for family audiences and therefore lack audience appeal.**
2. **Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.**
3. **Inappropriate choreography, costuming and/or music may affect the judges’ overall impression and/or score of the routine.**
4. **All costuming, makeup and choreography should be age appropriate and acceptable for family viewing**

5. No cheers or chants are allowed.
6. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed are grounds for disqualification. Please make sure that you have several dress rehearsals prior to competition to work out any costume problems.
7. Tights should be worn under briefs, hot pants or excessively short shorts
8. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt please consult the ICU Rules Committee for approval.
9. Jewelry as a part of a costume is allowed.
10. All male performers' costumes must include a shirt that is fastened, however it can be sleeveless.

E. TIME LIMIT/MUSIC/ENTRANCES

1. Each **Team** will have a maximum of (2:30) two minutes and 30 seconds.
2. Each **Doubles** will have a maximum of (1:30) one minute and 30 seconds.
3. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
4. 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.
5. If a team exceeds the time limit, a penalty will be assessed for each violation. **One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.**
6. 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.
7. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.
8. All music must be on a CD. The ICU recommends that you bring multiple copies in case sound systems have trouble reading your CD.
9. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.
10. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

F. PROPS

1. **A prop is defined as anything that is used as part of your choreography that is not attached to your costume.**
2. **Wearable and handheld items/props that compliment the choreography will be allowed in the Jazz and Hip Hop Categories. They may be removed and discarded from the body.**
3. **The Freestyle Pom Category will not allow props, as poms are to be used for 50-100% of the routine. If there are male performers in this category they are not required to use poms.**
4. **No large free standing props will be allowed in any category, such as chairs, stools, benches boxes, stairs, steps, ladders, bars, sheets etc. Any item that bears the weight of the participant is considered a standing prop.**

G. TEAM PARTICIPATION

1. There will be 3 Separate Categories – Jazz, Hip Hop, Freestyle Pom.
2. Each Category will have a separate title winner.
3. Each country will provide a "National Team" comprised of individual team members. The "National Team" may compete in a single category or multiple categories.
4. If the "National Team" chooses to compete in more than one category it is permissible, but not compulsory for each individual team member to compete as part of the "National Team" in each category.
5. Each "National Team" may be comprised of as many individual team members as desired however the "National Team" may only participate in a category with a minimum of **4 performers to a maximum of 24** on the floor at one time. It is permissible, but not compulsory, that the same individual team members compete in each category.
6. **Each Doubles will be comprised of 2 team members.**
7. Participants will be allowed to crossover to the cheer divisions at the coaches' discretion as scheduling conflicts may occur.
8. Each country's federation will need to provide proof of permanent residency for each member of its team.
9. Each participant must be a minimum of 14 years of age within the year of competition. There is no set maximum age. Any team proven to be in violation of the age requirements will be automatically disqualified.
10. Males and females are allowed to participate on the team.

H. COMPETITION AREA

1. The performance floor will be approximately 42 feet x 42 feet. **(12.8016 meters x 12.8016 meters)** The surface will be professional grade material (Marley floor or a wooden parquet floor).
2. Teams may line up anywhere inside the competition area.
3. No penalty for stepping outside the area.

I. CATEGORY DEFINITIONS:

- JAZZ - Incorporates stylized movements and combinations, formation changes, group work and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style and continuity of movement along with team uniformity. See score sheet for more information.
- HIP HOP - Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. There is also an additional focus on athletic incorporations such as jumps, freezes/stalls and other tricks. See score sheet for more information.
- FREESTYLE POM - Incorporates the concepts of Jazz and Hip Hop with an emphasis on choreography, proper technical execution, visual effect, creativity, staging and team uniformity. Poms are used for 50-100% of the routine. Important characteristics of this type of routine include synchronization and visual effect, clean and precise motions, strong pom technique, the incorporation of dance technical elements and dance styles. Visual effects include level changes, group work, formation changes, the use of different color poms, etc. (See Section E. Props for any clarifications)

IX. JUDGING CRITERIA

The judges will score the teams according to the judging criteria on a 100 point system.

HIP HOP SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

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

Communication & Projection (10) _____

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

Choreography (30 pts)

Creativity & Musicality (10) _____

Use of original movement to compliment the music

Difficulty (10) _____

Use of intricate and challenging skills/movement

Formations & Transitions (10) _____

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

Technique (20 pts)

Execution of Style(s) & Clarity of Movement (10) _____

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

Placement/Control/Extension/Strength of Movement (10) _____

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

Group Execution (30 pts)

Synchronization (20) _____

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

Spacing (10) _____

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

TOTAL POINTS (100) _____

JAZZ SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

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

Communication & Projection (10) _____

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

Choreography (30 pts)

Creativity & Musicality (10) _____

Use of original movement to compliment the music and create visual effects

Difficulty (10) _____

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

Formations & Transitions (10) _____

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

Technique (30 pts)

Execution of Style(s) & Technical Skills (20) _____

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

Placement/Control/Extension/Strength of Movement (10) _____

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

Group Execution (20 pts)

Synchronization and Spacing (20) _____

The uniformity of all movement throughout the routine, appropriate timing with the music and the ability of participants to gauge and position themselves correct distances between each other in and throughout all formations of performance.

TOTAL POINTS (100) _____

FREESTYLE SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

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

Communication & Projection (10) _____

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

Choreography (20 pts)

Creativity/Musicality/Formations & Transitions (10) _____

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

Difficulty (10) _____

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

Technique (30 pts)

Execution of Style(s) & Technical Skill (20) _____

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

Placement/Control/Extension/Strength of Movement (10) _____

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

Group Execution (30 pts)

Synchronization (20) _____

The uniformity of all movement throughout the routine and appropriate timing with the music

Spacing (10) _____

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

TOTAL POINTS (100) _____

DOUBLES SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

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

Communication & Projection (10) _____

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

Choreography (35 pts)

Creativity & Musicality (10) _____

Use of original movement to compliment the music and create visual effects
Cooperation and interaction of the pair

Style & Difficulty (15) _____

Use of dance style along with intricate and challenging skills/movement (including various turns, leaps, jumps, kicks, freezes, partner work, visual effects, tempo, etc.)

Transitions (10) _____

Use of creative ways to change location and utilize floor space while allowing for a seamless flow of the routine

Technique (35 pts)

Execution of Style(s) & Technical Skills (20) _____

Continuity of movement and the mastering and performance of the specific style(s) of dance included in the performance Execution of all technical elements, such as turns, leaps, jumps, freezes, etc. in accordance with the ability level of the pair

Placement/Control/Extension/Flexibility/Balance/Strength of Movement (15) _____

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

Execution (10 pts)

Synchronization (10) _____

The uniformity of all movement throughout the routine and appropriate timing with the music

TOTAL POINTS (100) _____

X. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the International Cheer Union. As the teams make their presentations, the judges will score the teams using a 100 point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. In the event of a first place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XI. SCORES AND RANKINGS

Individual 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. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

XII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that decision by the judges will be final and will not be subject for review. 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.

XIII. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

XIV. PENALTIES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please send a DVD to the ICU Office. **This must be submitted by DVD only clearly labeled with school/team name, contact person name, number and email. It must be received by April 1st. Please send to: ICU, Attn Liz Rifino, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115 Email: lrifino@varsityspirit.com**



CHECKLIST

- **All of the items listed below are due with Registration by March 11, 2011**

No changes will be accepted after April 12, 2011.

Please read the Registration Deadlines & Payment Policy Page.

Any Changes (Name Changes, Spelling Corrections, Rooming Changes, etc.) Any Changes made after the above dates will result in a \$200 charge per change.

- Registration Form (with full payment)
- Accommodations Page
- Rooming List
- Credit Card payment sheet (if necessary)
- Cancellation Policy
(signed by everyone attending on the travel package)
- Ticket Order Form (if necessary)
- Team Roster

NOTE: Applicants will not be entered or processed without this signed form!

- Signed copy of the Rules and Regulations
- Original, signed medical release forms (one for each participant & coach). We **MUST** have the originals! Please do not tear apart copies).