



2009-2010 International Cheer Union Dance Rules and Regulations

Bold Text denotes change from 08-09



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 22-23, 2010**) before the IASF/USASF Worlds Championship in Orlando, Florida (**April 24-25, 2009**)
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 Disney's Wide World of Sports™ 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. 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. In the event that an injury causes the team's routine to be interrupted, the team must either continue the routine or withdraw from the competition.
2. Competition officials reserve the right to stop the routine if an injury occurs.
3. 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.

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** - An assisted back/front tuck over the interlocked arms of additional dancers - Chorus Line Flips are illegal.

6. **Dive Roll** - An airborne forward roll where the hands and feet are off of the performing surface simultaneously.
7. **Elevated - To move a dancer to a higher position or place from a lower one.**
8. **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.
9. **Handstand** - A straight body inverted position where the arms are extended straight by the head and ears.
10. **Head Spin** - A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
11. **Headstand** - A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.
12. **Kip-up** - From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.
13. **Lifts** - An action in which the partner is elevated to any height and set down. Refer to the ICU Rules for Dance Lifts and Partnering for a full definition.
14. **Hip/over head Rotation** - A movement where hips move over the head, as in a back walkover or similar tumbling skill.
15. **Partnering** - Any type of trick that uses two individuals where one uses the other for support. Refer to the ICU Rules for Dance Lifts and Partnering for a full definition.
16. **Pony Sit** - Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.
17. **Prop** - An object that can be manipulated.
18. **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.
19. **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.
20. **Stall** - 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.
21. **Thigh Stand** - With bases in lunge positions with one leg bent and one leg straight, lifted dancers 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 dancer's leg and the other hand bracing the foot.
22. **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.
23. **Toss** - An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).
24. **Windmill** - Beginning in a position laying down on the back, the dancer 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

1. Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over head rotation occurs, **with the exception of Aerial Cartwheels which are allowed.**

The following are examples of skills that are and are not allowed:

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Forward/Backward Rolls	Dive Rolls
Shoulder Rolls	*Round-offs
Headstands	*Front Handsprings
Handstands	*Back Handsprings
Backbends	Front Tucks
Front/Back Walkovers	Back Tucks
Stalls	Side Somi
Head spins	Layouts
Windmills	
Kip up	
Cartwheels	
Aerial Cartwheels	

*These airborne skills allowed only for the Hip Hop Category – the hip over head rotation must involve hand support with at least one hand while passing through the inverted position.

2. **Tumbling while holding poms or props is not allowed. (Exception: forward and backward rolls.)**
3. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. **(Exception: Toe-touches to a push up position are not allowed.)**

DANCE LIFTS & PARTNERING

GENERAL GUIDELINES

1. **Jumping or tossing from one dancer to another is not allowed.**
2. **Jumping or tossing from one dancer to or from the performance surface is not allowed.**
3. **Jumping, tumbling or leaping off another dancer while sitting, standing or stepping on the dancer is allowed as long as there is hand/arm to body contact with a third dancer.**
4. All cheer partner stunts, building on others and pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch)
5. All tosses including toe-pitches are prohibited.

DANCE LIFTS

1. Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down.
2. A lifting dancer must maintain direct contact with the performance surface at all times.
3. A lifting dancer must have hand/arm to body contact, of the lifted dancer (s), at all times.
4. A lifting dancer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s).
5. **Swinging lifts are allowed, provided the lifted dancer's body does not make a complete circular rotation and is in a face up position at all times.**
6. **Hip over head rotation of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (Exception: chorus line flips and assisted back tucks are not allowed)**

PARTNERING

1. **Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another, but are not elevated.**
2. **Body-to-body contact must be maintained throughout the duration of the skill. One partner must maintain constant contact with the performing surface.**
****NOTE: Because the dance lifts 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**

C. CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography, and/or music is inappropriate for family audiences and therefore lacks 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 affects the judges' overall impression of the routine.
4. All choreography should be age appropriate
5. No cheers or chants are allowed.
6. **All costuming and makeup should be age appropriate and acceptable for family viewing.**
7. **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.**
8. **Tights should be worn under briefs, hot pants or excessively short shorts**
9. **Shoes must be worn during the competition. Dance paws are acceptable. Dancing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for dance sport is prohibited. If in doubt please consult the dance rules committee for approval.**
10. **Jewelry as a part of a costume is allowed.**
11. **All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.**

D. TIME LIMIT/MUSIC/ENTRANCES

1. Each team will have a maximum of (2:30) two minutes and 30 seconds.
2. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
3. 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.
4. 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.**
5. **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.**

6. 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.
7. All music must be on a CD or cassette tape and recorded at the beginning of the tape. ICU recommends that you bring both in case sound systems have trouble reading your CD.
8. 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.
9. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

E. PROPS

1. **A prop is defined as anything that you dance with that is not attached to your costume. Items that can be worn as clothing are not considered a prop and are allowed in all categories. Articles of clothing may be taken off, however you may not dance with them. If taken off and danced with, it becomes a prop.**
2. **Small 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 Cheer Dance Category will not allow props, as pompons are to be used for 50-100% of the routine. If male dancers perform in this category they are not required to use pompons.**
4. **No large free standing props will be allowed in any category, such as chairs, stools, benches boxes, stairs, steps, ladders,, bars, etc. Any item that bears the weight of the participant is considered a standing prop.**

F. TEAM PARTICIPATION

1. There will be 3 Separate Categories – Jazz, Hip Hop, Freestyle Cheer
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 dancers to a maximum of 24 performing on the floor at one time. It is permissible, but not compulsory, that the same individual team members compete in each category.
6. Participants will be allowed to crossover to the cheer divisions at the coaches' discretion as scheduling conflicts may occur.
7. Each country's federation will need to provide proof of permanent residency for each member of its team.
8. 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.
9. Males and females are allowed to participate on the team.

G. 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 dance floor or a wooden parquet floor).
2. Teams may line up anywhere inside the competition area.
3. No penalty for stepping outside the area.

H. CATEGORY DEFINITIONS:

- **JAZZ**- Incorporates stylized dance 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, stalls and other tricks. See score sheet for more information.
- **FREESTYLE CHEER DANCE**- Incorporates the concepts of Jazz and Hip Hop. with an emphasis on choreography, proper technical execution, visual effect, creativity, staging and team uniformity. Pompons 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 pompon technique, the incorporation of dance technical elements and dance styles. Visual effects include level changes, group work, formation changes, the use of different color pompons, 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) _____

The 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) _____

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 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) & Clarity of Movement (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 CHEER DANCE 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 pompons 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 of movement technical elements and pompon 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) _____

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.

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 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**