



UNIVERSITY™
WORLD CUP
CHEERLEADING
CHAMPIONSHIPS

12-14 January 2018

DIVISIONS, RULES & REGULATIONS INFORMATION

2018 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) CHEER TEAM RULES AND REGULATIONS

I. GENERAL RULES

A. UNIVERSITY/COLLEGE TEAM GUIDELINES

1. The competition is open to all USA colleges, universities and junior/community colleges; and all non-USA universities and equivalent institutions.
2. Team may not exceed sixteen (16) members with the exception of the All Girl and Super Coed Divisions. All Girl Divisions may not exceed twenty (20) female team members. Super Coed Divisions may not exceed twenty-four (24) members.
3. Cross-overs are allowed (only applies to the University World Cup Cheerleading Championships)
4. Large Coed Divisions will be limited to a maximum number of nine (9) male participants. Super Coed Divisions will be limited to a maximum number of thirteen (13) male participants.
5. There are EIGHT separate competitive Team Cheer divisions:
 - a. "University Premier" Team Cheer All Girl (maximum 20 female athletes)
 - b. "University Premier" Team Cheer Small Coed (1-4 males, maximum 16 athletes)
 - c. "University Premier" Team Cheer Large Coed (5-9 males, maximum 16 athletes)
 - d. "University Premier" Team Cheer Super Large Coed (up to 13 males, maximum 24 athletes)
 - e. "University Elite" Team Cheer All Girl (maximum 20 female athletes)
 - f. "University Elite" Team Cheer Small Coed (1-4 males, maximum 16 athletes)
 - g. "University Elite" Team Cheer Large Coed (5-9 males, maximum 16 athletes)
 - h. "University Elite" Team Cheer Super Large Coed (up to 13 males, maximum 24 athletes)
6. There are THREE separate Game Day divisions:
Note: Please see Game Day Division Guidelines (TBA)
 - a. Team Cheer All Girl (maximum 20 female athletes)
 - b. Team Cheer Small Coed (1-4 males, maximum 16 athletes)
 - c. Team Cheer Large Coed (5-9 males, maximum 16 athletes)

B. PARTICIPATION GUIDELINES

1. All Non-USA Participants must be compliant with their country's official University sports eligibility

- requirements, as it pertains to standard university international competition, including proof of student identification of the respective educational institution represented as required.
2. All USA participants must be registered full-time students of their university/college and official members of the school's spirit team (no club team or "competition only" teams). Official member's of the school's spirit squad is the team recognized by their institution as the actual sideline/courtside spirit squad that regularly supports their athletic teams.
3. Transcripts or a notarized letter from the Dean of Students or registrar's office is required for all USA Participants upon registering for the Championship for the fall semester. DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2017. Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year.
4. Each Team from the USA must be accompanied by a current AACCA certified coach in order for the team to be eligible to compete. Proof of certification is required upon registering for the Championships.
5. Any interpretations or decisions of eligibility for the 2018 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the Championships.
6. The team and each participating team member/coach should constantly display good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as any discrimination of any nature.
7. We recommend that the team and each of its members display an overall appearance conducive to servicing as public representatives and ambassadors of their school in regards to

grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

C. ELIGIBILITY GUIDELINES

1. Any USA university or college team competing in the UWCC must comply with the eligibility guidelines of the 2018 College Cheerleading and Dance Team Championships.
2. Any interpretations or decisions of eligibility for the 2018 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee, which will consist of the Tournament Director, the College Program Director and one other UWCC official appointed by the Tournament Director. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the championships.

D. TIME LIMITATIONS

1. Each team's presentation must include at least one (1) cheer and/or sideline chant (*use of native language in cheer and/or sideline chant is encouraged*).
2. Each team will have a maximum of 2 minutes and 30 seconds (1 minute and 45 seconds maximum of music) to demonstrate its cheerleading expertise. Timing will begin with the first movement, voice or note of music; whichever comes first.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over, and Seven (7) point deduction for 11 seconds and over.
4. The routine time limit is 2:30. Acknowledging the potential variance cause by human reaction seed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
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. Introductions:
 - a. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and will be timed as part of the performance.
 - b. All team breaks, rituals and traditions need to take place prior to entering the performance surface.
 - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive

gestures. Examples: Chest bumps, hugs, handshakes, etc.

- d. All teams shall refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE (1) point deduction.
- e. There should not be any organized exists or other activities after the official ending of the routine.

E. MUSIC

1. For the 2018 UWCC, all USA teams must follow the USA National Governing Body "USA Cheer" guidelines (www.usacheer.net) and all non-USA teams will have the choice of the "USA Cheer" guidelines (www.usacheer.net) or ICU (www.cheerunion.org) Music Copyrights Educational Initiative.
2. Within compliance of E.1, I have read and understand the USA Cheer Music or ICU Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
3. Teams must be able to provide proof of licensing during registration at the event they are attending. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by UWCC).
4. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition.
5. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
6. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
7. Challenge Process:
 - a. All music challenges must be submitted in writing to the event director.
 - b. There will be \$100 USD fee to request a music challenge and must be in the form of a check made out to St. Jude Children's Research Hospital.
 - c. Fees collected will be voided if challenge is correct.
 - d. If the team challenged can provide documentation during the event or the challenge can be refuted, the fees will be donated to St. Jude.

- e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- 8. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched to prevent a music malfunction while in play.
- 9. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

F. COMPETITION AREA

- 1. Participants must start in the competition area with at least one foot on the ground.
- 2. Teams may line up anywhere inside the competition area.
- 3. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters.
- 4. The surface will be traditional foam Cheerleading mat.
- 5. Any team member stepping outside the performance area will cause the team to receive a point-five (.5) penalty per occurrence.
 - a. The white line is considered the warning mark.
 - b. A penalty will be assessed when any ONE full hand, foot or body part touches outside the performance surface.
- 6. Signs or props may be placed outside of the competition area by a team member, but the team member must remain inside the competition area. If a sign or prop is thrown outside the competition area, the team will receive a one (1) point deduction for each violation.
- 7. All team mascots, props, center markets, etc. are prohibited. The center of all performance surfaces will be marked throughout the competition.

G. SPOTTER POLICY

In an effort to promote a higher level of safety for competition athletes, UWCC will provide additional spotters for all rehearsal and competition floors.

Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

H. LOGO USAGE

Teams will not be allowed to use the UWCC logo including: banners, rings, bows, t-shirts, etc. without

prior approval from the UWCC office. The use of the UWCC letters will be allowed.

II. 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 advisor/ 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.

- c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity on that day and a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
- d. In addition to the UWCC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

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 director/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. 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.

V. 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.

VI. EVENT RULES VIOLATIONS

Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten (10) point deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

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. FINALITY OF DECISIONS

By participating in this championship, each team agrees the decision by the judges will be final and that the results may ONLY be reviewed for clarification. 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.

IX. 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 score for all teams. Scores and rankings will be available only to advisors or coaches at the conclusion of the competition.

X. AWARDS AND PRIZES

All teams in the final round of competition will receive a trophy. Teams who rank first (1st), second (2nd), or third (3rd) place will additionally receive a gold, silver, or bronze medallion.

XI. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the University World Cup Cheerleading Championships (UWCC). The judges will score each team according to the judging criteria to determine their total score. Each team will automatically receive the "crowd segment" full 15 points of the total score. The judges' scores will be averaged together with deductions being taken off the averaged scores. In the event of a first place tie, the

tie will be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

XII. JUDGING CRITERIA

1. There will be 2 panels of judges to score each team's routine. The two score sheets will equal out to 50 points going toward the team's cheer and practicality score (35 on the sheet and 15 from the crowd tape awarded automatically to all UWCC teams) and 50 points for the music portion of the routine.
2. One panel will be using a score sheet of which will focus on the cheer/sideline of the routine. It will involve practicality, incorporation, use of signs, poms or megaphones; while also taking into consideration the overall cheer execution that is used.
3. The other judging panel will be using a score sheet specific to the music portion of the routine. This will involve more of the creative and difficult skills attempted while looking at the overall effect and crowd appeal plus the entertainment value of this portion of the routine.
4. Deductions will be assessed to each team for errors in routine performance.

JUDGING SHEET (For All Girl Divisions)

CHEER Score Sheet- 35 points

CROWD LEADING 15 POINTS

Note: Use of native language is encouraged.

Crowd Effectiveness (5)

Proper Use of Signs, Poms, or Megaphones & Motion Technique (5)

Ability & Energy to Lead the Crowd (5)

SKILL INCORPORATIONS 15 POINTS

Proper Use of Skills to Lead the Crowd (5)

Difficulty of Practical Skills (5)

Performance (5)

OVERALL CHEER IMPRESSION 5 POINTS

MUSIC Score Sheet- 50 points

PARTNER STUNTS

PERFORMANCE 10 POINTS

Proper technique, Synchronization & Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

PYRAMIDS

PERFORMANCE 10 POINTS

Proper technique, Synchronization & Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

BASKET TOSSES 5 POINTS

Performance & Variety

GROUP TUMBLING 5 POINTS

Proper Technique, Difficulty of Skills Performed in Groups & Synchronization

DANCE 5 POINTS

Technique, Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreography & Visual Appeal

OVERALL PRESENTATION 5 POINTS

Routine Creativity, Flow, Use of Formations/Transitions

JUDGING SHEET (For All Coed Divisions)

CHEER Score Sheet- 35 points

CROWD LEADING 15 POINTS

Note: Use of native language is encouraged.

Crowd Effectiveness (5)

Proper Use of Signs, Poms, or Megaphones & Motion Technique (5)

Ability & Energy to Lead the Crowd (5)

SKILL INCORPORATIONS 15 POINTS

Proper Use of Skills to Lead the Crowd (5)

Difficulty of Practical Skills (5)

Performance (5)

OVERALL CHEER IMPRESSION 5 POINTS

MUSIC Score Sheet- 50 points

PARTNER STUNTS

PERFORMANCE 10 POINTS

Proper technique, Synchronization & Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions & Variety

USE OF COED SKILLS 5 POINTS

Use of Coed Skills / Partner Stunts Throughout the Routine

PYRAMIDS

PERFORMANCE 10 POINTS

Proper technique, Synchronization & Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Structures Performed, Number of Bases Used, Transitions & Creativity

BASKET TOSSES 5 POINTS

Performance & Variety

GROUP TUMBLING 5 POINTS

Proper Technique, Difficulty of Skills Performed in Groups & Synchronization

OVERALL PRESENTATION 5 POINTS

Routine Creativity, Flow, Use of Formations/Transitions

XIII. GENERAL GUIDELINES- “UNIVERSITY PREMIER” AND “UNIVERSITY ELITE” DIVISIONS

A. DEFINITIONS

1. Base: A person who is in direct contact with the performing surface and is supporting another person's weight.
2. Cradle: Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.
3. Cupie/Awesome: A stunt in which both of the top person's feet are in one hand of the base.
4. Dive Roll: An aerial forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performance surface.
5. Flatback: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.
6. Flip: When a person is airborne while the feet pass over the head. (Clarification: A braced-flip is when a top person performs a hip-over-head rotation while in constant contact with another top person(s).)
7. Height-increasing Apparatus: Any type of equipment that increases the height of the skill.
8. Helicopter Toss: A stunt in which the top person is tossed into the air with the body parallel to the ground and completes a 360 degree horizontal rotation (like the blades of a helicopter).
9. Loading position: Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: Elevator/sponge load, basket load, smooch, scoop from the back, etc.
10. Middle: A person who is being supported by a base while also supporting a top person.
11. Pyramid: A skill which consists of two or more connecting stunts (termed “structures”). Clarification for university rules: A 2 ½ high pyramid consists of a pyramid with the top person being supported by a middle layer person at mid-body level.
12. Rewind: A skill in which the top person starts with at least one foot on the ground, is tossed into the air and performs a forward, backward or side flip into a stunt, pyramid, loading position or cradle.
13. Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming out of a stunt or pyramid.
14. Stunt: A skill in which a top person is supported by a base or bases.

15. Top: A person who is either being supported by another person while off of the performance surface or who has been tossed into the air by another person.
16. Toss: A movement by a participant or a group of participants that propels a person into the air so that the person is airborne (i.e. free of contact with the performance surface).

B. GENERAL PROGRAM GUIDELINES

1. Cheerleading squads/teams should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g. use of appropriate matting, away from excessive noise and distractions, etc.)
3. Prior to the performance of any skill, the immediate environment do the activity should be taken into consideration including, but not limited to proximity of non-cheerleading personnel, performance surface, lighting and/or any weather precipitation (re: outdoor activities). Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
4. Advisors/coaches should recognize the particular ability level of all participants and should limit the team's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
5. Skills that have not been mastered should be performed only in a supervised practice environment.
6. Thorough training in proper spotting techniques should be mandatory for all teams.
7. All cheerleaders should receive proper training before attempting any form of cheerleading skills (e.g. tumbling, partner stunts, pyramids and jumps).
8. All cheerleading teams should adopt a comprehensive conditioning and strength-building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all team members demonstrate mastery of the skill, and when spotting is required by a specific rule.
11. In environments where there is close proximity to the athletic event and out of bounds plays pose a significant risk of injury to the participant, no

technical skills should be performed while the ball is in play.

12. All partner stunts, pyramids and tosses should be reviewed and approved by the coach prior to execution.

C. GENERAL RESTRICTIONS

1. The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. The top person in a partner stunt, pyramid or transition cannot be released from bases or leave the floor unassisted with the intent to land or be caught in an inverted body position.
3. An individual may not jump, flip or dive over, under or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
4. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne in the hands/feet which breaks the impact of the drop.
5. Jewelry of any kind is prohibited (e.g. navel jewelry, tongue jewelry, earrings, necklaces, etc.). Medical bracelets are allowed provided they are taped to the body.
6. Soft-soled athletics shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.

XIV. SPECIFIC SAFETY GUIDELINES - "UNIVERSITY PREMIER" DIVISIONS

A. UNIVERSITY PREMIER PARTNER STUNTS

1. Dismounts with more than one and one quarter twists require an additional spotter that assists on the cradle.
 2. Releasing load-ins from a handstand position (stationary or through a handspring load-in) to a partner stunt require an additional spotter.
 3. Stunts in which the top person is in a handstand position require an additional spotter.
 4. Stunts in which the base uses only one arm for support require a spotter when:
 - a. The stunt is anything other than a cupie /awesome or basic liberty. All other one-arm stunts require a spotter (e.g. heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.)
 - b. The load-in and dismount involves a twist. The spotter must be in a place during the twist to assist on the cradle during the twisting dismounts.
 - c. The top person is popped from one arm to the other.
5. A top person can be released from a handstand position on the ground to a hand-to-hand stunt provided that the top person does not twist or rotate.
 6. A top person can be released from a cradle to an inverted position.
 7. Single based split catches are prohibited.
 8. Twisting dismounts greater than two (2) rotations are prohibited.
Exception: Side-facing stunts – i.e. Arabesque, Scorpion with double full twisting cradles to the front are legal.
 9. Front, back and side tension drops are prohibited.
 10. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips to the performing surface are prohibited
 11. Flips into or from partner stunts are prohibited, with the following exceptions:
 - a. Rewinds into a pyramid, stunt, loading position or cradle are allowed under the following conditions:
 - i. The top person is limited to one and one quarter rotations and one half twist.
 - ii. Based are limited to one-quarter turn under the top person.
 - iii. Bases or spotters may not throw from under the foot of the top person (toe pitch).
 - iv. An active spotter is required throughout the skill.
 - v. If the rewind is continuous to a cradle, the spotter must assist in the cradle.
 - vi. In a rewind to another base, the original base may serve as the spotter.
 - b. Flips from stunts in which the top person is in an upright position standing in the hand(s) of the base(s) are allowed under the following conditions:
 - i. An additional spotter must be active throughout the following skills.
Exception: An additional spotter is not required for a double base front flip to the performing surface.
 - ii. The top person is limited to one and one quarter flipping rotations and one half twist rotations,
 - iii. Front flips to the performing surface, a cradle, or double-based horizontal positions are allowed from single or double base shoulder level stunts. Flips to the performing surface require the top person landing on at least one foot with assistance from at least one base.

- iv. Front flips to a cradle or horizontal position are allowed from single or double base stunts shoulder level and below.
- c. Flips from stunts in which the top person is in a horizontal position not being supported at their feet are allowed under the following conditions:
 - i. Front flips and back flips from shoulder level double base stunts to a stunt, loading position, cradle or the performing surface with assistance from a base. Note that flips are not permitted from a horizontal position below shoulder level or from a single base.
 - ii. The top person is limited to one and one quarter rotation and may not twist.
 - iii. A spotter is not required.

B. UNIVERSITY PREMIER PYRAMIDS

1. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.
2. In all pyramids, there must be at least two spotters designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground. Both spotters must be in a position as the top person is loading onto the pyramid. One spotter must be behind the top person, and the other spotter must be in front of the top person or at the side of the pyramid in a position to get to the top person or at the side of the pyramid to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
3. In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter who is not in contact with a pyramid is required.
4. Cradles and horizontal landings from pyramids over two high must use at least two catchers, one on each side of the top person.
5. All flips from pyramids are prohibited, with the exception of a forward flip dismount to a cradle, face up horizontal position or the performance surface. All flip dismounts require two catchers, one on each side of the top person.

6. Flips into a pyramid are allowed under the following conditions:
 - a. The flip is from a handstand on the performance surface, rewind toe pitch, or a double base “sponge” loading position. (Basket toss flips are not allowed.)
 - b. The top person is limited to one and one quarter rotation with a ¾ rotation from moment of release from the base to contact with the pyramid middle layer (e.g. rewind to pyramid) and may not twist.
 - c. The top person may not land in an inverted position.
 - d. A rewind to a pyramid does not require an additional spotter.
7. Front, back and side tension drops are prohibited.

C. UNIVERSITY PREMIER TOSSES

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than four (4) bases, and must be cradled by three (3) of the original bases, one (1) of which must catch in a scoop under the head and shoulders. Exceptions:
 - a. Elevator tosses may flip into pyramids as outlined above.
 - b. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill.
2. Basket tosses and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
3. Basket tosses and elevator/sponge tosses cannot exceed one (1) flipping and two (2) twisting rotations.
4. In flipping basket or elevator/sponge tosses (tuck, layout or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

Examples:

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-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 1½ twist is considered to be a legal skill. A Kick Double Full Twist with no flip is legal.

D. UNIVERSITY PREMIER TUMBLING

1. Tumbling skills performed over, under, or through a partner stunt, pyramids, or individuals are prohibited.

2. Tumbling skills that exceed one (1) flipping rotation are prohibited.
3. Tumbling skills with two (2) or more twisting rotations are prohibited
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performance surface are prohibited. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal - as it is not airborne prior to the prone landing.)
- g. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach.

E. UNIVERSITY PREMIER SPECIFIC SURFACE RESTRICTIONS

1. The following skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Flipping skills into or from stunts, tosses or pyramids.
 - c. Two and one half high pyramids. Mounts or dismounts to or from 2 ½ high pyramids may not flip or twist on a rubberized track surface.
 - d. Kick double baskets that flip AND twist are not allowed at a football game during regular play or timeouts. They may be performed during a pre-game or half-time situations, but only on grass (real or artificial) or matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
2. At indoor court surface sporting events such as basketball, the following skills may only be performed during pre-game, half-time or post-game situations (not during time-outs)- where the area is free from obstructions and non-cheer personnel and all skills are performed on a matted surface:
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Partner stunts in which the base uses only one (1) arm to support the top person. Exception: Cupies are allowed with an additional spotter.
 - c. Flips into or from partner stunts.
 - d. Inversions. Exceptions: High school level inversions are allowed. For example: suspended forward and backward rolls, low-level inversions, and braced flips with two bracers are allowed. For university rules, the two bracers and top person are not required to be double bases.
 - e. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
 - f. Two and one half high person high pyramids.

XV. SPECIFIC SAFETY GUIDELINES- “UNIVERSITY ELITE” DIVISIONS

A. UNIVERSITY ELITE PARTNER STUNTS

1. A spotter is required for each top above prep level.
2. Single leg extended stunts are allowed.
3. Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performance 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 ¼ rotations.

The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

4. Free flipping stunts and transitions are not allowed.
5. Single based split catches are not allowed.
6. Single based stunts with multiple top persons require a separate spotter for each top person.
7. **UNIVERSITY ELITE Stunts-Release Moves**

- a. Release moves are allowed but must not exceed more than 18 inches/46 centimeters above extended arm level.

Clarification: If the release move exceeds more than 18 inches/46 centimeters above the bases' extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches/46 centimeters, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.

- b. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Exception: Front handspring up to an extended stunt may include up to a 1/2 twist. Release moves from inverted to non-inverted positions landing at prep level or higher must have a spot.
- c. Release skills that land in a non-upright position must have 3 catches for a multi-based stunt and 2 catchers for a single based stunt.
- d. Release moves must return to original bases.
Clarification: An individual may not land on the performance surface without assistance.
Exception 1: See Elite Division Dismount "C".
Exception 2: Dismounting single based stunts with multiple top persons.
- e. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one (1) of which is positioned at head and shoulder area of the top person.
- f. Release moves may not intentionally travel.
- g. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- h. Top persons in separate release moves may not come in contact with each other.
Exception: Dismounting single based stunts with multiple top persons.

8. UNIVERSITY ELITE Stunts-Inversions

- a. Extended inverted stunts are allowed. Also, see "Stunts" and "Pyramids."
- b. Downward inversions are allowed from prep level and above and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
Clarification 1: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area. Clarification 2: Downward inversion originating from prep level or below do not require 3 catchers. If the stunt begins at prep level or below and passes above prep level it requires 3 catchers. (The momentum of the top person coming down is the primary safety concern.)
Exception: A controlled lowering of an extended inverted stunt (example: Handstand) to shoulder level is allowed.
- c. Downward inversions must maintain contact with an original base.
Exception: The original base may lose contact

with the top person when it becomes necessary to do so.

Example: Cartwheel-style transition dismounts.

- d. Downward inversions from above prep level:
 - i. May not stop in an inverted position.
Example: A cartwheel roll off would be legal because the top person is landing on their feet.
Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.
 - ii. May not land on or touch the ground while inverted.
Clarification: Prone or supine landings from an extended stunt must visibly stop in a non-inverted position and be held before any inversion to the ground.
- e. Downward inversions may not come in contact with each other.
- 9. Bases may not support any weight of a top person while that base is in a backbend or inverted position. *Clarification: A person standing on the ground is not considered a top person.*

B. UNIVERSITY ELITE PYRAMIDS

- 1. Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- 2. Top persons must receive primary support from a base. Exception: See Elite Division "Pyramids Release Moves".
- 3. **UNIVERSITY ELITE PYRAMIDS - Release Moves**
 - a. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer throughout the entire transition. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
 - b. Primary weight may not be borne at the 2nd level. *Clarification: The transition must be continuous.*
 - c. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
 - i. Both catchers must be stationary.
 - ii. Both catchers must maintain visual contact with the top person throughout the entire transition.
 - d. Non inverted transitional pyramids may involve changing bases. When changing bases:

- i. The top person must maintain physical contact with a person at prep level or below. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
 - ii. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 - e. Release moves may not be braced / connected to the top persons above prep level.
4. **UNIVERSITY ELITE Pyramids-Inversions**
- a. Must follow Elite Division "Stunt Inversions" rules.
5. **UNIVERSITY ELITE Pyramids-Release moves w/ braced inversions**
- a. 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 with the same bracer throughout entire transition. *Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*
 - b. Braced inversions (including braced flips) are allowed up to 1 $\frac{1}{4}$ flipping rotations and $\frac{1}{2}$ twisting rotations.
 - c. Braced inversions (including braced flips) that exceed $\frac{1}{2}$ twisting rotations are only allowed up to a $\frac{3}{4}$ flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flat back, prone) and doesn't exceed 1 twisting rotation. *Clarification: ALLOWED - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward $\frac{3}{4}$ rotation to a prone position while in contact with 1 bracer.*
 - d. Inverted transitional pyramids may involve changing bases.
 - e. Braced inversions (including braced flips) must be in continuous movement.
 - f. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers. Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
 - i. The 3 catchers/spotters must be stationary.
 - ii. The 3 catchers spotters must maintain visual contact with the top person throughout the entire transition.
 - iii. The 3 catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 - g. All braced inversions (including braced flips) that twist (including $\frac{1}{4}$ twist or more) must be caught by at least 3 catchers. All 3 catchers must make contact during the catch.
 - i. The catchers must be stationary.
 - ii. The catchers must maintain visual contact with the top person throughout the entire transition.
 - iii. The catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
 - h. Braced inversions (including braced flips) may not travel downward while inverted.
 - i. Braced flips may not come in contact with other stunt/pyramid release moves.
 - j. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.
- C. UNIVERSITY ELITE DISMOUNTS**
- Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performance surface.*
1. Cradles from single based stunts must have a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
 2. Cradles from multi-based stunts must have 2 catchers and a separate spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
 3. Dismounts must return to the original base(s). Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s). Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance. *Clarification: An individual may not land on the*

performing surface from above waist level without assistance.

4. Up to a 2 ¼ twisting rotations are allowed from all stunts.
5. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
6. No free flipping dismounts allowed.
7. Dismounts may not intentionally travel.
8. Top persons in dismounts may not come in contact with each other while released from the bases.
9. Tension drops/rolls of any kind are not allowed.
10. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
11. Dismounts from an inverted position may not twist.

D. UNIVERSITY ELITE TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface 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.
Example: No intentional traveling tosses.
Exception: A ½ turn is allowed by bases as in a kick full basket.
3. The top person in a toss must have both feet in/on the hands of the bases when the toss is initiated.
4. Flipping, inverted or traveling tosses are not allowed.
5. 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.
6. Up to 2 ½ twisting rotations allowed.
7. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or top persons.
8. Only a single top person is allowed during a basket toss.

E. UNIVERSITY ELITE TUMBLING

1. All tumbling must originate from and land on the performance surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a

non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
Clarification: An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed:
Exception: Dive rolls that involve twisting are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.
6. Standing Tumbling – skills are allowed up to 1 flipping and 1 twisting rotation.
7. Running Tumbling- skills are allowed up to 1 flipping and 1 twisting rotation.

F. UNIVERSITY ELITE SPECIFIC SURFACE RESTRICTIONS

1. The following skills are only allowed on a matted surface, grass (real or artificial) or rubberized track surface:
Note: Flipping tosses, flips into or out of partner stunts and pyramids, as well as 2 ½ high pyramids ARE NOT ALLOWED within the University Elite Division at any time.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Kick double baskets that twist are not allowed at a football game during regular play or timeouts. They may be performed during a pre-game or half-time situations, but only on grass (real or artificial) or matted surface with dimensions of at least 10 feet x 10 feet/3.048 meters x 3.048 meters.
2. At indoor court surface sporting events such as basketball, the following skills may only be performed during pre-game, half-time or post-game situations (not during time-outs)- where the area is free from obstructions and non-cheer personnel and all skills are performed on a matted surface:

- a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
- b. Partner stunts in which the base uses only one (1) arm to support the top person. Exception: Cupies are allowed with an additional spotter.
- c. Inversions. Exceptions: High school level inversions are allowed. For example: suspended forward and backward rolls, low-level inversions, and braced flips with two bracers are allowed. For university rules, the two bracers and top person are not required to be double bases.
- d. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ on the court require an additional spotter.
- e. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, round-offs and aerial cartwheels are allowed.)

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses - should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach.

XVI. TOURNAMENT FACILITY

- A. The competition is scheduled to be held at *ESPN Wide World of Sports®* Complex.
- B. 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 offices to be essential to the successful execution of the championships.

XVII. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS FORMAT (TENTATIVE)

- A. **Saturday** (all day) will host the United States University Cheerleading and Dance Team Championships, and non-USA UWCC teams will conduct their routine performances (optional to the teams) in front of live audiences of the United States National Championships.
- B. **Sunday** will host the University World Cup Cheerleading Championships (UWCC) comprising of United States teams (divisions mentioned previously) and non-USA teams. Crossovers for the UWCC and within the UWCC only will be allowed. Awards for Nations rankings and individual team results will be presented. (**Sunday** also hosts several divisional finals of the US National Championships.)

XIII. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS PARTICIPATION

It is understood that teams participating in the University World Cup Cheerleading Championships (UWCC) will not knowingly and willingly participate in any other event promoted as a “University World Cup Cheerleading Championships”. (Exception: Approved multi-sport international events congruent with the University World Cup Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2018 World University Cheerleading Cup Championships and will forfeit the opportunity to participate in the tournament the following year.

XIX. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

For any clarification or interpretation of the above safety guidelines, please email info@cheerunion.org

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE WUCC COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(School/Team Name)

(Division- All Girl, Small Coed, etc.)

(City/State-Province/Country)

(Advisor/Coach/Director's Signature)

(Date)

(Administrator's Signature)

2018 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS (UWCC) PERFORMANCE CHEER TEAM RULES AND REGULATIONS

I. GENERAL RULES

1. The competition is open to all USA colleges, universities and junior/community colleges; and all non-USA universities and equivalent institutions.
2. The University World Cup Cheerleading Championships (UWCC) will consist of the following Performance Cheer Team divisions for all International delegations including USA Division IA, Division I and Open Divisions:
 - a. Team Cheer Pom
 - b. Team Cheer Hip Hop
 - c. Team Cheer Open
3. Teams may have a maximum of sixteen (16) members.
4. Cross-overs are allowed. (Only applies to the University World Cup Cheerleading Championships.)
5. All Non-USA Participants must be compliant with their country's official University sports eligibility requirements, as it pertains to standard university international competition. (See II.1)
6. All USA participants must be registered full-time students of their university/college and official members of the school's spirit squad (no club team or "competition only" teams). Official members of the school's spirit team is the team recognized by their institution as the actual sideline/courtside spirit squad that regularly supports their athletic teams.
7. Transcripts or a notarized letter from the Dean of Students or registrar's office is required for all USA Participants upon registering for the Championship for the fall semester. DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2017. Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year. For any clarification on these rules please contact Liz Rifino lrifino@cheerunion.org.
8. Any interpretations or decisions of eligibility for the 2018 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the Championships.

9. Each team's presentation must be in accordance with own university guidelines and approved by its advisor/director or the appropriate university official.
10. Any violation of any of the rules and regulations will be assessed a two (2) point per judge deduction for each violation.

II. ELIGIBILITY GUIDELINES

1. All Non-USA Participants must be compliant with their country's official University sports eligibility requirements, as it pertains to standard university international competition, including proof of student identification of the respective educational institution represented as required.
2. All USA Participants of university or college teams competing in the UWCC must comply with the eligibility guidelines of the 2018 College Cheerleading and Dance Team Championships.
3. Any interpretations or decisions of eligibility for the 2018 University World Cup Cheerleading Championships will be rendered by the Championships Rules Committee, which will consist of the Tournament Director, the College Program Director and one other UWCC official appointed by the Tournament Director. The Championships Rules Committee will render a judgment in a manner consistent with the general goals of the championships.

III. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the University World Cup Cheerleading Championships (UWCC). The judges will score each team according to the judging criteria, using a 100 point system to determine each team's total score. Each team will automatically receive the "crowd segment" score a full 15 points additional. The judges' scores will be averaged together with deductions being taken off the average scores. In the event of a first place tie, the tie will be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

IV. 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 score for all teams. No scores and rankings will be provided over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score within the group. In addition, teams will receive a ranking sheet with the names and scores of all teams advancing (if applicable).

V. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the director/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.

VI. 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.

VII. 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 advisor/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.
 - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity on that day or a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
 - d. In addition to the UWCC head injury policy, we encourage all stakeholders to be familiar with the specific law(s) of the state where the competition is being held.

VIII. 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 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.

IX. 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.

X. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the 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.

XI. UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS PARTICIPATION

It is understood that teams participating in the University World Cup Cheerleading Championships (UWCC) will not knowingly and willingly participate in any other event promoted as a “University World Cup Cheerleading Championships”. (Exception: Approved multi-sport international events congruent with the University World Cup Cheerleading Championships and International Sport Authority organizations). Teams who do not adhere will be disqualified for the 2018 World University Cheerleading Cup Championships and will forfeit the opportunity to participate in the tournament the following year.

XII. TOURNAMENT FACILITY

1. The competition is scheduled to be held at *ESPN Wide World of Sports®* Complex.
2. The performance floor will be professional grade material. All floors will have 8 panels in the rehearsal area and 10 panels on the main floor. Dimensions are

as follows and can be subject to change if the tournament officials feel it is necessary for the successful execution of the championships. Each panel is 5 feet 3 ½ inches/1.613 meters wide.

3. 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 offices to be essential to the successful execution of the championships.

XIII. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

XIV. PENALTIES

A two (2) point per judge penalty will be assessed to any team violating any of the specific rules as stated. The deduction does not apply to violations mentioned that have designated a lesser point value. If you have any questions concerning the legality of a trick or move, please email the World University Cheerleading Cup Championships office/Liz Rifino at lrifino@cheerunion.org

XV. AWARDS AND PRIZES

All teams in the final round of competition will receive a trophy. Teams who rank first (1st), second (2nd), or third (3rd) place will additionally receive a gold, silver, or bronze medallion.

XVI. GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete and team skill level with regard to proper performance placement.
3. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
4. All programs should have, and review, an emergency action plan in the event of an injury.
5. Coaches must recognize the entire team’s particular ability level and limit the team’s activities accordingly.

6. No technical skills should be performed when a coach is not present or providing direct supervision.
7. All practice sessions should be held in a location suitable for the activities of Performance Cheer, and away from noise and distractions.
8. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
9. The performance surface should be taken into consideration before engaging in any technical aspect of Performance Cheer. The performance area should be reasonably free of obstructions. Athletes should not perform technical skills on:
 - a. Concrete, asphalt, or any other hard or uncovered surface
 - b. Wet surfaces
 - c. Uneven surfaces
 - d. Surfaces with obstructions
10. The team coach or other knowledgeable designated representative should be in attendance at all practices, functions and games.

XVII. COMPETITION ROUTINE GUIDELINES

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

XVIII. MUSIC GUIDELINES

1. For the 2018 UWCC, all USA teams must follow the USA National Governing Body “USA Cheer” guidelines (www.usacheer.net) and all non-USA teams will have the choice of the “USA Cheer” guidelines (www.usacheer.net) or ICU (www.cheerunion.org) Music Copyrights Educational Initiative.
2. In compliance with E.1, I have read and understand the USA Cheer Music or ICU Copyrights Educational Initiative and all sound recordings used in our team’s music shall only be used with written license from the owners(s) of the sound recordings.
3. Teams must be able to provide proof of licensing during registration at the event they are attending. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by UWCC).
4. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition.
5. If there are concerns regarding a certain team’s use of music, a Challenge Form must be completed immediately following the team’s performance.
6. A challenge can only be made by the official coach of a team competing at the event at where the challenge is being made.
7. Challenge Process:
 - a. All music challenges must be submitted in writing to the event director.
 - b. There will be \$100 USD fee to request a music challenge and must be in the form of a check made out to St Jude Children’s Research Hospital.
 - c. Fees collected will be voided if challenge is correct.
 - d. If the team challenged can provide documentation during the event or be verified, the fees will be donated to St. Jude.
 - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
8. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or

injury. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. If using CDs, please make sure the CD is unscratched so there is no skip while playing.

- Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

XIX. CHOREOGRAPHY AND COSTUMING

- Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.
- Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc.). Wearing socks and/or footed tights only is not allowed.
- All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
- Jewelry as part of the costume is allowed.

XX. PROPS

Props are allowed, however, they must fit through a 36 inch/.914 meter door. Props must be handheld and cannot be used to bear the weight of the athlete. Any props used must first be approved through the UWCC Office. For approval, please send an email to lrifino@cheerunion.org.

XXI. TEAM PARTICIPANTS

Teams who participate in the competition will have the opportunity to compete in two team categories.

XXII. CATEGORIES

- POM- Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and performance cheer skill technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one". A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Pom routines follow a

more "traditional" theme- please see the 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. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on incorporations such as jumps, jump variations, combo jumps, freezes and floor work and other skills. Distinctive clothing and accessories reflecting Hip Hop Culture must be worn. See the score sheet for more information.
- OPEN** - Incorporates and exhibits traditional or stylized movements and combinations with strength, attack and presence, formation changes, group work, visual effect and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style, musical interpretation, continuity of movement and team uniformity. The overall impression of the routine should be uptempo, lively, energetic and motivating, while allowing for texture of movement to utilize musicality. See Score Sheet for more information.

XXIII. ROUTINE RULES AND GUIDELINES

WEIGHT BEARING SKILLS

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed.

TUMBLING AND TRICKS (Executed by Individuals)

ALLOWED

Aerial Cartwheels
 Forward/Backward Rolls
 Shoulder Rolls
 Cartwheels
 Headstands
 Handstands
 Backbends
 Front/Back Walkovers
 Stalls/Freezes
 Head spins
 Windmills
 Kip up
 Round Off

NOT ALLOWED

Front Aerials
 Front/Back Handsprings
 Front/Back Tucks
 Side Somi
 Layouts
 Shushunova
 Headsprings (w/out hand support)
 Dive Rolls (In any position)
 Continuous double (partner)-
 cartwheels
 Toe Pitch Back Tucks

Headsprings (with hand support)

1. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support and aerial cartwheels not connected to any tumbling skill are allowed).
 2. Aerial cartwheels are not allowed while holding poms. They must be placed in one hand. (Exception: Aerial cartwheels may be done with hands free poms).
 3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
 4. Simultaneous tumbling over or under another athlete that includes hip over-head rotation by both athletes is not allowed.
 5. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the athlete first bears weight on the hand(s) or foot/feet.
 6. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova (see glossary) are not allowed.
 7. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" /"bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).
3. Swinging lifts and tricks are allowed provided the Executing Athlete's body does not make a complete circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).
 4. Hip over-head rotation of the Executing Athlete(s) may occur as long as a Supporting Athlete maintains contact until the Executing Athlete returns to the performance surface or is returning to the upright position.
 5. Vertical Inversions are allowed as long as:
 - a. The Supporting Athlete(s) maintain contact until the Executing Athlete returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Athlete's shoulders exceeds shoulder level of the Supporting Athlete(s), there is at least one additional athlete to spot who does not bear weight.

XXIV. LIFTS AND PARTNERING

(Executed in pairs or groups)

1. The Executing Athlete must receive support from a Supporting Athlete who is in direct contact with the performance surface throughout the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.

XXV. RELEASE MOVES *(Unassisted Dismounts to the performance surface)*

1. An Executing Athlete may jump, leap, step, or push off a Supporting Athlete if:
 - a. The highest point of the released skill does not elevate the Executing Athlete's hips above head level.
 - b. The Executing Athlete may not pass through the prone or inverted position after the release.
 - c. Toe pitch back tucks are not allowed.
2. A Supporting Athlete may release/toss an Executing Athlete if:
 - a. The highest point of the release/toss does not elevate the Executing Athlete's hips above head level.
 - b. The Executing Athlete is not supine or inverted when released.
 - c. The Executing Athlete does not pass through a prone or inverted position after release.
 - d. Toe Pitch back tucks are not allowed.

For any clarification or interpretation of the above safety guidelines, please email info@cheerunion.org

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE WUCC PERFORMANCE CHEER COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(School/Team Name)

(Division- Team Cheer Pom, Hip Hop, etc.)

(City/State-Province/Country)

(Advisor/Coach/Director's Signature)

(Date)

(Administrator's Signature)

2018 UNIVERSITY WORLD CUP CHEERLEADING CHAMPIONSHIPS

PERFORMANCE CHEER DOUBLES RULES AND REGULATIONS

A. DIVISIONS

1. Performance Cheer Doubles Pom
2. Performance Cheer Doubles Hip Hop

B. MUSIC, TIME LIMITATIONS AND ROUTINE FORMAT

1. The competition is open to all USA and non-USA teams competing in the World University Cheerleading Cup Championships.
2. All routines must be "Music" only and must comply with the UWCC music guidelines.
3. Performance time may not exceed one minute and thirty seconds (1:30) in length.
4. Timing will begin with the first movement, voice or note of music; whichever comes first. Timing will end with the last choreographed movement or note of music whichever comes last.
5. There should not be any organized entrances, exits, or other activities before the routine begins or after the official ending.

C. GENERAL RULES

1. USA Participants may not represent more than one group. Non-USA participants may represent more than one group.
2. Each Doubles group will be comprised of two (2) members.
3. Each Doubles group performance is required to follow the University World Cup Cheerleading Championships (UWCC) Safety Rules and Regulations.

D. VIOLATIONS

1. Any doubles group in violation of any of the Specific Guidelines or these Rules and Regulations will be assessed a two (2) point per judge deduction for each violation. This deduction does not apply to other violations mentioned within the UWCC Rules and Regulations document.
2. Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to deductions and/or 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 in the competition or the University World Cup Cheerleading Championships the following year.

E. DOUBLES SCORE SHEET

TECHNIQUE

Execution of Skills/Style

(Pom - Hip Hop) 10_____

Execution of movements and skills in the style of the category

Placement/Control 10_____

Exhibits control, proper levels and placement (in pom motions) arm movements, "Turnout" and proper hip/leg/foot placement in Kicks, Leaps, Turns, etc. control of torso and body parts throughout movements and skills

Strength of Movement 10_____

Intensity, strength and presence in movements

Extension/Flexibility 10_____

Exhibits full extension (in arms, legs, feet, etc.), and when applicable- stretch and flexibility in movement

CHOREOGRAPHY

Musicality 10_____

Use of music accents, rhythms, lyrics and style

Difficulty 10_____

Level of difficulty of skills, movement, weight changes, temp, etc.

Creativity/Style 10_____

Exhibiting creative and original movement in accordance with the style of the category

Routine Staging 10_____

Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine

EXECUTION

Synchronization 10_____

Uniformity of all movement, moving together and with the music

OVERALL EFFECT

Communication/Projection/Audience Appeal &

Appropriateness 10_____

Ability to exhibit a dynamic routine with genuine showmanship and audience appeal

Age appropriate music, costume and choreography that enhances the performance

TOTAL 100 PTS_____

(Advisor/Coach/Director's Signature)

(Administrator's Signature)