

PERFORMANCE CHEER COMPETITION RULEBOOK



CHEERLEADING UNION OF
BOSNIA AND HERZEGOVINA
www.cheerunion-bah.com

GENERAL REGULATIONS

CODE OF CONDUCT

Trainers need to:

- be polite to the opponent team coaches, dancers and cheerleaders
- emphasize to their own club that the winning is a result of team effort
- encourage sportsmanship at all times
- avoid the possession and consumption of alcoholic beverages and cigarettes on competition
- be responsible for the conduct and control of its members and supporters of his team
- comply with all the rules and regulations of CUBAH

Competitors need to:

- avoid the possession and consumption of alcoholic beverages, cigarettes, drugs or any other illegal substance
- do not use offensive language
- always show respect and be polite to others
- promote sportsmanship

Each team must send their music in mp3 format on Union mail with team registration.

Members during the competition must not consume alcohol. On any hearing of such case, the competitors with alcohol will have their entire team immediately disqualified. If the group in the competition does not behave appropriately it can also be disqualified!

PENALTIES are determined based on the judges's decisions! ALL DECISIONS ARE FINAL!

Competition area is 12x12 meters, ceiling height of at least 8 meters. Competitions are held according to the rules, which determines the competition committee performance cheer groups of ECU. All possible changes or amendments will be published.

The competitors in the competition should carry with them a document with a picture, or they can not perform.

Suggestion to trainers to adapt the choreography to the knowledge of their teams.

For any information please email Union on cheerleadingunion.bah@gmail.com

Divisions - Performance Cheer

The following divisions with number of athletes exist for Performance Cheer and age of athlete:

Age group	Division	Number of athletes	Age of athlete
Mini pee wee	Freestyle Pom	4 - 25	2016 – 2012
Mini pee wee	Freestyle Pom Double	2	2016 – 2012
Pee Wee	Freestyle Pom	4 - 25	2012 - 2008
Pee Wee	Freestyle Pom Double	2	2012 – 2008
Pee Wee	Hip Hop	4 - 25	2012 – 2008
Pee Wee	Hip Hop Double	2	2012 - 2008
Pee Wee	Jazz Dance	4 - 25	2012 - 2008
Pee Wee	High Kick	4 - 25	2012 - 2008
Junior	Freestyle Pom	4 - 25	2008 - 2003
Junior	Freestyle Pom Double	2	2008 - 2003
Junior	Hip Hop	4 - 25	2008 - 2003
Junior	Hip Hop Double	2	2008 - 2003
Junior	Jazz Dance	4 - 25	2008 - 2003
Junior	High Kick	4 - 25	2008 - 2003
Junior	Special Abilities Unified Team Cheer Freestyle Pom	4 - 25	2008 - 2003
Junior	ParaCheer Unified Team Cheer Freestyle Pom	4 - 25	2008 - 2003
Junior	Special Abilities Unified Team Cheer Hip Hop	4 - 25	2008 - 2003
Junior	ParaCheer Unified Team Cheer Hip Hop	4 - 25	2008 - 2003
Senior	Freestyle Pom	4 - 25	2005 or before
Senior	Freestyle Pom Double	2	2005 or before
Senior	Hip Hop	4 - 25	2005 or before
Senior	Hip Hop Double	2	2005 or before
Senior	Jazz Dance	4 - 25	2005 or before
Senior	High Kick	4 - 25	2005 or before
Senior	Special Abilities Unified Team Cheer Freestyle Pom	4 - 25	2005 or before
Senior	ParaCheer Unified Team Cheer Freestyle Pom	4 - 25	2005 or before
Senior	Special Abilities Unified Team Cheer Hip Hop	4 - 25	2005 or before
Senior	ParaCheer Unified Team Cheer Hip Hop	4 - 25	2005 or before

The age of athlete is considered as the age that athlete will become in the year of the competition. Any team proven to be in violation of the age requirements will be automatically disqualified

Note: ParaCheer Unified clubs must comprise of 25% or more athletes with disabilities per team.

Note: Special Abilities Unified clubs must comprise of 50% or more athletes with intellectual disabilities per team.

Substitutes

Team divisions: up to 5 substitutes per team.

General Rules – ParaCheer Divisions

For the purpose to assist and encourage the development of ParaCheer opportunities for disabled and nondisabled athletes (e.g. “ParaCheer Unified” divisions) within our Sport, enclosed (as a guideline only) please find a the IPC’s brief description of the 10 eligible* impairment types (below) also shown on the IPC website <https://www.paralympic.org/classification>; found under section 2 chapter 3.13 of the IPC Handbook.

**Note 1: Due to the newness of the ParaCheer development programme at the grass-roots level, the CUBAH encourages its clubs to use the IPC’s excellent brief description of eligible impairment types simply as a guideline – and to encourage participation of all disabled athletes who may or may not meet the impairments listed below. As the ParaCheer development programme continues to develop, stricter adherence to these policies will be distinctly addressed for specific future competitions.*

**Note 2: Based on the uniqueness of Performance Cheer competition, the CUBAH additionally includes Hearing Impairment (#11) as a guideline only and also for possible future development of programmes compliant with the ICDS. The CUBAH again encourages clubs to be inclusive of athletes of all disabilities, who may or may not meet the impairments listed below, for ParaCheer development purposes.*

IPC’s brief description of the 10 eligible impairment types (as a guideline for the CUBAH ParaCheer programme):
Impairment: Explanation

1. Impaired muscle power: Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
2. Impaired passive range of movement: Range of movement in one or more joints is reduced permanently, for example due to arthrogyposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
3. Limb deficiency: Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
4. Leg length difference: Bone shortening in one leg due to congenital deficiency or trauma.
5. Short stature: Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
6. Hypertonia: Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
7. Ataxia: Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
8. Athetosis: Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
9. Visual impairment: Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex.
10. Intellectual Impairment: A limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18.
11. Hearing Impairment: Hearing is impacted by either an impairment of the ear structure, illness, or other factors leading to a hearing loss of at least 55 decibels in an athlete’s “better ear”- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

Cross-overs

Each athlete may only compete in one team in the specific division.
Cross-over to other age group is allowed only for border age groups.

Time of the routine

Performance cheer team: Maximum two minutes, thirty seconds (2:30) music portion.

Performance Cheer Doubles: Maximum one minute, thirty seconds (1:30) music portion.

Music / Entrances

Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members. Timing of each portion will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.

If a team exceeds the maximum time limit of the Music portion or the time between Cheer and Music portion or if a team falls short of the minimum time limit of the Cheer portion, a penalty will be assessed for each violation. Three (3) point deduction for 5-10 seconds and nine (9) point deduction for 11 seconds and over by technical judge.

Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave several seconds cushion to allow for variations in sound equipment.

In order to keep the competition running 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.

Cheer Advanced, Elite, Premier, Special Abilities Unified and ParaCheer Unified Advanced teams must have a coach/representative to play their music.

Performance Surface

Performance Cheer: Marley floor or a wooden parquet floor surface. Minimum surface area of 12 meters x 12 meters.

How to handle procedural questions

Rules & Procedure - Any questions concerning the rules or procedures of the competition have to be sent on Unions mail prior to the competition.

Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly throughout the entire event. Severe cases of unsportsman like conduct are grounds for disqualification.

Interruption of performance

Unforeseen Circumstances

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.

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. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

Fault of Team

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.

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.

If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

Injury

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.

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.

If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

The injured participant that wishes to perform may not return to the competition floor unless:

The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.

If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.

In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.

In addition to the head injury policy, the CUBAH encourages to be familiar with the specific law where the competition is being held.

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 ECU Competition Rules Committee. The 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. If the interpretation needs to be made during an ongoing competition, it is made together by those committee members present and holding a function in the jury of the respective competition and the Head Judge.

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.

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.

Finality of Decisions

By participating in this championship, each team agrees that judges' decisions are 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.

Appearances, Endorsement and Publicity

All teams winning titles or awards agree to have all appearances, endorsements and publicity approved by the CUBAH.

Penalties

Any violation of the specific rules will result in fifteen (15) point penalty by the technical judge. Teams that perform with fully copied choreography will be disqualified.

PERFORMANCE CHEER DIVISIONS

General Rules

1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.

Choreography and Costuming

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
3. Teams may not compromise the integrity of the performance surface (*Examples: residue from sprays, powders, oils, etc.*).
4. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited.
5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.

8. Tights should be worn under briefs, hot pants or excessively short shorts.

Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.

9. Shoes must be worn during the competition. Dance shoes are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt please, consult the ECU Competition Rules Committee for approval.

10. Jewelry as a part of the costume is allowed.

11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.

12. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

13. An athlete must not have gum, candy, cough drops or other such edible items or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

14. A team's native and local language is recommended (if applicable) for all performances.

15. A team's native and local culture is recommended for inclusion within the performance routine.

Props

1. A prop is defined as anything that is used in the routine choreography that is / was not originally part of the costume.

Clarification 1: For Freestyle Pom Categories, poms are considered part of the costume.

Clarification 2: For ParaCheer & Special Abilities divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

2. Handheld props and free standing props in all categories are not allowed. Use of parts of a costume (e.g. costume elements such as a necklace, jacket, hat, etc.) are allowed and may be used and discarded (Please see #1 for further clarification).

3. Within the Freestyle Pom Category it is compulsory to use poms throughout the entire routine. If there are male performers in this category they are not required to use poms.

4. No large free "standing" props will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets etc. Any item that bears the weight of the participant is considered a "standing prop".

Genre / Category Definitions

Freestyle 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 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. Keep in mind that a pom routine

carries a more traditional cheerleading theme, while incorporating the concepts of Jazz and Hip Hop. 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. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. There is also an additional focus on athletic incorporations such as jumps, freezes, floor work and other skills. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See Score Sheet for more information.

Jazz

Incorporates and exhibits traditional and stylized movements and combinations with strength, attack and presence, formation changes, group work 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 up- tempo, lively, energetic and motivating- while allowing for texture of movement to utilize musicality. See Score Sheet for more information.

Kick / High Kick

A kick routine incorporates the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. The choreography shall display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information

Specific Rules – Freestyle Pom for Junior & Senior

A. Executed by Individuals (Tumbling and Aerial Skills)

Tumbling as a skill is allowed, but not required, with the following limitations:

1. **Hip Over Head Rotation** - Skills with hand support are not allowed while holding poms in supporting hand(s). (Exception: Forward rolls and backward rolls.)
2. **Airborne Hip Over Head Rotation** skills without hand support are not allowed. Exception: Front Aerial and Aerial Cartwheels are allowed.
3. **Simultaneous tumbling** over or under another individual that includes hip over head rotation by both performers is not allowed.
4. **Drops (airborne)** to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.
5. Landing in a push-up position onto the performance surface from an Airborne Skill is not allowed.

B. Executed by Pairs or Groups

Lifts and Partnering are allowed but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an inverted position after the release.
 - b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individuals.
 - c. The Executing Individual is not caught in a Prone position.
 - d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support / catch / release as needed.
3. **Hip Over Head Rotation** of the Executing Individual(s) is allowed provided:

A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. **Vertical Inversion** is allowed provided:
 - a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear weight of the Executing Individual.
(*Clarification: When there are 3 Supporting Individuals an additional spot is not required.*)

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
 - a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
 - b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided
 - a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
 - b. The Executing Individual is not Supine or Inverted when released.
 - c. The Executing Individual may not pass through a Prone or Inverted position after release.

Specific Rules – Hip Hop for Junior & Senior

A. Executed by Individuals (Tumbling and Aerial Street Style Skills)

Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:

- a. Non Airborne Skills are allowed.
- b. Airborne Skills with hand support that land in a Perpendicular Inversion or shoulder inversion are allowed.

2. Tumbling Skills with Hip Over Head Rotation:

- a. Non Airborne Skills are allowed.
- b. Airborne Skills with hand support:
 - i. Are allowed (Example: Back Handspring)
 - ii. Are limited to two consecutive hip over-head rotation skills (*Clarification: both skills must have hand support*)
- c. Airborne Skills without hand support are allowed provided all of the following:
 - i. Involves no more than one twisting transition.
 - ii. May not connect to another skill that is Airborne with Hip Over Head Rotation with or without hand support.
 - d. Hip Over Head Rotation Skills with Hand Support are not allowed while holding props in supporting hand(s). (Exception: Forward rolls and backward rolls are allowed).
- 3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both performers is not allowed.
- 4. Only **Drops** (airborne) to the shoulder, back, or seat are permitted provided the height of the airborne Individual does not exceed hip level (*clarification: drops directly to the knee, thigh, front or head are not allowed*).
- 5. **Landing in a push-up position** may involve any jump.

B. Executed by Pairs or Groups

Lifts and Partnering are allowed but, not required with the following limitations:

- 1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
- 2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an Inverted Position after the release.
 - b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.

c. The Executing Individual is not caught in a Prone position.

3. **Hip Over Head Rotation of the Executing Individual(s)** is allowed provided:

a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

4. **A Vertical Inversion** is allowed provided:

a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear weight of the Executing Individual.

(Clarification: When there are 3 Supporting Individuals an additional spot is not required).

C. Dismounts to the Performance Surface (Clarification: May be assisted but not required):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:

a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.

b. The Executing Individual may not pass through the Prone or Inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:

a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.

b. The Executing Individual may be Supine or Inverted when released, but s/he must land on their foot / feet.

c. The Executing Individual may not pass through an Inverted position after release.

Specific Rules – Jazz / High Kick for Junior i Senior

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

1. Hip Over Head Rotation Skills with Hand Support must use free hand(s) for the supporting hand(s). *(Exception: Forward rolls and backward rolls.)*

2. Airborne Hip Over Head Rotation Skills without Hand Support are not allowed. *(Exception: Front Aerials and Aerial Cartwheels are allowed.)*

3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both individuals is not allowed.

4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.

5. Landing in a push-up position may involve any jump.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an Inverted Position after the release.
 - b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals.
 - c. The Executing Individual is not caught in a Prone position.
3. Hip Over Head Rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
 - a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*).

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
 - a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
 - b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
 - a. At least one part of the Executing Individual's body is at or below head level at the highest point of the released skill.
 - b. The Executing Individual may be Supine or Inverted when released, but s/he must land on their foot / feet.
 - c. The Executing Individual may not pass through an Inverted position after release.

Specific Rules – Freestyle Pom for Mini pee wee and Pee wee

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required, with the following limitations:

1. Airborne inverted skills with or without hand support are not allowed.
2. Tumbling skills with hip-over-head rotation:
 - a. Airborne skills with or without hand support are not allowed (Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation).
 - b. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).
3. Simultaneous tumbling over or under another individual that includes hip over head rotation by both performers is not allowed.

4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an airborne skill is not allowed.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed but not required with the following limitations:

1. The Executing Individual must maintain contact with a Supporting Individual who is in direct contact with the performance surface (Exception: kick line leaps).
2. At least one Supporting Individual(s) must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level.
3. Hip-over-head Rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
 - b. The Executing Individual is limited to one continuous [hip-over-head] rotation.
4. A Vertical Inversion is allowed provided:
 - a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required.*)

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
 - a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level.
 - b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
 - a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
 - b. The Executing Individual is not Supine or Inverted when released.
 - c. The Executing Individual may not pass through a Prone or an Inverted position after release.

Specific Rules – Hip Hop for Pee Wee

A. Executed by Individuals (Tumbling & Aerial Street Style Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

1. Inverted Skills:
 - a. Non airborne skills are allowed (*Example: headstand*).
 - b. Airborne skills with or without hand support that land in a Perpendicular Inversion or shoulder inversion may not have (airborne) backward momentum in the approach (Exception: Airborne shoulder inversions are permitted in Youth).
2. Tumbling Skills with Hip Over Head Rotation:
 - a. Non airborne skills are allowed (limited to two consecutive skills).
 - b. Mini and Tiny ONLY: Airborne skills with hand support are allowed provided all of the following:
 - i. It is not airborne in approach but may be airborne in the descent (*Clarification: in the approach the hands must touch the ground before the feet leave the ground*). (Exception: Dive Rolls).
 - ii. Is limited to two consecutive hip-over-head rotation skills.

- c. Airborne Skills without hand support are not allowed (Exception: Aerial cartwheel that is not connected to any other skill with hip over head rotation).
- d. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).
- 3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by both performers is not allowed.
- 4. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.
- 5. 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.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed but, not required with the following limitations:

- 1. The Executing Individual(s) must maintain contact with a Supporting Individual who is in direct contact with the performance surface.
- 2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level.
- 3. Hip-over-head Rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
 - b. The Executing Individual is limited to one continuous [hip-over- head] rotation.
- 4. A Vertical Inversion is allowed provided:
 - a. The Supporting Individual(s) maintain contact until the Executing Individual returns to the performance surface or is returning to the upright position.
 - b. When the height of the Executing Individual's shoulders exceed shoulder-level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*)

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

- 1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
 - a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level.
 - b. The Executing Individual may not pass through the Prone or Inverted position after the release.
- 2. A Supporting Individual(s) may toss an Executing Individual provided:
 - a. The highest point of the toss does not elevate the Executing Individual's hips above shoulderlevel.
 - b. The Executing Individual is not Supine or Inverted when released.
- c. The Executing Individual may not pass through a Prone or an Inverted position after release.

Specific Rules – Jazz & High Kick for Pee Wee

A. Executed by Individuals (Tumbling & Aerial Skills):

Tumbling as a skill is allowed, but not required with the following limitations:

- 1. Airborne Inverted Skills with or without hand support are not allowed.
- 2. Tumbling skills with Hip Over Head rotation:
 - a. Airborne skills with or without hand support are not allowed (Exception: aerial cartwheels are allowed provided they are not connected to any other skill with hip-over-head rotation).
 - b. With hand support are not allowed while holding poms / props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed).
- 3. Simultaneous tumbling over or under another individual that includes Hip Over Head Rotation by

both individuals is not allowed.

4. Drops (airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the individual first bears weight on the hand(s) or foot/feet.

5. 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.

B. Executed by Pairs or Groups:

Lifts and Partnering are allowed, but not required with the following limitations:

1. The Executing Individual must maintain contact with a Supporting Individual who is in direct contact with the performance surface (Exception: kick line leaps).

2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level.

3. Hip-over-head Rotation of the Executing Individual(s) is allowed provided:

a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.

b. The Executing Individual is limited to one continuous [hip-over- head] rotation.

4. A Vertical Inversion is allowed provided:

a. The Supporting Individual(s) maintain contact until the Executing Individual returns to the performance surface or is returning to the upright position.

b. When the height of the Executing Individual's shoulders exceed shoulder-level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (*Clarification: When there are 3 Supporting Individuals an additional spot is not required*).

C. Dismounts to the Performance Surface (*Clarification: May be assisted but not required*):

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:

a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder-level.

b. The Executing Individual may not pass through the Prone or Inverted position after the release.

2. A Supporting Individual(s) may toss an Executing Individual provided:

a. The highest point of the toss does not elevate the Executing Individual's hips above shoulderlevel.

b. The Executing Individual is not Supine or Inverted when released.

c. The Executing Individual may not pass through a Prone or an Inverted position after release

General Rules – Special Abilities (Unified & Traditional) Freestyle Pom & Hip Hop Divisions

1. All general rules and guidelines, as well as routine requirements apply.

2. All Special Abilities Unified National Teams must be comprised of a minimum 50% or more Athletes with intellectual disabilities.

3. All Special Abilities Traditional National Teams must be comprised of 100% Athletes with intellectual disabilities.

4. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.

5. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a light colored t-

shirt and pants in contrast to the Athletes' darker colored costume/uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer costume/ uniform during the routine.

6. Assistants shall wear athletic/performance style shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.

Specific Rules – Special Abilities (Unified & Traditional) Freestyle Pom

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s). Exception: Forward rolls and backward rolls are allowed.
2. Airborne hip over-head rotation skills without hand support are not allowed Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an inverted position after the release.
 - b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
 - c. The Executing Individual is not caught in a prone position.
 - d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
 - a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.

- b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required)

C. Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
 - a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
 - b. The Executing Individual may not pass through the Prone or Inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:
 - a. The highest point of the toss does not elevate the Executing Individual's hips above head level.
 - b. The Executing Individual is not supine or inverted when released.
 - c. The Executing Individual may not pass through a prone or inverted position after release.

Specific Rules – Special Abilities (Unified & Traditional) Hip Hop

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Inverted Skills:
 - a. Non airborne skills are allowed.
 - b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Tumbling skills with hip over-head rotation:
 - a. Non-airborne skills are allowed.
 - b. Airborne skills with hand support:
 - i. Are allowed (Example: Back Handspring).
 - ii. Are limited to two consecutive hip over- head rotation skills (Clarification: both skills must have hand support)
 - c. Airborne skills without hand support are allowed provided all of the following:
 - i. Involves no more than one twisting transition.
 - ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
 - d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.

4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. (Clarification: drops directly to the knee, thigh, front or head are not allowed)
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an inverted position after the release.
 - b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
 - c. The Executing Individual is not caught in a prone position.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
 - a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required)

C. Dismounts to the Performance Surface

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step or push off a Supporting Individual(s) provided:
 - a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
 - b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual(s) may toss an Executing Individual provided:

- a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
- b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
- c. The Executing Individual may not pass through a prone or inverted position after release.

Specific Rules – ParaCheer Unified Freestyle Pom

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Hip over-head rotation- Skills with hand support are not allowed while holding poms in supporting hand(s). Exception: Forward rolls and backward rolls are allowed.
2. Airborne hip over-head rotation skills without hand support are not allowed Exception: Front Aerials and Aerial Cartwheels are allowed.
3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Drops (airborne) to knee, thigh, back, shoulder, seat, front or head are not allowed unless the individual first bears weight on the hands(s) or foot/feet.
5. Landing in a push up position onto the performance surface from an Airborne Skill is not allowed.

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above shoulder-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an inverted position after the release.
 - b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individual.
 - c. The Executing Individual is not caught in a prone position.
 - d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:

- a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
- b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required)

C. Dismounts to the Performance

Surface Clarification: *May be assisted but not required.*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
 - a. The highest point of the released skill does not elevate the Executing Individual's hips above shoulder level.
 - b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:
 - a. The highest point of the toss does not elevate the Executing Individual's hips above shoulder level.
 - b. The Executing Individual is not supine or inverted when released.
 - c. The Executing Individual may not pass through a prone or inverted position after release.

Specific Rules – ParaCheer Unified Hip Hop

A. EXECUTED BY INDIVIDUALS (TUMBLING AND AERIAL SKILLS)

Tumbling as a skill is allowed, but not required in all divisions with the following limitations:

1. Inverted Skills:
 - a. Non airborne skills are allowed.
 - b. Airborne skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed.
2. Tumbling skills with hip over-head rotation:
 - a. Non-airborne skills are allowed.
 - b. Airborne skills with hand support:
 - i. Are allowed (Example: Back Handspring)
 - ii. Are limited to two consecutive hip over head rotation skills (Clarification: both skills must have hand support)
 - c. Airborne skills without hand support are allowed provided all of the following:
 - i. Involves no more than one twisting transition.
 - ii. May not connect to another skill that is airborne with hip over-head rotation with or without hand support.
 - d. Hip-over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: Forward rolls and backward rolls)

3. Simultaneous tumbling over or under another individual that includes hip over-head rotation by both performers is not allowed.
4. Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level. (Clarification: drops directly to the knee, thigh, front or head are not allowed)
5. Landing in a push up position may involve any jump.
6. Hip over-head rotation skills with hand support must use free hand(s) for the supporting hand(s). (Exception: forward rolls and backward rolls).

B. Lifts and Partnering (Executed in Pairs or Groups):

Lifts and Partnering are allowed, but not required with the following limitations:

1. A Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individual(s) throughout the entire skill above head-level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level provided:
 - a. The Executing Individual does not pass through an inverted position after the release.
 - b. The Executing Individual is either caught by or supported to the performance surface by one or more Supporting Individual.
 - c. The Executing Individual is not caught in a prone position.
3. Hip over-head rotation of the Executing Individual(s) is allowed provided:
 - a. A Supporting Individual maintains contact until the Executing Individual returns to the performance surface or is returning to the upright position.
4. Vertical Inversion is allowed provided:
 - a. The Supporting Individual(s) maintains contact until the Executing Individual returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least one additional performer to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 supporting individuals an additional spot is not required).

C. Dismounts to the Performance

Surface Clarification: *May be assisted but not required.*

1. An Executing Individual may jump, leap, step or push off a Supporting Individual (s) provided:
 - a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the released skill.
 - b. The Executing Individual may not pass through the prone or inverted position after the release.
2. A Supporting Individual (s) may toss an Executing Individual provided:

- a. At least one part of the Executing Individual's body is at or below head-level at the highest point of the release skill.
- b. The Executing Individual may be supine or inverted when released but must land on their foot/feet.
- c. The Executing Individual may not pass through a prone or inverted position after release.

PERFORMANCE CHEER GLOSSARY OF TERMS

1. **Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the individual is free of contact from a person and/or the performance surface.
2. **Airborne Hip Over Head Rotation (executed by individual):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (*Example: Round off or a Back Handspring*)
3. **Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel, but is executed without placing hands on the ground.
4. **Category:** Denoting the style of the routine (*Example: Pom, Hip Hop, Jazz, High Kick*).
5. **Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between (*Example: Double Pirouette or Double Toe Touch*).
6. **Contact (executed by Groups or Pairs):** The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
7. **Division:** Denoting the composition of a competing group of individuals (*Example: Senior, Junior*).
8. **Drop:** An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.
9. **Elevated:** An action in which an individual is moved to a higher position or place from a lower one.
10. **Executing Individual:** An individual who performs a skill as part of "Groups or Pairs" who uses support from another individual(s).
11. **Head Level:** A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.)
12. **Hip Level:** A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.)
13. **Hip Over Head Rotation (executed by individuals):** An action characterized by continuous movement where an individual's hips rotate over his/her own head in a skill (*Example: Back Walkover or Cartwheel*).
14. **Hip Over Head Rotation (executed by Groups or Pairs):** An action characterized by continuous movement where the Executing individual's hips rotate over his/her own head in a lift or partnering skill.
15. **Height of the Skill:** Where the action is taking place.

16. **Inversion/Inverted:** A position in which the individual's waist and hips and feet are higher than his/her head and shoulders.
17. **Inverted Skills (executed by individuals):** A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.
18. **Lift (executed by Groups or Pairs):** A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).
19. **Partnering (executed by pairs):** A skill in which two individuals use support from one another. Partnering can involve both Supporting and Executing skills.
20. **Perpendicular Inversion (executed by individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.
21. **Prop:** Anything that is used in the routine choreography that is no/was not originally part of the costume (Clarification: *Poms are considered part of the costume in the pom category*).
22. **Prone:** A position in which the front of the individuals' body is facing the ground, and the back of the individuals' body is facing up.
23. **Shoulder Inversion (executed by Individuals):** A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.
24. **Shoulder Level:** A designated and averaged height; the height of a standing individual's shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
25. **Supine:** A position in which the back of the individuals' body is facing the ground, and the front of the individuals' body is facing up.
26. **Supporting Individual:** An individual who performs a skill as part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.
27. **Toss:** A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are from the performance surface when the toss is initiated.
28. **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.
29. **Vertical Inversion (executed by groups or pairs):** A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.