

Rulebook

The European Open 2009



**THE
EUROPEAN OPEN**

September 26th, 2009
Disneyland® Park Paris

www.elite-cheerleading.de

1 General Regulations

The following rules and regulations apply for The European Open 2009, September 26th, 2009 at the Disneyland® Park Paris. The championship is organized and operated by the ELITE Brands GmbH (www.elite-cheerleading.de) and sanctioned by the International Cheer Union (www.cheerunion.org).

1.1 Registration

The registration for the championship takes place in writing by sending in the filled out and signed registration forms to the ELITE Brands GmbH. The registration is completed by the ELITE Brands GmbH receiving the full registration fee payment at their bank account. The registration for the championship is binding.

Deadline for the registration is August 14th, 2009

Additional registrations for individuals whose team has already registered is possible up to 14 days before the start of the championship. Individual participants can cancel his or her participation until 14 days before the competition. In this case 20% of the competition fees are retained. A cancellation after 14 days before the competition is not possible. In this case no competition fees are retained. The number of the participating teams is limited. Therefore the registration will be confirmed by the ELITE Brands GmbH if a participation is possible. Every participant has to be in the possession of a valid photo identification (e.g. passport, drivers license). This identification has to be shown at the check in. Every participant has to accept the rulebook and the general terms and conditions of The European Open 2009 by signing the personal registration form. Otherwise the person can not participate in the championship.

1.2 Divisions and age groups

The following divisions and age grids exist:

Team Cheer and Cheerdance Divisions for Club teams. These divisions are open for all club or allstar teams around the world:

Division	Year of birth	Female / Male	Number on Squad	Shortcut
Premier Allgirl Level 6	1994 or older	no males	8 - 30	SA6
Premier Coed Level 6	1994 or older	1 or more males	8 - 30	SC6
Elite Allgirl Level 5	1995 or older	no males	8 - 30	SA5
Elite Coed Level 5	1995 or older	1 or more males	8 - 30	SC5
Junior Allgirl Level 5	between 1990 and 1998	no males	8 - 30	JA5
Junior Coed Level 5	between 1990 and 1998	1 or more males	8 - 30	JC5
Peewee Level 4	1996 or younger	females / males	8 - 30	PWC
Senior Freestyle Dance	1995 or older	females / males	5 - 24	SDF
Senior Hip Hop Dance	1995 or older	females / males	5 - 24	SDH
Senior Jazz Dance	1995 or older	females / males	5 - 24	SDJ
Junior Freestyle Dance	between 1990 and 1998	females / males	5 - 24	JDF
Junior Hip Hop Dance	between 1990 and 1998	females / males	5 - 24	JDH
Junior Jazz Dance	between 1990 and 1998	females / males	5 - 24	JDJ
Peewee Freestyle Dance	1996 or younger	females / males	5 - 24	PDF
Peewee Hip Hop Dance	1996 or younger	females / males	5 - 24	PDH
Peewee Jazz Dance	1996 or younger	females / males	5 - 24	PDJ

Team Cheer and Cheerdance Divisions for National teams. These divisions are open for one National Team per Nation assigned by the responsible member association in the International Cheer Union:

Division	Year of birth	Female / Male	Number on Squad	Shortcut
Allgirl National Team Level 6	1994 or older	no males	8 - 24	SAN
Coed National Team Level 6	1994 or older	1 or more males	8 - 24	SCN
Freestyle Dance National Team	1995 or older	females / males	5 - 24	NDF
Hip Hop Dance National Team	1995 or older	females / males	5 - 24	NDH
Jazz Dance National Team	1995 or older	females / males	5 - 24	NDJ

All athletes in the National Team divisions are required to be permanent residents of their respective nations on the competition date.

The following special divisions exist for all teams around the world:

Division	Year of birth	Female / Male	Number on Squad	Shortcut
Allgirl Groupstunt	1994 or older	no males	4 - 5	SGR
Coed Partnerstunt	1994 or older	1 female / 1 male	2	SPA
Coed Groupstunt	1994 or older	females / males	4 - 5	CGR
Freestyle Double Dance	1995 or older	females / males	2	DDF
Hip Hop Double Dance	1995 or older	1995 or older	2	DDH
Jazz Double Dance	1995 or older	1995 or older	2	DDJ

The cheer levels teams have to follow are assigned to the different divisions in the table above. The different cheer level are defined later in this document.

Crossovers between divisions are allowed if the age group / division stays the same.

1.3 How to handle procedural questions

Any question concerning the rules or procedures of the tournament will be handled exclusively by one designated representative of the team (i.e. director, coach or captain) and will be directed only to a Tournament Official. Such questions should be made prior to the team's competition performance. Any questions concerning the team's performance should be made to a Tournament Official immediately after the team's performance.

1.4 Sportsmanship and Disqualifications

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and following the championship. The coach and / or gym owner of each team is responsible for seeing that team members, coaches, parents and any other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification. Further specified points that can lead to a disqualification are:

- ▷ Assaults or insults to the judges, officials, participants, visitors
- ▷ Competing of a non-registered person
- ▷ Violation of the anti-doping-decree
- ▷ Violation of age requirements
- ▷ Unsportsmanlike conduct

1.5 Interruption of the Performance

If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team affected should stop the routine. The degree and effect of the interruption will be determined by tournament officials, and the team will be allowed to present its routine from a place in the routine to be determined at the sole discretion of the tournament officials. 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. In the event that an injury causes the team's routine to be interrupted, the team must either continue the routine or withdraw from the competition. Tournament officials reserve the right to stop the routine if an injury occurs and have the sole discretion to determine where the routine will resume if the team is permitted to continue its performance.

1.6 Finality of Decisions

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

2 Team Cheer Divisions

All teams have to follow the general cheer safety guidelines and the cheer level rules that apply for their division. The judging process including the scoring scheme and the distribution of the maximal points for the different judging criterias as well as possible deductions are described later in this section.

2.1 General Team Cheer Safety Guidelines

- ▷ All athletes must be supervised during all official functions by a qualified director / coach.
- ▷ Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
- ▷ All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
- ▷ Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
- ▷ Athletes must always practice and perform on an appropriate surface.
- ▷ Soft-soled shoes must be worn while competing. No dance shoes / boots, and / or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
- ▷ Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags / bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
- ▷ Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
- ▷ Flags, banners, signs, pom poms, and megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

- ▷ Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
- ▷ On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
- ▷ Required spotters for all levels must be your own team's members.
- ▷ Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands / feet, which breaks the impact of the drop. Shushinovs are allowed.
- ▷ Routines shall not exceed 2 minutes and 30 seconds.
- ▷ Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

2.2 Level 4 Cheer Division Rules

These divisions rules apply to the following divisions: Peewee Level 4

2.2.1 Level 4 Cheer Division Rules – Tumbling

- ▷ All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- ▷ Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- ▷ Tumbling while holding or in contact with any prop is not allowed.
- ▷ Assisted or connected tumbling is not allowed. Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- ▷ Dive rolls: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
- ▷ Flips and aerials are not allowed.
- ▷ Series front and back handsprings are not allowed. Clarification: A back walk over into a back handspring is allowed.
- ▷ Jump skills in immediate combination before a handspring(s) forward or backward are allowed. Jumps after a handspring are not allowed (Example: toe touch handspring is legal and handspring toe touche is illegal).
- ▷ Skills must involve hand support with at least one hand when passing through the inverted position in running tumbling and two hands in standing tumbling.
- ▷ No twisting while airborne. (Exception: Round offs)

2.2.2 Level 4 Cheer Division Rules – Stunts

- ▷ A spotter is required for all stunts at shoulder level and above.
- ▷ Single leg stunt may not be held at or pass through an extended position.

- ▷ Mounts and transitions are allowed up to a half rotation around the vertical axis.
- ▷ Bases are not allowed to turn at the time when a top is in an upwards or downwards transition. Transitions with a base doing a quarter turn to get under the stunt are legal.
- ▷ Free twists around the horizontal axis at mounts or transitions are prohibited.
- ▷ At transitions of height above prep level or higher three catchers have to be involved.
- ▷ All stunts of shoulder level height or higher (Exception: shoulder straddle / sit) have to have a backspot and two bases (Example: V-Sits, Suspended Splits, Flatback, Extension Prep, ...)

2.2.3 Level 4 Cheer Division Rules – Pyramids

- ▷ Pyramids must follow Level 4 “Stunts” and “Dismounts” rules and are allowed up to 2 high. Exceptions single leg stunts at extended arm level if they are braced by at least one persons at prep level or below with hand / arm or hand / feet connection . The bracing tops at prep level must have both feet in the hands of the bases (Exceptions: Shoulder Sit, Double Base Thighstand, Shoulder Stand)
- ▷ Top person must receive primary support from a base. Clarification: no pyramids allowed where second layer persons are used (e.g. 4-2-1 variations).
- ▷ Single leg stunts at extended arm level are not allowed to brace any other stunt. Also single leg stunts at extended arm level are not allowed to be braced by any other stunt at extended arm level.
- ▷ Transitions can include inverted positions of the top if the top is braced by at least two persons at prep level or below. The top has to stay in constant motion. The rotation is limited to 1 rotation around the horizontal axis and no rotation around the vertical axis. Downward inverted positions are prohibited. At transitions with inverted positions changing of bases is prohibited.
- ▷ Transitions without inverted positions can include changing of bases. Physical contact with at least one person at prep level or below has to be maintained at any time.

2.2.4 Level 4 Cheer Division Rules – Dismounts

- ▷ Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- ▷ Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- ▷ Dismounts to the performing surface must be assisted by an original base.
- ▷ Tension drops/rolls of any kind are not allowed.
- ▷ When cradling single based double awesomes/cupies 2 catchers must catch each top person.
- ▷ No free flipping dismounts allowed.
- ▷ Only straight pop downs, basic straight cradles and 1/4 turns are allowed from stunts at extended arm level.
- ▷ Up to 1 twists are allowed from any stunt at prep level or under.

2.2.5 Level 4 Cheer Division Rules – Tosses

- ▷ No tosses allowed.

2.3 Level 5 Cheer Division Rules

These divisions rules apply to the following divisions:

Elite Allgirl Level 5
Elite Coed Level 5
Junior Allgirl Level 5
Junior Coed Level 5

2.3.1 Level 5 Cheer Division Rules – Tumbling

- ▷ All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- ▷ Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- ▷ Tumbling while holding or in contact with any prop is not allowed.
- ▷ Assisted or connected tumbling is not allowed. Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- ▷ Dive rolls: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
- ▷ Skills are allowed up to 1 flipping and 2 twisting rotations.

2.3.2 Level 5 Cheer Division Rules – Stunts

- ▷ A spotter is required for all extended stunts.
- ▷ Single leg extended stunts are allowed.
- ▷ Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- ▷ Free flipping stunts or transitional are not allowed.
- ▷ Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- ▷ Single based split catches are not allowed.
- ▷ Single based double awesomes/cupies require a separate spotter for each top person.
- ▷ Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed.)
- ▷ Release moves may not land in a prone position.
- ▷ Release moves must return to original bases.
- ▷ Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
- ▷ Release moves may not intentionally travel.
- ▷ Extended inverted stunts allowed. Also, see “Pyramids.”
- ▷ Downward inversions are allowed from prep level and above and must be assisted by at least three

bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. (Exception: A controlled power pressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed). Clarification: Catchers must make contact with the head and shoulder area.

- ▷ Downward inversions must maintain contact with an original base.
- ▷ Downward inversions from above prep level may not be caught and/or land in an inverted position. Clarification: Top person may not be caught or land with their shoulders below their hips.

2.3.3 Level 5 Cheer Division Rules – Pyramids

- ▷ Pyramids must follow Elite Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- ▷ Top persons must receive primary support from a base.
- ▷ During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
- ▷ Primary weight may not be borne at second level. Clarification: The transition must be continuous.
- ▷ Non-inverted pyramid release moves must be caught by at least 2 catchers.
- ▷ In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary. Both catchers must maintain visual contact with the top person throughout the entire transition.
- ▷ Non inverted transitional pyramids may involve changing bases. When changing bases: The top person must maintain physical contact with a person at prep level or below. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
- ▷ Inversions Must follow Level 5 Cheer Division Stunt Inversions rules.
- ▷ Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
- ▷ Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations.
- ▷ Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
- ▷ Inverted transitional pyramids may involve changing bases.
- ▷ Braced inversions (including braced flips) must be in continuous movement.
- ▷ All braced inversions (including braced flips) must be caught by at least 3 catchers. All catchers must be stationary. All catchers must maintain visual contact with the top person throughout the entire transition. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
- ▷ Braced inversions (including braced flips) may not travel downward while inverted.

2.3.4 Level 5 Cheer Division Rules – Dismounts

- ▷ Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.

- ▷ Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- ▷ Dismounts to the performing surface must be assisted by an original base.
- ▷ Up to a 2-1/4 twisting rotations allowed from all stunts.
- ▷ No free flipping dismounts allowed.
- ▷ Tension drops/rolls of any kind are not allowed.
- ▷ When cradling single based double awesomes/cupies 2 catchers must catch each top person.

2.3.5 Level 5 Cheer Division Rules – Tosses

- ▷ Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- ▷ Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- ▷ Flipping, inverted or traveling tosses are not allowed.
- ▷ 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.
- ▷ Up to 2-1/2 twisting rotations allowed.

2.4 Level 6 Cheer Division Rules

These divisions rules apply to the following divisions:

Premier Allgirl Level 6
Premier Coed Level 6
Allgirl National Team Level 6
Coed National Team Level 6

2.4.1 Level 6 Cheer Division Rules – Tumbling

- ▷ All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- ▷ Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- ▷ Tumbling while holding or in contact with any prop is not allowed.
- ▷ Assisted or connected tumbling is not allowed.
- ▷ Dive rolls: Dive rolls performed in a swan/arched position are not allowed. Dive rolls that involve twisting are not allowed.
- ▷ Skills are allowed up to 1 flipping and 2 twisting rotations.

2.4.2 Level 6 Cheer Division Rules – Stunts

- ▷ A spotter is required: During extended one-arm stunts other than an awesomes/cupies or liberties or when the load/transition involves a twist or flip.

- ▷ Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person.
- ▷ Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Exception: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (example: a flip that lands in a straddle position requires a hands-on spotter).
- ▷ Transitional stunts may involve changing bases.
- ▷ Single based split catches are not allowed.
- ▷ Single based double awesomes/cupies require a separate spotter for each top person.
- ▷ Release moves are allowed.
- ▷ Release moves may not land in a prone position.
- ▷ Release moves must return to original bases.
- ▷ Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
- ▷ Release moves may not intentionally travel.
- ▷ Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

2.4.3 Level 6 Cheer Division Rules – Pyramids

- ▷ Pyramids are allowed up to 2-1/2 high.
- ▷ For 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-1/2 high level. Spotters may not be a primary support of the pyramid.
- ▷ Free-flyings mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
- ▷ During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.
- ▷ Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
- ▷ Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- ▷ Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
- ▷ Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

2.4.4 Level 6 Cheer Division Rules – Dismounts

- ▷ Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with

at least one hand/arm supporting the head and shoulder of the top person.

- ▷ Dismounts to the performing surface from stunts and pyramids must be assisted.
- ▷ Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/4 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- ▷ Free flipping skills dismounts are allowed up to 1 flipping and 0 twisting rotations.
- ▷ Free flipping dismounts to the performance surface are not allowed.
- ▷ Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- ▷ Flips that originate above prep level are not allowed. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)
- ▷ Tension drops/rolls of any kind are not allowed.
- ▷ When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

2.4.5 Level 6 Cheer Division Rules – Tosses

- ▷ Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- ▷ Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a scoop under the head and shoulders.
- ▷ Flipping tosses are allowed up to 1 flipping rotation and 2 twists.
- ▷ In flipping tosses (tuck, layout or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

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 1 1/2 twist is considered to be a legal skill.

- ▷ 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.
- ▷ Non-flipping tosses may not exceed 3-1/2 twists.

2.5 Inclusion of a Cheer for National Team Cheer Divisions

In the cheer team divisions for national teams only a cheer will be included in the beginning of the routine. The use of native language in the cheer and also using a more national pride style cheer is encouraged. The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd for the team's nation, use of signs, poms, and practical use of stunt/pyramids to lead the crowd.

2.6 Judging process and deductions

The skills are judged by a set of different judges forming the judges panel. The sum of the scores of the different judges inside the judges panel is summed up and divided through the maximum of points that can be scored. A score between 0.0 and 10.0 is derived by applying this normalisation factor. In case of a rule violation the following point deductions have to be made after the normalisation factor is applied:

- ▷ In cases of illegal elements (Stunts, Tumbling, Toss, Pyramids, Props, ...) a deduction of 0.5 points per element are deducted. The illegal element itself is taken out of the judging process.
- ▷ In case of a missing spotter a deduction of 0.5 points per missing spotter is applied.
- ▷ In case of a time violation 1.0 points are deducted.
- ▷ In case of any other violation of the general cheer safety guidelines 0.5 points are deducted per violation.

The following points can be scored by the judges:

Distribution of points in Team Cheer Divisions:		
Cheer Criteria	only in National team divisions	10 Points
Partner Stunts		25 Points
Pyramids		25 Points
Basket Tosses	not in Peewee Level 4	15 Points
Tumbling		10 Points
Flow of Routine / Transitions		5 Points
Overall Presentation / Crowd Appeal		10 Points

3 Dance Divisions

All teams have to follow the general dance guidelines and the rules that apply for their division. The judging process including the scoring scheme and the distribution of the maximal points for the different judging criterias as well as possible deductions are described later in this section.

3.1 General Dance Guidelines

- ▷ All teams must be supervised during all official functions by a qualified director / coach.
- ▷ All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
- ▷ Routines shall not exceed 2 minutes and 30 seconds in the team dance divisions and shall not exceed 1 minutes and 30 seconds in the Double Dance divisions. Dancers must have at least one foot on the performing surface when the routine starts. Timing will begin with the first note of the music. Timing will end with the last note of the music or the last movement, whichever comes first. The whole routine has to be choreographed to music.
- ▷ Tumbling is allowed in all divisions as long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are not allowed when hip-over-head rotation occurs. The following are examples of skills that are

and are not allowed:

Allowed skills: Forward/Backward Rolls, Shoulder Rolls , Cartwheels, Headstands, Handstands, Backbends, Front/Back Walkovers, Stalls, Head spins, Windmills, Kip up

NOT allowed skills: dive Rolls, Round-offs, Aerials, Front/Back Handsprings, Front/Back Tucks

- ▷ Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.
- ▷ Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down. The lifting dancer (s) must maintain direct contact with the performance surface at all times. The lifting dancer (s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s) through hand/arm to body contact. Hip over head rotation of the lifted dancers may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer (s).
- ▷ Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.
- ▷ All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh st., shoul. sit, back arch)
- ▷ All tosses including toe-pitches are prohibited.
- ▷ Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.
- ▷ Small wearable and handheld items/props that compliment the choreography will be allowed in the Jazz and Hip Hop Categories. They may be removed and discarded from the body. The Freestyle Cheer Category will not allow props, as pompons are to be used for 50-100% of the routine. If male dancers perform in the Freestyle Cheer category they are not required to use pompons. Items that can be worn as apparel/clothing are not considered a prop and are allowed in all categories. No large free standing props will be allowed in any category, such as chairs, stools, boxes, stairs, steps, ladders, bars, etc.
- ▷ The dancers' attire should be age appropriate and acceptable for family viewing. Jewelry as part of a costume is allowed. Garments/Articles of Clothing should be secure and offer full coverage of body parts to eliminate the possibility of "wardrobe malfunction." All costume malfunctions resulting in team members being exposed are grounds for disqualification. Please be sure to have several dress rehearsals prior to competition to work out any costume problems. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless. The appropriate tights and footwear should be worn throughout the routine. Shoes must be worn during the competition. Dancing barefoot will not be allowed. Dance paws are acceptable. Dancing in socks, high heels, roller skates, roller blades or any other footwear that is inappropriate for dance sport will not be allowed.
- ▷ All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
- ▷ Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences and therefore lack audience appeal. 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 is inappropriate choreography and affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate.

3.2 Judging process and deductions

The skills are judged by a set of different judges forming the judges panel. The sum of the scores of the different judges inside the judges panel is summed up and divided through the maximum of points that can be scored. A score between 0.0 and 10.0 is derived by applying this normalisation factor. In case of a rule violation the following point deductions have to be made after the normalisation factor is applied:

- ▷ In cases of illegal elements (Stunts, Tumbling, Toss, Pyramids, Props, ...) a deduction of 0.5 points per element are deducted. The illegal element itself is taken out of the judging process.
- ▷ In case of a time violation 1.0 points are deducted.
- ▷ In case of any other violation of the general dance guidelines 0.5 points are deducted per violation.

The following points can be scored by the judges:

Distribution of points in Freestyle Cheerdance Divisions:		
Overall Effect	Overall Impression	10 Points
	Communication & Projection	10 Points
Choreography	Creativity / Musicality / Formations & Transitions	10 Points
	Difficulty	10 Points
Technique	Execution of Style & Technical Skills	10 Points
	Technical Elements	10 Points
	Placement / Control / Extension / Strength of Movement	10 Points
Group Execution	Synchronization	20 Points
	Spacing	10 Points

Distribution of points in Jazz Cheerdance Divisions:		
Overall Effect	Overall Impression	10 Points
	Communication & Projection	10 Points
Choreography	Creativity / Musicality	10 Points
	Difficulty	10 Points
	Formations & Transitions	10 Points
Technique	Execution of Style & Technical Skills	20 Points
	Placement / Control / Extension / Strength of Movement	10 Points
Group Execution	Synchronization & Spacing	20 Points

Distribution of points in Hip Hop Cheerdance Divisions:		
Overall Effect	Overall Impression	10 Points
	Communication & Projection	10 Points
Choreography	Creativity & Musicality	10 Points
	Difficulty	10 Points
	Formations & Transitions	10 Points
Technique	Execution of Style & Clarity of Movement	10 Points
	Placement / Control / Extension / Strength of Movement	10 Points
Group Execution	Synchronization	20 Points
	Spacing	10 Points

4 Special Divisions

4.1 Partnerstunt and Groupstunt

The following rules apply for the division partnerstunt and groupstunt:

- ▷ The overall routine shall not exceed 1 minute and has to be to music.
- ▷ Stunts are prohibited where middlelayer persons are used. All bases that do hold a top have to have contact to the surface.
- ▷ Any props are prohibited.

The skills are judged by a set of different judges forming the judges panel. The sum of the scores of the different judges inside the judges panel is summed up and divided through the maximum of points that can be scored. A score between 0.0 and 10.0 is derived by applying this normalisation factor. In case of a rule violation the following point deductions have to be made after the normalisation factor is applied:

- ▷ In cases of illegal elements (Stunts, Tumbling, Toss, Pyramids, Props, ...) a deduction of 0.5 points per element are deducted. The illegal element itself is taken out of the judging process.
- ▷ In case of a time violation 1.0 points are deducted.

The following points can be scored by the judges:

Distribution of points in Groupstunt and Partnerstunt Divisions:		
Stunts and Tosses	Execution of Technique	30 Points
	Difficulty	25 Points
	Form and Appearance of Stunts	20 Points
Overall Performance	Transitions	15 Points
	Showmanship	10 Points

5 Glossary Cheer

- **Airborne / Aerial**

To be free of contact with a person or the performing surface.

- **Airborne Tumbling Skill**

An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself / herself away from the performing surface.

- **Assisted-Flipping Mount**

An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

- **Assisted Tumbling**

Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented stunts permitted at each level.

- **Awesome**

An extended stunt where a top person has both feet together in the hand(s) of the base(s). Also referred to as a "Cupie".

- **Back Spot**

The person standing at the back of the stunt to protect the head and shoulder area of the top.

- **Back Walkover**

A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

- **Backward Roll**

A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

- **Barrel Roll**

See "Log Roll".

- **Base**

A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (New bases - bases previously not in direct contact with the top person of a stunts)

- **Basket Toss**

A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.

- **Block**

A gymnastic term referring to the increase in height created by using ones hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

- **Block Cartwheel**

A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

- **Brace**

A physical connection that helps to provide stability to a top person.

- **Braced Flip**

A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

- **Cartwheel**

A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

- **Catcher**

One of the person(s) responsible for the safe landing of a top person during a stunt.

- **Connected Tumbling**

Physical contact between two or more individuals performing tumbling skills simultaneously.

- **Cradle**

A release move in which catchers, with palms up, catch the top person by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a pike position.

- **Cupie**

See "Awesome".

- **Dirty Bird (D-Bird)**

Toss to a laid out X-position to the back of the base, through the base's legs and typically transitioning to a scooper.

- **Dismount**

The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface

is not considered to be a dismount.

- **Dive Roll**

An aerial forward roll where the hands and feet are off of the performing surface simultaneously.

- **Double-Leg Stunt**

See "Stunt".

- **Downward Inversion**

A stunt or pyramid in which an inverted top persons center of gravity is moving toward the performing surface.

- **Downward Motion**

The movement of ones center of gravity towards the performing surface.

- **Drop**

Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from a airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

- **Entrance Skill**

The beginning or mounting phase of a tumbling skill or stunt.

- **Extended Arm Level**

The distance from the performing surface to the highest point of a bases arm(s) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

- **Extended Position**

A top person supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

- **Extended Single-Leg Stunt**

An extended stunt with the top having her main weight on one leg.

- **Extended Stunt**

When the entire body of the top person is extended in an upright position over the base(s). (Examples of stunts that are not considered "extended stunts". Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are stunts where the bases arms are extended overhead, but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.) Clarification: If the primary bases go to their knees and extend their arms, the stunt would be considered extended.

- **Extension Prep oder Prep (oder Half)**

When the top person is being held at shoulder level by the base(s).

- **Flat Back**

A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

- **Flip**

An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

- **Flipping Toss**

A toss where the top person rotates through an inverted position.

- **Flyer**

See "Top Person".

- **Forward Roll**

A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

- **Free-Flipping Mount**

Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.

- **Front Limber**

A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

- **Front Spot**

A person positioned in front of a stunt that may also add additional support or height to that stunt. (Also know as "fourth base".)

- **Front Tuck**

A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also know as "punch front".)

- **Front Walkover**

A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot / leg at a time.

- **Full**

A 360 degree twisting rotation.

- **Full-Up Toe Touch**

A non-flipping skill (typically performed in a dismount or toss) in which one performs a 360 degrees turn before executing a toe touch.

- **Ground Level**

To be at the height of or supported by the performing surface.

- **Half**

See "Extension Prep".

- **Hand / Arm Connection**

The physical contact between two or more individuals using the hand(s)/arm(s).

- **Handspring**

Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.

- **Handstand**

A straight body inverted position where the arms are extended straight by the head and ears.

- **Hanging Pyramid**

A pyramid in which one or more persons are suspended off the performing surface by one or more top persons.

- **Helicopter Toss**

A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

- **Inversion**

See "Inverted".

- **Inverted**

When the top persons shoulders are below her/his waist and at least one foot is above her/his head. Arch-back dismounts to a cradle are not considered inverted.

- **Jump**

An airborne position not involving hip-over-head rotation created by using ones own feet and lower body power to push off the performance surface.

- **Kick Arch**

Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

- **Kick Double Full**

Skill, typically in a toss, that involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

- **Kick Full**

Skill, typically in a toss, that involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

- **Knee (Body) Drop**

See "Drop".

- **Layout**

A stretched body position, straight, hollow, or slightly arched

- **Layout Step Out**

Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.

- **Leap Frog**

A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning. Second Level Leap Frog: Same as above but performed at any level above ground level.

- **Log Roll**

A release move whereby the top persons body rotates at least 360 degrees while remaining parallel to the performing surface. (Also known as "barrel roll".)

- **Middlelayer**

A person that holds another person and that has no contact to the surface.

- **Mount**

See "Stunt".

- **Multi-based Stunt**

A stunt having 2 or more bases not including the spot.

- **New Base(s)**

Bases previously not in direct contact with the top person of a stunts.

- **Non-Inverted Position**

The body is upright. The top person's shoulders are at or above the waist.

- **One half (1/2) Twist Toe Touch**

A non-flipping skill in which one performs a 180 twist before executing a toe touch.

- **Onodi**

Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

- **Original Base(s)**

A base which is in contact with the top person during the initiation of the stunt.

- **Paper Dolls**

Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

- **Partner**

See "Top Person".

- **Pike**

Body bent forward at the hips while the legs are kept straight.

- **Prep**

See "Extension Prep".

- **Prep-Level**

The height of the bases hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height). Chairs, torches, flatbacks, arm-n-arms and straddle lifts will be considered prep level stunts.

- **Primary Support**

Supporting a majority of the weight of the top person.

- **Prone Position**

A face down, flat body position.

- **Prop**

An object that can be manipulated.

- **Punch**

See "Rebound".

- **Pyramid**

A grouping of connected stunts. Individuals standing at ground level may be incorporated into the grouping.

- **Rebound**

A position not involving hip-over-head rotation created by using ones own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch".

- **Release Move**

When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. A single base toss to a stunt from the ground is neither considered a release move nor a toss. This interpretation applies to "stunts" only, not "pyramids".

- **Reload**

Returning to the loading position with both feet of the top person in the hands of the bases.

- **Retake**

Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

- **Rewind**

A free-flipping release move used as an entrance skill into a stunt.

- **Round Off**

The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.

- **Running Tumbling**

Tumbling that is performed with a running start and / or involves a step or a hurdle (etc,) used to gain momentum as an entry to another skill. Any type of forward momentum / movement prior to execution of the tumbling skill(s) is defined as "running tumbling". This definition needs to have at least two elements that follow each other to be defined as running tumbling. Jumps are not considered as elements.

- **Scooper**

An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base).

- **Scrunch Toss**

See "Sponge Toss".

- **Second Level**

Any person being supported away from the performing surface by one or more bases.

- **Series Front and / or Back Handsprings**

Multiple front and/or back handsprings performed consecutively by an individual.

- **Show and Go**

A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.

- **Shoulder Stand Level**

A stunt in which the top persons hips are at the same height they would be if in a shoulder stand. (Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and extend their arms, the stunt would NOT be shoulder stand level, but rather extended.

- **Shushunova**

A straddle jump (toe touch) landing in a prone support (push up position)

- **Single-Based Double Awesome / Cupie**

A single base supporting 2 top persons who have both feet in each hand of the base; see definition of "Awesome/Cupie".

- **Single-Based Split Catch**

A single base extending a top person (who is in an upright position having knees forward) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

- **Single-Based Stunt**

A stunt using a single base for support.

- **Single-Leg Stunt**

See "Stunt".

- **Sponge Toss**

A stunt with multiple bases, which have their hands gripping the top persons feet prior to the toss.

- **Spotted Tumbling**

See "Assisted Tumbling".

- **Squishy (Toss)**

See "Sponge Toss".

- **Standing Tumbling**

A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling".

- **Straight Cradle**

A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

- **Spotter**

A person whose primary responsibility is the protection of the head and shoulders area of a top person during the performance of a stunt / toss.

- The spotter must be positioned to the side or the back of the stunt / toss.
- Must be in direct contact with the performing surface.
- Must be attentive to the skill being spotted.
- Spotter is required for each extended stunt.
- Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
- Can not stand so that their torso is under a stunt.
- A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all. The spotter may not have both hands under the sole of the top persons foot / feet or under the hands of the bases. The spotter may have one hand under the foot as long as the other hand is placed either at the back wrist of a base or at the back side of the ankle of the top person.
- All Spotters must be your own teams members and be trained in proper spotting techniques.
- Spotters may also be counted as a base in some cases (e.g. transitional stunts).

- **Straight Ride**

The body position of a top person performing a toss that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

- **Stunt**

Any skill in which a top person is supported above the performance surface by one or more persons. Also referred to as a "mount". A stunt is determined to be "Single" or "Double" leg by the number of feet that the top person has being supported by a base(s).

- **Suspended Flip / Roll**

A stunt in which a top person performs a hip over head rotation while in constant physical contact with a person(s) who is in direct weight bearing contact with the performing surface.

- **Tension Roll / Drop**

A pyramid / stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance.

- **Three Quarter (3/4) Front Flip**

A forward hip-over-head rotation from an upright position to a cradle position.

- **Tic-Tock**

A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before release.

- **Toe / Leg Pitch**

A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top persons height.

- **Toss**

An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.

- **Top Person**

The person(s) on top of a stunt or toss. Also referred to as the "Flyer" or "Partner".

- **Transitional Stunt**

Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt.

- **Traveling Toss**

A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person. (This does not include a quarter turn by the bases in tosses such as kick full)

- **Tuck Arch**

Similar to kick arch, except instead of kick it is an arch out of a tuck position.

- **Tuck Position**

A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

- **Tumbling**

Any gymnastic or acrobatic skill executed on the performing surface.

- **Twist**

Rotation around the bodys vertical axis while airborne.

- **Twisting Mount**

Mounts that begin with a twisting motion of the top person within the vertical axis

- **Twisting Toss**

Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body.

- **Two - High Pyramid**

All top persons must be primarily supported by a base(s) who is in direct weight- bearing contact with the performing surface.

- **Two & One Half (2-1/2) High Pyramid**

Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows:

- Chairs, thigh stands and shoulder straddles are 1-1/2 body lengths.
- Shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2-1/2 body lengths.
- The following points have to be guaranteed for a "2-1/2 high" pyramid:
 - ▶ A middlelayer is not to be allowed to be higher than "2 high".
 - ▶ A top person is allowed to stand extended in maximum on the forearms of a middlelayer if the middlelayer is on the height of "2 high".
 - ▶ If a middlelayer on the height of "2 high" is holding a top with extended arms, the top is not allowed to be more extended than a V-Sit Position (e.g. a flatback position is legal).

- **Two-Leg Extended Stunt**

Extended stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).

- **Walkover**

A non-aerial acrobatic skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

- **Whip / Temposalto**

Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (not tucked and not in layout position). A whip has the look of a back handspring without the hands contacting the ground.

- **Wolf Wall Transition**

Transition that involves the main top person traveling over (front to back, back to front, or side to side) a bracing top persons (at prep level) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level.

- **X-Out**

Flip or somersault skill performed that involves spreading the arms and legs into an "X" fashion during the rotation of the flip.

6 Glossary Dance

- **Airborne**

To be free of contact with a person and/or the performing surface.

- **Back Walkover**

A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

- **Cartwheel**

A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

- **Dive Roll**

An airborne forward roll where the hands and feet are off of the performing surface simultaneously.

- **Front Walkover**

A non-airborne tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

- **Handstand**

A straight body inverted position where the arms are extended straight by the head and ears.

- **Head Spin**

A hip hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.

- **Headstand**

A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.

- **Kip-up**

From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position.

- **Lifts**

An action in which the partner is elevated to any height and set down. Refer to the General Dance Rules for a full definition.

- **Hip/over head Rotation**

A movement where hips move over the head, as in a back walkover or similar tumbling skill.

- **Partnering**

Any type of trick that uses two individuals, one using the other for support.

- **Pony Sit**

Base either kneeling or standing in bent over position. Partner straddles/sits on the lower back.

- **Prop**

An object that can be manipulated.

- **Shoulder Roll**

A forward or backward roll starting from a squatting or tucked position, where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

- **Shoulder Sit**

Base stands with feet slightly beyond shoulder width apart. Top person sits atop bases shoulders with legs wrapped around mid-section of bases back.

- **Stall**

A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position on one or both hands for support.

- **Thigh Stand**

With bases in lunge positions with one leg bent and one leg straight, lifted dancers feet are placed in the pockets of the bases thighs. Bases should support the top person with one arm around the back of the lifted dancer's leg and the other hand bracing the foot.

- **Toe Pitch**

A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height often resulting in a hip over head rotation/flip.

- **Toss**

An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

- **Windmill**

Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

7 Contact

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Bank Account:

Bank Adresse: Norderstedter Bank
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IBAN DE63200691110011113917 (International Bank Transfer Number)
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