



# **WORLD CHEER CO**

Dance Rules & Guidelines  
2021 - 2022

# GENERAL RULES

- A. Teams should have an emergency plan in the event of an injury.
- B. Coaches have the responsibility of recognizing the abilities of the dancers on the team, and should make sure the presented routine does not exceed the team's capabilities or include elements that create a safety risk for their team regardless of whether the element is permitted under the safety rules and regulations below
- C. Technical skills should not be executed without an advisor/coach present. Teams should always practice in an area suitable for the safety of the dancers
  - 1. Teams should not perform technical skills on
    - a. Concrete, asphalt. Or any other hard or uncovered surface, wet surfaces, uneven surfaces, or surfaces with obstructions

## ROUTINE RULES & GUIDELINES

### TUMBLING AND TRICKS

- A. Permitted:
  - 1. Aerial Cartwheels\*, Front/back aerials\*, back-handsprings, backward rolls, shoulder rolls, cartwheels, headstands, handstands, backbends, front/back walkovers stalls/freezes, head spins, windmills, kip up, round off, headsprings (with hand support), and front/back tucks.  
**\*Details on aerial/airborne skills without hand support rules below\***
- B. Prohibited:
  - 1. Side somi, layouts, shushunova, and top pitch back tucks.
- C. Airborne Skills without Hand Support are permitted
- D. Tumbling skills with hip over head rotation is limited to three (3) connect skills.
  - 1. Example: three (3) consecutive headsprings are permitted; four (4) are prohibited
- E. Forward/backward rolls while holding poms are permitted
- F. Front/back aerials and aerial cartwheels:
  - 1. Permitted if:
    - a. Executed without the use of poms
    - b. Executed with both poms transferred into the non-supporting hand
    - c. Executed using hands-free poms in both hands
  - 2. Prohibited if:
    - a. Executed with poms in both hands that are not hands-free poms.
- G. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not permitted
- H. Drops:
  - 1. Knee, thigh, back, front, head, shoulder, or seat drops onto the performance floor are **prohibited**.
  - 2. Dancer must first bear weight on the hand(s) or foot/feet.
- I. Landing in a push-up position onto the performance floor from a jump in which the legs are in front of the body and swing behind are **prohibited**.
  - 1. All variations of a shushunova are **prohibited**.
- J. Dances are prohibited from landing directly on the head/neck at any time from an airborne skill
  - 1. Any kip up motion must also initiate from the back/shoulder area touching the ground.

## LIFTS & PARTNERING

*Dance Lifts and Partnering should be evaluated for safety by the advisor/coach prior to competition.*

- A. The Executing Dancer must be supported from a Supporting Dancer who is in direct contact with the floor throughout the entire skill
  - 1. Exceptions: Kick Line Leaps
- B. Elevators, thigh stands, shoulder sits, and chair sits are permitted.
  - 1. Extensions and all other cheer based stunts are **prohibited**.
- C. Swinging lifts and tricks are permitted.
- D. Hip over head rotation of the Executing Dancer(s) is permitted if:
  - 1. Executing Dancer is returned to the performance floor on his/her feet or hands with support from the Supporting Dancer(s).

## RELEASE MOVES

- A. An Executing Dancer is permitted to jump, leap, step, or push off a Supporting Dancer
- B. A Supporting Dancer may release/toss an Executing Dancers
- C. Basket Tosses are prohibited, but:
  - 1. A dancers may be safely released and caught in a dance lift if the Executing Dancer remains in a horizontal position or vertical position with the head about the feet
  - 2. The Executing Dancer is prohibited from flipping while in the air
  - 3. The Executing Dancer must be caught by the hands of the Supporting Dancer(s) and returned to the performance floor safely.

## COMPETITION ROUTINE GUIDELINES

- A. Teams may make substitutions in the event of injury.
  - 1. Substitute participants must be listed on the team's participant roster as an alternate.
- B. Any equipment or items that may damage the performance floor are **prohibited**.

## JEWELRY & PROPS

- A. Jewelry is permitted if:
  - 1. Not considered hazardous to the safety of the performers
  - 2. Part of the performer's costume.
- B. Props
  - Poms are recommended in the Pom or Team Performance only.*
  - 1. Dry ice, confetti, glass, canned smoke, water or other liquid, or other similar loose material that may obstruct the judges view or affect the condition of the performance floor are **prohibited**.
  - 2. Props are permitted in each category if the prop is considered wearable, handheld, or freestanding
  - 3. Props are permitted to be taken off or released in a safe manner.
  - 4. Chairs, ladders, stools, and other large or standing items are permitted if they are used/moved during routing and can be used/moved by a single dancer.
  - 5. Backdrops are **prohibited**.