

PERFORMED BY INDIVIDUALS

1.	Inverted Skills: a) Non-airborne inverted skills must involve hand support with both hands throughout the entire skill and are not allowed while holding poms/any item(s) in supporting hand(s). Example: Headstand, Handstand, Stall/Freeze are allowed; Head Spins are not allowed. b) Airborne inverted skills, with or without hand support, are not allowed. Exception: Kip-up with hand support originating from the performance surface is allowed providing the athlete does not hold poms/any item(s) in supporting hand(s).
2.	Skills with Hip-over-head rotation: a) Non-airborne hip-over-head rotation skills with hand support are not allowed while holding poms/any item(s) in supporting hand(s). a. Exception: Forward rolls, Backward rolls b) Non-airborne hip-over-head rotation skills are limited to two consecutive skills. c) Airborne hip-over-head rotation skills with or without hand support are not allowed. a. Exception: Round Off – not connected to any other Hip-over-head rotation skill. d) Airborne hip-over-head rotation skills with or without hand support over another athlete are not allowed.
3.	A Hip-over-head rotation skill performed by an athlete(s) over/under another athlete(s) simultaneously performing a Hip-over-head rotation skill is not allowed.
4.	Drops to any body part other than the hand(s) or foot/feet are not allowed.
5.	Landing in a push-up position onto the performance surface from any airborne skill is not allowed.

PERFORMED BY GROUPS & PAIRS

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

1.	The Performing Athlete must maintain contact with a minimum of 1 Supporting Athlete who is in direct contact with the performance surface.
2.	At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill. <i>Clarification: Performing Athlete cannot be released.</i>
3.	The lift may not elevate the Performing Athlete's hips above head level.
4.	The Performing Athlete may not be inverted in any elevated skill. <i>Clarification: The Performing Athlete may be vertically inverted if connected to the performance surface.</i>
5.	Hip-over-head rotation of the Performing Athlete(s) is not allowed while elevated from the performance surface.

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Dismounts to the Performance Surface

1.	The Performing Athlete may not be released. <i>Clarification: Contact must be maintained until the Performing Athlete returns to the performance surface.</i>
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NOVICE RULES TECHNICAL SKILL PARAMETERS/LIMITATIONS

RED Denotes Hip Hop-Specific Rules

1.	Stationary turns are allowed provided: - The working leg is held close to the performance surface or in a Passé, Pencil, Coupé or Drag position. - The supporting leg maintains contact with the performance surface. <i>Examples: Pirouette, 2-step Spin, Corkscrew</i> - The stationary turn is limited to 2 consecutive rotations.
2.	Turns that intentionally travel are limited to 2 consecutive rotations. <i>(Examples: Chainé Turn, Piqué Turn, Circle Glide, Traveling Two-Step)</i>
3.	Leaps and jumps are allowed provided: - The skills do not involve a release of the head up/toward the back while airborne. - The skills do not involve rotation on the vertical axis while airborne. - Legs do not move across the vertical axis while airborne. <i>Examples: Toe Touch, Grand Jete</i> Exception: <i>Shuffles/Running Man, Rocks</i>
4.	Inverted Spins are allowed provided: - The Performing Athlete's back/spine must maintain contact with the performance surface throughout the skill. <i>Clarification:</i> A Performing Athlete may not spin on their shoulders or head; hands only. <i>Example:</i> A Backspin is allowed; a Halo is not. - The inverted spins are limited to two consecutive rotations.



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