

PERFORMED BY INDIVIDUALS

1.	Inverted skills: a) Non-airborne inverted skills must involve hand support with at least one hand throughout the entire skill and are not allowed while holding poms/any item(s) in supporting hand(s). Example: Headstand, Handstand, Stall/Freeze b) Airborne inverted skills with or without hand support are not allowed. <u>Exception:</u> Kip-up with hand support originating from the performance surface and Hand Hops that do not become a Hip-over-head rotation, provided the Performing 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). <u>Exception:</u> Forward rolls, Backward rolls b) Non-airborne hip-over-head rotation skills are limited to 2 consecutive skills. c) Airborne hip-over-Head rotation skills with hand support are allowed provided the skills are: i. Limited to 2 consecutive hip-over-head rotation skills. ii. Not airborne in approach although may be airborne in the descent. (Clarification: In the approach the hands must touch the performance surface prior to the athletes' feet losing contact with the performance surface.) (Example: Round Off, Headspring) d) Airborne hip-over-head rotation skills without hand support are not allowed. (<u>Exception:</u> Aerial Cartwheel, Side Somi: not connected to any other Hip-over-head rotation skills.) e) 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 that is in direct contact with the performance surface.
2.	At least one Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above shoulder level.
3.	The Performing Athlete may be inverted in an elevated skill provided: a) Contact between the Performing Athlete and at least 1 Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position. b) The height of the Performing Athlete's shoulders does not exceed shoulder-level.
4.	Hip-over-head rotation of the Performing Athlete(s) is allowed provided: a) Contact between the Performing Athlete and the Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position. b) The height of the Performing Athlete's hips does not exceed head-level. c) The Performing Athlete is limited to 1, continuous hip-over-head rotation.

PERFORMED BY GROUPS & PAIRS: RELEASES TO THE PERFORMANCE SURFACE (DISMOUNTS)

CLARIFICATION: May be assisted, but not required

1.	A Performing Athlete may jump, leap, step or push off a Supporting Athlete provided: - The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder level and the performing athlete must land on their foot/feet. - The Performing Athlete is not inverted when released. - The Performing Athlete does not enter into or travel through an inverted position after the release.
2.	A Supporting Athlete(s) may toss a Performing Athlete provided: - The highest point of the released skill does not elevate the Performing Athlete's hips above shoulder level and the performing athlete must land on their foot/feet. - The Performing Athlete is not supine or inverted when released. - The Performing Athlete does not enter into or travel through an inverted position after the release.

INTERMEDIATE RULES TECHNICAL SKILL PARAMETERS/LIMITATIONS

RED Denotes Hip Hop-Specific Rules

1.	Stationary Turns are allowed provided: - The working leg is held in any position, waist-level or lower. Exception: <i>Single Illusion Turn, Single Leg Hold Turn, High Kick Turn</i> - The supporting leg does not have to maintain contact with the performance surface, provided the working leg is held in a position waist-level or lower. Example: <i>Axel Turn and Axel Turn variations.</i> - The stationary turn is limited to 3 consecutive rotations.
2.	Turns that intentionally travel are limited to 4 consecutive rotations. Example: <i>Chainé Turn, Piqué Turn, Circle Glide, Traveling Two-Step</i>
3.	Leaps and jumps may involve releasing the head up/towards the back while airborne. Example: <i>C-Jump, Firebird, Ring Leap</i>
4.	Leaps and jumps are allowed provided: - The skills do not involve rotation on the vertical axis while airborne. Exception: <i>Calypso, 360 Jump not connected to any other skills</i> - Legs do not move across the vertical axis while airborne. Exception: <i>Traditional Switch Leap, Shuffle/Running Man, Rocks</i>
5.	Inverted Spins are allowed provided: - The Performing Athlete's back/spine must maintain contact with the performance surface throughout the skill. Clarification: <i>a Performing Athlete may not spin on their shoulders, head, or hands only.</i> Example: <i>A backspin is allowed; a Halo is not.</i> - Inverted spins are limited to 3 consecutive rotations.



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