

PERFORMED BY INDIVIDUALS

1.	Inverted Skills: - Airborne inverted skills with hand support are not allowed while holding poms/any item(s). - Airborne inverted skills without hand support are not allowed.
2.	Skills with hip-over-head rotation: - Non-airborne hip-over-head rotation skills are allowed provided the Athlete is not holding poms/any items in the supporting hand(s). Exception: <i>Forward Roll, Backward Roll.</i> - Airborne hip-over-head rotation skills with hand support are allowed under the following conditions: - The skill(s) are limited to 2 consecutive hip-over-head rotations. - The Athlete does not hold any item(s) in the supporting hand(s). - Airborne hip-over-head rotation skills without hand support are allowed, provided that all of the following criteria are met: - Involves no more than 1 twisting transition. - Does not connect to another skill that is airborne with hip-over-head rotation without hand support. - Are/Is limited to 2 consecutive hip-over-head rotation skills.
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.	A drop to any body part other than the hand(s) or foot/feet is not allowed. <i>Exception: Only drops to the shoulder, back or seat are permitted, provided that the height of the airborne individual does not exceed hip-level.</i>
5.	Landing on the performance surface in a push-up position from an airborne skill while holding poms/any item in supporting hand(s) is not allowed.

PERFORMED BY GROUPS & PAIRS

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

1.	At least one Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder-level.
2.	At least 1 Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level. <i>Exception: When a Performing Athlete is supported by 1 Supporting Athlete, the Performing Athlete may be released at any level provided:</i> - The Performing Athlete is not inverted and does not travel through an inverted position after the release. - The Performing Athlete is either caught, assisted or supported to the performance surface by 1 or more Supporting Athlete(s). - The Performing Athlete is not caught in a prone position. - Any Supporting Athlete does not hold poms/any item throughout the entire skill.
3.	Hip-over-head rotation of the Performing Athlete(s) is allowed, provided that contact between the Performing Athlete and at least 1 Supporting Athlete(s) must be maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
4.	A Vertical Inversion is allowed provided: - Contact between the Performing Athlete and at least 1 Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position. - When the height of the Performing Athlete's shoulders exceeds shoulder level, there is at least 1 additional athlete to spot who is not currently bearing the weight of the Performing Athlete. Clarification: <i>When there are 3 Supporting Athletes, an additional spot is not required.</i>

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

CLARIFICATION: May be assisted, but not required

RED denotes Hip Hop-specific Rules

BLUE denotes Pom-specific Rules

1.	A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:		
	POM a) The highest point of the released skill does not elevate the Performing Athlete's hips above head-level. b) The Performing Athlete does not enter into or travel through a prone or inverted position after the release.	HIP HOP a) At least one part of the Performing Athlete's body is at or below head-level at the highest point of the released skill. b) The Performing Athlete does not enter into or travel through a prone or inverted position after the release.	JAZZ & HIGH KICK a) At least one part of the Performing Athlete's body is at or below head-level at the highest point of the released skill. b) The Performing Athlete does not enter into or travel through a prone or inverted position after the release.
2.	A Supporting Athlete(s) may toss a Performing Athlete provided:		
	POM a) The highest point of the released skill does not elevate the Performing Athlete's hips above head-level. b) The Performing Athlete is not supine or inverted when released. c) The Performing Athlete does not enter into or travel through a prone or inverted position after release.	HIP HOP a) At least one part of the Performing Athlete's body is at or below head-level at the highest point of the released skill. b) The Performing Athlete is not supine or inverted when released and must land on their foot/feet. c) The Performing Athlete does not enter into or travel through an inverted position after release.	JAZZ & HIGH KICK a) At least one part of the Performing Athlete's body is at or below head-level at the highest point of the released skill. b) The Performing Athlete is not supine or inverted when released and must land on their foot/feet. c) The Performing Athlete does not enter into or travel through an inverted position after release.

PREMIER RULES TECHNICAL SKILL PARAMETERS/LIMITATIONS

1.	Aside from the Premier Division rules detailed herein, there are no additional progression skill limitations for the Pom, Jazz, High Kick or Hip Hop Premier Divisions.
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Email: info@cheerunion.org