

**SPECIAL OLYMPICS USA GAMES
ORLANDO 2022**

**Competitive Cheerleading
General Information
Divisions Rules & Regulations**

GENERAL INFORMATION

The Competitive Cheerleading Competition portion of the Special Olympics USA Games Orlando 2022 (the "Games") will be held on Monday & Tuesday 06 & 07 June 2022 at the *Walt Disney World Resort ESPN Wide World of Sports®* Complex. The enclosed information is intended specifically for the qualified Competitive Cheerleading Teams & Coaches to assist in their preparation for the Competitive Cheerleading Competition portion of the Games. For more information and further details on any portion of the 2022 Special Olympics USA Games, please reference www.2022specialolympicsusagames.org. Thank you!

I. Tentative Schedule of Competitive Cheer Competition

Sunday 05 June 2022

- Special Olympics USA Games Opening Ceremonies
(Special Olympics USA Games runs Sunday-Saturday 05 -11 June 2022)

Monday 06 June 2022

- Morning: Pre-scheduled Main Floor Warm Up Times - Novice/Level 1 Small Team Traditional & Unified Divisions
- **Afternoon: Day 1 Competition - Novice/Level 1 Small Team Traditional & Unified Divisions (25% of total score)**

Tuesday 07 June 2022

- Morning: Pre-scheduled Main Floor Warm Up Times - Novice/Level 1 Small Team Traditional & Unified Divisions
- **Afternoon: Day 2 Competition - Novice/Level 1 Small Team Traditional & Unified Divisions (75% of total score)**
- Afternoon/Evening: Final Results & Medal Presentations

Saturday 11 June 2022

- Special Olympics USA Games Closing Ceremonies

II. Special Olympics USA Games Competitive Cheer Divisions (2 Divisions):

- Novice/Level 1 Small Team Traditional Division
- Novice/Level 1 Small Team Unified Division

III. Time of Routine

1. Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds. Maximum time between Cheer and Music portion: Twenty (20) seconds.
2. Music portion: Two minutes, fifteen seconds (2:15)

IV. Cheer Portion of Routine

The Cheer portion of the routine is worth 10 points (of 100 points) and is based on the ability to lead the crowd in support of the team itself, the team's program it represents and/or the team's Special Olympics Program. Use of signs, poms, flags, megaphones and practical use of stunt/pyramids is encouraged to lead the crowd. A cheer can be included in the beginning or middle of routine and use of sign language is also encouraged when applicable but is not required. Cheer video examples can be provided.

V. Team Size/Number of athletes per team

- Novice/Level 1 Small Team Traditional Division (4-15 athletes. 100% of Athletes with an ID)
- Novice/Level 1 Small Team Unified Division (4-15 athletes. 1:1 ratio of Athletes with an ID : Unified Partners)

VI. Age of Athlete

- Novice/Level 1 Small Team Traditional Division: 16 years and older at the time of competition
- Novice/Level 1 Small Team Unified Division: 16 years and older at the time of competition

IX. Performance Surface

No spring floor, standard foam mat surface. (9 strips/42 feet x 54 feet or 12.8 meters x 16.5 meters)

CHEERLEADING TEAM DIVISION RULES & REGULATIONS

I. GENERAL RULES

- A. All teams must be supervised during all official functions by a qualified director/advisor/coach.
- B. All directors, advisors and coaches should have an emergency response plan in the event of an injury.
- C. All teams must be qualified by their USA Special Olympics Program.

II. TOURNAMENT

- A. The Competitive Cheer Competition of the Special Olympics USA Games 2022 (05-11 June 2022) will take place on Monday 06 June 2022 & Tuesday 07 June 2022 in Orlando Florida.
Sunday 05 June 2022
USA Games Opening Ceremonies
Monday 06 June 2022
Morning: Day 1 Pre-Scheduled Team Warm Up
Afternoon: Day 1 Competition (25% of total score)
Tuesday 07 June 2022
Morning: Day 2 Pre-Scheduled Team Warm Up
Afternoon: Day 2 Competition (75% of total score)
Afternoon/Evening: Results & Medal Ceremonies
Sunday 12 June 2022
USA Games Closing Ceremonies
- B. The competition is scheduled to be held at the ESPN Wide World of Sports ® Complex.
- C. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES** — Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
- B. **PERFORMANCE** — Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the

competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

V. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety; however, will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. FAULT OF TEAM

1. 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.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety; however, will be evaluated **ONLY** from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the

competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety; however, will be evaluated ONLY from the point where the interruption occurred.

3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
4. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
 - d. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

VI. INTERPRETATIONS AND/OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

VIII. SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, spotters will be provided for all official rehearsal and competition floors. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

IX. MUSIC

- A. For the Competitive Cheer Competition, all teams will have the choice of following the USA Cheer (<https://www.usacheer.org/music>) or ICU (<http://cheerunion.org/education/musicinfo/>) Music Copyrights Educational Initiative.
- B. I have read and understand the USA Cheer or ICU Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with the written license from the owner(s) of the sound recordings.
- C. Teams must be able to provide proof of licensing during the registration at the Championships.
- D. If a team does not have proof of music licensing available, they will be allowed to perform to an optional approved track of music or a track with counts (provided by the ICU) or can count verbally.
- E. If a team cannot provide proof of licensing, and do not perform to an optional approved track of music or to counts, the team will be disqualified from the competition.
- F. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- G. A challenge can only be made by the official coach or an official National Federation representative of a team competing at the event at where the challenge is being made.
- H. Challenge Process:
 1. All music challenges must be submitted in writing to the Competition head official.
 2. There will be a \$100 USD fee to request a music challenge.
 3. Fees collected will be returned if the challenge is correct.
 4. If the team challenged can provide documentation during the event or can be verified, the fees will be donated to a local children's charity, St. Jude Children's Research Hospital.
 5. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- I. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for

start the music and stopping the music in case of technical malfunction or injury.

- J. If available and if applicable, it is recommended that teams who prepare their routine music on a Digital Audio Workstation (DAW) should assure the volume of the music is at "0". Should a DAW be available, a few additional reminders:
- Most DAWs have a default that sets a track at -6 when a track is added
 - Check to see if there is a normalization process after the work is rendered/saved
- K. All teams must provide their own CD or MP3 device for use on the sound system provided for the event. Music must be recorded at the correct tempo on a high-quality CD or loaded onto an MP3 device.
- L. Use of a Smart Phone for playing routine music is not recommended due to the probably of music interference during the routine.
- M. MP3 devices must be free of any cover (protective, decorative or otherwise) to assure an unobstructed connection with the event sound system.
- N. It is important (if applicable) that all devices have a headphone connection component/jack to connect to the sound system and that all devices are fully charged, volume turned up and placed in airplane mode. For teams using a CD, it is important that the CD is unscratched to prevent a music malfunction while in play.
- O. All device connection components/jacks must be clean and free of any debris to prevent a music malfunction. Should a team's device not have a headphone connection component/jack, then the team must have an adapter to accommodate this device requirement on site for the competition.
- P. Music on a CD must be labeled with the team/country name and division. One (1) or more selections of music may be used within accordance of the rules enclosed herein; however, based on the higher probably of technical errors of CDs, teams must also have their routine music on an MP3 device for back up.
- Q. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

X. LOGO USAGE

Logo usage will follow the guidelines of Special Olympics www.specialolympics.org & the Special Olympics USA Games 2020 www.2022specialolympicsusagames.org

XI. MEDIA POLICY

Media Policy will follow the guidelines of Special Olympics www.specialolympics.org & the Special Olympics USA Games 2020 www.2022specialolympicsusagames.org

XII. CHEERLEADING GENERAL SAFETY RULES

- A. All athletes must be supervised during all official functions by a qualified director/coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
- C. All teams, coaches and directors must have an emergency response plan in the event of an injury.
- D. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
- E. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
- F. 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.
- G. 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 is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. *Clarification: Rhinestones are allowed when adhered to the uniform and not allowed if adhered to the skin.*
- H. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
- I. Flags, banners, signs, poms, megaphones and pieces of cloth are the only props allowed (Exception: Special Olympics athlete mobility/support devices). 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 harm's way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
- J. Supports, braces and soft casts that are unaltered from the manufacturer's original design/production do not require additional padding. Supports, braces and soft casts that have been altered from the manufacturer's original

design/production must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch/1.27 centimeters thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids or tosses.

Exception: Within the Special Olympics Abilities Divisions, a mobile assistance and support devices in use to assist the athlete are considered part of the athlete. In these cases, the rules listed within “J” does not apply.

- K. From a level grid standpoint, all skills allowed at a particular level additionally encompass all skills allowed in the preceding levels.
- L. Required spotters for all skills must be your own team’s members and be trained in proper spotting techniques.
- M. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.
Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
- N. 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.
- O. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be “replaced” by another performer during a routine.
- P. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
- Q. For purposes of promotion of international sport and the global athletic image of the Sport of Cheer, athletes are recommended to compete in national team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position. For purposes of awareness, this is only a recommendation for 2022.

MOBILITY & SUPPORT DEVICE RULES

Note: The use of the term “wheelchair” below also applies to the use of scooters and similar mobility devices, as is applicable.

- A. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are

removed, in which case they are considered legal props, until replaced on or returned to the athlete.

- B. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill with an added and appropriate anti-tip attachment (or a spotter/bracer with both feet firmly placed on the performance surface with both hands gripped on the 2 back handles stabilizing the wheelchair with both wheels on the performance surface) for safety. *Clarification For a wheelchair anti-tip attachment to be appropriate, it must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.*
- C. Mobility devices (i.e. wheelchairs, crutches, etc.) may be used to aid the top person in loading into a stunt and/or pyramid. Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load into a skill.
- D. Wheelchair users when topping stunts and pyramids in the wheelchair (or similar apparatus) must use a seatbelt.
- E. All athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
- F. All athletes spotting, catching and/or cradling a skill must have at minimum 1 arm extended, not including a prosthetic or other device, beyond the elbow to adequately assist with the skill.
- G. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill.

ICU SPECIAL OLYMPICS (UNIFIED & TRADITIONAL) SPECIFIC DIVISION CRITERIA

- A. All ICU general rules & guidelines, mobility/support device rules, as well as routine requirements apply.
- B. All Special Olympics Unified National Teams must be comprised of a 1:1 ratio of Athletes with and without an Intellectual Disability (ID).
- C. All Special Olympics Traditional National Teams must be comprised of 100% Athletes with an Intellectual Disability (ID).
- D. All Stunts and Pyramids - at prep level or above - will require the spot of a Coach or Assistant for safety purposes. Should the Coach or Assistant

assist in the skill, directly or indirectly (for safety reasons), while spotting the skill- a reduced point value will be reflected in the team score for the respective category based on the level of assistance provided.

- E. Tosses are not allowed.
- F. Spotted and assisted tumbling is not allowed in Competition; however, spotted and assisted tumbling is allowed in Exhibition performances.
- G. Up to three (3) Coach(es) and/or Assistant(s) are allowed to signal from the front of the mat and may not obstruct the view of the judges. Additionally, there is no limit to the number of Assistants around the perimeter of the floor in a squat position.
- H. Assistants shall be dressed in contrasting attire compared to the Athletes, so it is clear to the judges who are the Athletes and who are the Assistants on the floor at any time. For example, Assistants shall wear a dark t-shirt and pants in contrast to the Athletes' lighter colored uniform (or vice versa); however, Assistants may not wear a Cheerleading or Performance Cheer uniform during the routine.
- J. Assistants shall wear athletic shoes (e.g. no flip-flops) and shall not wear any jewelry for the protection of the Athletes.
- K. Skill difficulty performed by a Unified Partner within a specific category (e.g. tumbling, partner stunts, pyramids, etc.) must not exceed the difficulty of a comparable skill or a skill within the same category performed by an athlete with an intellectual disability, unless an athlete with an intellectual disability is part of the skill (e.g. a partner stunt group, pyramid, etc.), and compliant with the rules detailed herein.
- L. As a potential condition for an athlete with an intellectual disability or neurological symptom, any athlete that may potentially have Atlanto-Axial Instability (AAI) or any physical condition associated with spinal cord compression, coaches must reference "Spinal Cord Compression (SCC) /Atlantoaxial Instability (AAI) Rules & Guidelines."

**SPECIAL OLYMPICS (UNIFIED & TRADITIONAL)
NOVICE / LEVEL 1 DIVISION**

GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface.
Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped

in a non-inverted position before continuing into the hip-over-head transition or stunt.

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

Exception: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed in the Special Olympics (Unified & Traditional) Novice Division.

- B. Tumbling over, under, or through a stunt, individual, or prop is not allowed.
Clarification: An individual may jump over (rebound) another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

**SPECIAL OLYMPICS (UNIFIED & TRADITIONAL)
NOVICE / LEVEL 1 DIVISION
STANDING & RUNNING TUMBLING**

- A. Skills must involve constant physical contact with the performance surface.
Exception: Block cartwheels and round offs are allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and roundoffs are allowed.
- D. No tumbling is allowed in immediate combination after a round off. If tumbling does occur after a round off, a clear and distinct pause must immediately follow a round off or round off rebound.
- E. Front and back handsprings are not allowed.

**SPECIAL OLYMPICS (UNIFIED & TRADITIONAL)
NOVICE / LEVEL 1 DIVISION
STUNTS**

- A. Spotters:
 - 1. A spotter is required for each top person at prep level and above.

Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (e.g. v-sits, extended flats backs, etc.) are considered prep level stunts.

Clarification 1: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.

Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms (excluding floor stunts), this skill would be considered extended and therefore not allowed, regardless of the back spot's position.

Exception: Shoulder sits/straddles, t-lifts and stunts with up to a ½ twist transition where the top person starts and ends on the performance surface while only being supported continuously at the waist, do not require a spotter.

2. A spotter is required for each top person in a floor stunt.

Clarification: The spotter may grab the top person's waist in a floor stunt.

B. Stunt Levels:

1. Single leg stunts are only allowed at waist level.
Exception 1: Prep level single leg stunts are allowed if the top person is connected to someone standing on the performance surface, which must be a separate person other than the base(s) or spotter. The connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.

Exception 2: A walk up shoulder stand is allowed in the Special Olympics (Unified & Traditional) Novice Division if both hands of the top person are in contact with both hands of the base until both feet of the top person are placed on the shoulders of the base.

2. Stunts above prep level are not allowed. A stunt may not pass above prep level.

Clarification: Taking the top person above the head of the bases is not allowed.

- C. Twisting stunts and transitions are allowed up to a total of a ¼ twisting rotation by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds a ¼ rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.

Exception 1: Rebounding to a prone position (½ twist to stomach) is a stunt that is allowed in the Special Olympics (Unified & Traditional) Novice Division.

Exception 2: ½ wrap around stunts are allowed in the Special Olympics (Unified & Traditional) Novice Division.

Exception 3: Up to a ½ twist is allowed if the top person starts and ends on the performance surface and is only supported at the waist and does not require an additional spotter.

- D. During transitions, at least one base must remain in contact with the other top person.

Exception: Leap frogs and leap-frog variations are not allowed in the Special Olympics (Unified & Traditional) Novice Division.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.

- F. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.

Clarification 1: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.

Clarification 2: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person, regardless if the stunt or pyramid is separate or not.

Example: A shoulder sit walking under a prep is not allowed.

Exception: An individual may jump over another individual.

- G. Single based split catches are not allowed.

- H. Single based stunts with multiple top persons are not allowed.

**SPECIAL OLYMPICS (UNIFIED & TRADITIONAL)
NOVICE / LEVEL 1 DIVISION**

Stunts-Release Moves

1. No release moves are allowed other than those allowed in Special Olympics (Unified & Traditional) Novice Division "Dismounts" and "Tosses".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is not allowed.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

**SPECIAL OLYMPICS (UNIFIED & TRADITIONAL)
NOVICE / LEVEL 1 DIVISION**

Stunts-Inversions

1. Inversions are not allowed.
Clarification: All inverted athletes (the top person) must maintain contact with the performance surface (see Special Olympics Unified & Traditional) Novice Division "Standing/Running Tumbling").

Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

- K. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
Clarification: A person standing on the ground is not considered a top person.

**SPECIAL OLYMPICS (UNIFIED & TRADITIONAL)
NOVICE / LEVEL 1 DIVISION**

PYRAMIDS

- A. Pyramids must follow Special Olympics (Unified & Traditional) Novice Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or must dismount to the

performance surface, may not be connected to a bracer that is above prep level, and must follow the Special Abilities (Unified & Traditional) Novice Division "Dismount" rules.

- C. Two leg stunts:
 1. Two leg stunts must be braced by a top person at prep level or below with a hand-arm connection only, with the following conditions:
 - a. The connection must be made prior to initiating the two-leg extended stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.
Exception: Prep level top persons are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
 2. Two leg extended stunts may not brace or be braced by other extended stunts.
- D. Single leg stunts:
 1. Prep level single leg stunts must be braced by at least one person at prep level or below with a hand-arm connection only, with the following conditions:
 - a. The connection must be made prior to initiating the single leg prep level stunt.
 - b. Prep level top person bracers must have both feet in bases' hands.
Exception: Prep level bracers are not required to have both feet in the bases' hands if the top person is in a shoulder sit, flat back, straddle lift or shoulder stand.
 1. Extended single leg stunts are not allowed.
- E. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.
Clarification: A top person may not pass over or under the torso (midsection of an athlete's body) of another top person, regardless if the stunt or pyramid is separate or not.
Example: A shoulder sit walking under a prep is not allowed.

**SPECIAL OLYMPICS (UNIFIED AND TRADITIONAL)
NOVICE / LEVEL 1 DIVISION
DISMOUNTS**

Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
Clarification 1: Sponge, Load In, Squish cradles are considered tosses and are not allowed in any Special Abilities division.
Clarification 2: All waist level cradles are not allowed.
- C. Dismounts must return to the original base(s):
Exception 1: Dismounts to the performance surface must be assisted by either an original base and/or spotter.
Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performance surface without assistance.
Clarification: An individual may not land on the performance surface from above waist level without assistance.
- D. Only straight pop downs, basic straight cradles are allowed.
- E. Twisting dismounts (including a ¼ turn/rotation) are not allowed.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from skills above a prep level in pyramids.
- H. No free flipping or assisted flipping dismounts are allowed.
- I. Dismounts may not intentionally travel.
- J. Top persons in dismounts may not come in contact with each other while released from the bases.
- K. Tension drops/rolls of any kind are not allowed.

SPECIAL OLYMPICS (UNIFIED AND TRADITIONAL) NOVICE / LEVEL 1 DIVISION TOSSES

- A. Tosses are not allowed.
Clarification 1: This includes “Sponge” (also known as Load Ins or Squish) tosses.
Clarification 2: All waist level cradles are not allowed.

XIII. GLOSSARY OF TERMS

Note: The skills listed within the Glossary of Terms are enclosed for educational & deterrence purposes as a vast majority of the skills listed ARE NOT allowed within the Special Olympics Novice / Level 1 Divisions. For an accurate list of skills allowed within the Special Olympics Novice / Level 1 Divisions, please reference the Special Olympics Novice / Level 1 Division Rules.

1/2 Wrap around: A stunt skill that involves a single base holding a top person usually in a cradle position (as seen in “Swing Dancing”). The base then releases the legs of the top person and swings the legs (which are together) around the back of the base. The base then wraps their free arm around the legs of the top person with the top person’s body wrapped around the back or the base.

Aerial (noun): Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial (adjective): 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 performance surface to propel himself/herself away from the performance surface.

All 4s Position: An “All 4s Position” is when an athlete is on their hands and knees on the performance surface but not in a tucked (nugget) position. When this person is supporting a top person, the “All 4s” position is a waist level stunt.

Assisted-Flipping Stunt: 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”)

Atlantoaxial Instability (AAI): Please see Section XIV “Spinal Cord Compression (SCC) / Atlantoaxial Instability (AAI) Rules & Guidelines.”

Backbend: An athlete’s body position created when an athlete bends forming a backward arched body position, typically supported by the athlete’s hands and feet with the abdomen facing upward.

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

Backward Roll: A non-aerial tumbling skill where the athlete rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

Ball - X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position with the arms and legs or just the legs.

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. (See also: "New Base" and/or "Original Base"). If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base.

Basket Toss: A toss involving 2 or 3 bases and a spotter; 2 of the bases use their hands to interlock wrists.

Block: A tumbling term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill.

Block Cartwheel: A momentarily airborne cartwheel created by the athlete "blocking" through the shoulders against the performance surface during the execution of the skill.

Brace: A physical connection that helps to provide stability from one top person to another top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

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).

Bracer: A person in direct contact with a top person that helps to provide stability to the top person. This person is separate from a base or spotter.

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

Catcher: Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers:

1. must be attentive
2. must not be involved in other choreography
3. must make physical contact with the top person upon catching
4. must be on the performing surface when the skill is initiated

Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand and underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the torso of the top person.

Coed Style Toss: A toss skill that involves a single base grabbing the top person at the waist and tossing the top person from ground level.

Cradle: A dismount in which the top person is caught in a cradle position.

Cradle Position: Base(s) supporting a top person by placing arms wrapped under the back and under the

legs of the top person. The top person must land in a "V"/pike/hollow body position (face up, legs straight and together) below prep level.

Cupie: A stunt where a top person is in an upright (standing) position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome."

Dismount: The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a "Dismount". When/if performing a skill from the cradle to the ground the skill will follow stunt rules (twisting, transitions, etc.).

Dive Roll: An airborne tumbling skill with a forward roll where the athlete's feet leave the ground before the athlete's hands reach the ground.

Double-Leg Stunt: See "Stunt".

Double Cartwheel: An inverted stunt with partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

Downward Inversion: A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

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

Extended Arm Level: The highest point of a base's arm(s) (not spotter's arms) 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, in an upright position, supported by a base(s) with the base(s) arms fully extended. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). Examples of "Extended Stunts": Extension, Extended Liberty, Extended Cupie. Examples of stunts that are not considered "Extended Stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. (These are stunts where the base(s) arm(s) are extended overhead; however, are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.)

Extension Prep: See "Prep".

Flat Back: A stunt in which the top person is lying horizontal, face-up, and is usually supported by two or more bases.

Flip (Stunting): A stunting skill that involves hip-over-head rotation without contact with the performing surface or base(s) as the body passes through the inverted position.

Flip (Tumbling): A tumbling 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.

Floor Stunt: Base lying on performance surface on their back with arm(s) extended. A "Floor Stunt" is a waist level stunt.

Flyer: See "Top Person".

Forward Roll: A non-airborne 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 Stunt: A Stunt Release Move in which the top person passes through an inverted position without physical contact with a base, brace, or the performing surface. (*This does not include Release Moves that start in an inverted body position and rotate to a non-inverted body position.*)

Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performance surface.

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

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip.

Front Walkover: A non-aerial tumbling skill in which an athlete 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.

Ground Level: To be on the performance surface.

Half (Stunt): See "Prep".

Hand/Arm Connection: The physical contact between 2 or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring: An airborne tumbling skill in which an athlete starts from the feet and jumps forwards or backwards rotating through a handstand position. The athlete then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.

Handstand: A straight body inverted position where the arms of the athlete are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which 1 or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and 1/2 high pyramid due to the weight of the top person being borne at the 2nd level.

Helicopter Toss ("Helicopter"): 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.

Horizontal Axis (Twisting in Stunts): An invisible line drawn from front to back through belly button of the top person.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for a stunt is the bottom of the dip from which the skill originates.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the athlete's shoulders are below her/his waist and at least one foot is above her/his head.

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

Jump Skill: A skill that involves a change in body position during a jump. (e.g. a toe touch, pike, etc..)

Jump Turn: Any turn that is added to a jump. A "straight jump" with a turn does not make the jump a "jump skill".

Knee (Body) Drop: See "Drop".

Layout: An airborne tumbling skill that involves a hip over-head rotation in a stretched, hollow body position.

Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning.

(Second Level) Leap Frog: Same as a "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Leg/Foot Connection: The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty: A stunt in which the base(s) hold 1 foot of the top person while the top person's other leg is bent placing the bent leg foot next to the supporting leg knee.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move in which the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Mount: See "Stunt".

Multi-Based Stunt: A stunt having 2 or more bases not including the spotter.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Non-Inverted Position: A body position in which either of the conditions below are met:

1. The top person's shoulders are at or above their waist.
2. The top person's shoulders are below their waist and both feet are below their head.

Nugget: A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. When an athlete in a nugget position is supporting a top person, they are considered a base of a waist level stunt.

Onodi: Starting from a back handspring position after pushing off, the athlete performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): Base(s) that is/are in contact with the top person during the initiation of the skill/stunt.

Pancake: A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Pike: Body position with the body bent forward at the hips with legs straight and together.

Platform Position: A single leg stunt where the top person's non-supported leg is held straight next to the supporting leg. Also known as a "dangle" or "target position".

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then immediately re-extend the top person.

Prep (stunt): A multi base, 2 leg stunt in which the top person is being held at shoulder level by the bases in an upright position.

Prep-Level: The lowest connection between the base(s) and the top person is above waist level and below extended level (e.g. prep, shoulder level hitch, shoulder sit, etc.). A stunt may also be considered at prep-level if the arm(s) of the base(s) are extended

overhead but are not considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. (e.g. flatback, straddle lifts, chair, t-lift, etc.). *Clarification: A stunt is considered below prep level if at least 1 foot of the top person is at waist level, as determined by the height/positioning of the base.* (Exception: chair, t-lift and shoulder sits are 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. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch: See "Rebound".

Punch Front: See "Front Tuck".

Pyramid: Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to propel off the performance surface - typically performed from or into a tumbling skill.

Release Move: When the top person becomes free of contact with all people on the performance surface; see "Free Release Move"

Rewind: A free-flipping release move from ground level used as an entrance skill into a stunt.

Round Off: Similar to a cartwheel except the athlete lands with 2 feet placed together on the ground instead of 1 foot at a time, facing the direction from which they arrived.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level: Any person being supported above from the performance surface by one or more bases.

Second Level Leap Frog: Same as "Leap Frog" but the top person is supported by bracer(s) instead of base(s) when traveling from one set of base(s) to another (or same) set of bases.

Series Front or Back Handsprings: Two (2) or more front or back handsprings performed consecutively by an athlete.

Shoulder Level: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

Show and Go: A transitional stunt in which a stunt passes through an extended level and returns to a non-extended stunt.

Shushunova: A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single-Based Double Cupie: A single base supporting 2 top persons who each have both feet in a separate hand of the base; see "Cupie"

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Spinal Cord Compression/Atlantoaxial

Instability (AAI): Please see Spinal Cord

Compression/Atlantoaxial Instability (AAI) Rules & Guidelines".

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be trained in proper spotting techniques.

The spotter:

- must be standing to the side or the back of the stunt, pyramid or toss.
- must be in direct contact with the performing surface.
- must be attentive to the stunt being performed.
- must be able to touch the base of the stunt in which they are spotting; however, does not have to be in direct physical contact with the stunt.
- cannot stand so that their torso is under a stunt.
- 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.
- may not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- may not be considered both a base and the required spotter at the same time. If there is only 1 person under a top person's foot, regardless of hand placement, that person is considered a base. Example: In a 2-leg stunt, the base of 1 of the legs is not allowed to also be considered the required spotter (regardless of the grip).

NOTE: If the spotter's hand is under the top person's foot it must be their front hand, the spotter's back hand MUST be placed at the back of

the ankle/leg of the top person or on the back side of the back wrist of the base.

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 still defined as "standing tumbling."

Step Out: A tumbling skill that lands on 1 foot at a time as opposed to landing on both feet simultaneously.

Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride: The body position of a top person performing a toss or dismount 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 1 or more persons. A stunt is determined to be "One (1) Leg" or "Two (2) Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot than the skill will be considered a "Two (2) Leg" stunt.

Suspended Roll: A stunt skill that involves hip overhead rotation from the top person while connected with hand/wrist to hand/wrist of the base(s) that is on the performing surface. The base(s) will have their arms extended during the rotation of the skill. The rotation of the top person is limited to either forward or backward.

Suspended Forward Roll: A suspended roll that rotates in a forward rotation. See "Suspended Roll".

Suspended Backward Roll: A suspended roll that rotates in a backward rotation. See "Suspended Roll".

T-Lift: A stunt in which a top person with arms in a t-motion is supported on either side by 2 bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.

Three Quarter (3/4) Front Flip (stunt): A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position.

Three Quarter (3/4) Front Flip (tumble): A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock: A stunt that is held in a static position on 1 leg, base(s) 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.

Toe/Leg Pitch: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Torso: The midsection/waist area of an athlete's body.

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from the performance 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. (See "Release Moves")

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

Transitional Pyramid: A top person moving from 1 position to another in a pyramid. The transition may involve changing bases provided at least 1 athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt: Top person or top persons moving from 1 stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a $\frac{1}{4}$ or $\frac{1}{2}$ turn by the bases in tosses such as a "Kick Full").

Tuck Position: A position in which the body is bent at the waist/hips with the knees drawn into the torso.

Tumbling: Any hip over-head skill that is not supported by a base that begins and ends on the performance surface.

Twist: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis)

Twisting Stunt: Any twisting transition involving a top person and a base(s). The degree of twist is generally determined by the total continuous rotation(s) of the top person's hips in relation to the performance surface. Twisting will be measured by using both the "Vertical Axis" (head-to-toe) and "Horizontal Axis" (through belly button in a non-upright position). Simultaneous rotation on the Vertical and Horizontal axes should be considered separately, not cumulatively, when determining the degree of twist. A dip by the

bases and/or change in direction of the twist/rotation, starts a new transition.

Twisting Toss: A toss in which the athlete rotates around their body's "Vertical Axis"

Twisting Tumbling: A tumbling skill involving hip overhead rotation in which an athlete rotates around their body's "Vertical Axis".

Unified Partner: An Athlete without an intellectual disability competing on a Special Abilities Unified or Special Olympics Unified Team.

Upright: A body position of a top person in which the athlete is in a standing position on at least 1 foot while being supported by a base(s).

V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position.

Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, based on the point of connection to the base(s), and are not considered a Waist Level stunts.

Walkover: A non-aerial tumbling 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 1 or both hands.

XIV. SPINAL CORD COMPRESSION/ATLANTOAXIAL INSTABILITY (AAI) RULES & GUIDELINES

A. **Overview:** Spinal cord compression may occur at any vertebral level as a result of either a bony or ligamentous abnormality. These abnormalities may predispose individuals to injury if they participate in activities that radically move the vertebrae at the area of compression. When spinal cord compression occurs at the cervical vertebrae (C-1 and C-2) in the neck, it is known as Atlanto-axial instability (AAI). Of note, people with Down syndrome are at higher risk for developing symptomatic AAI. Spinal cord compression/AAI can result in a number of signs or symptoms. Athletes who describe incontinence or any numbness, weakness, pain or discomfort, head tilt, spasticity or paralysis of any part of the body, especially if any of those symptoms are new or have worsened within the past 3 years, may need additional neurological evaluation before they can be cleared

to participate in certain skills in Cheer. It should be noted that NOT all neurological signs and symptoms (such as those that are stable and long-standing) will require further neurological evaluation for Spinal Cord Compression/AAI prior to participation.

- B. **Rules & Guidelines:** Spinal Cord Compression/AAI is referenced herein as a precaution for Special Olympic, Special Abilities and/or Adaptive Abilities Teams or any athlete that may potentially have Spinal Cord Compression/AAI. The presence of any signs or symptoms should be taken seriously as it is associated with significant risk of spinal cord injury in the sports environment. Any skill that may pose a danger to an athlete with symptoms of Spinal Cord Compression/AAI (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI at risk for a fall from a height) are prohibited without the written approval/clearance by a medical professional.
- C. **Documentation & Procedures:** All teams must follow the required documentation, procedures and policies of Special Olympics www.specialolympics.org & the Special Olympics USA Games 2020 www.2022specialolympicsusagames.org

XV. TIME LIMITATIONS/ MUSIC / ENTRANCES

- A. Each team will have a maximum of 2 minutes 15 seconds for music (2:15) and a recommended 30 seconds (:30) Cheer that must be performed in the beginning or middle of the routine.
- B. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- C. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
- D. If a team exceeds the time limit, a penalty will be assessed for each violation. One point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.
- E. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
- F. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing “play” and “stop” for the team.
- G. In order to keep the competition on time, teams must enter the performance floor as quickly as

possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

- H. Teams may not use Disney Themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

XVI. COMPETITION AREA

- A. The performance floor will be approximately 42 feet x 54 feet/12.8 meters x 16.5 meters. The surface will be traditional foam Cheerleading mat.
- B. Teams may line up anywhere inside the competition area.
- C. No penalty for stepping outside the area.

XVII. JUDGING CRITERIA

The judges will score the teams according to the judging criteria on a 100-point system.

SPECIAL OLYMPICS UNIFIED NOVICE / L1

CHEER CRITERIA 10 POINTS

Crowd leading ability/ability to lead the crowd for team’s nation, use of signs, poms, flags or megaphones, practical use of stunts/pyramids to lead the crowd, execution (sign language encouraged as is applicable but is not required)

PARTNER STUNTS 20 POINTS

Use of all athletes in partner stunts throughout routine
Execution of skills, Proper technique, Synchronization
Difficulty (level of skill), Creativity, Variety

PYRAMIDS 20 POINTS

Use of all athletes in pyramids throughout routine
Execution of skills, Synchronization (when applicable)
Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS 5 POINTS

Group tumbling, Execution of skills (includes jumps if applicable),
Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY 25 POINTS

Routine creativity for crowd effectiveness
Effective use of all athletes throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS 10 POINTS

Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL,

DANCE 10 POINTS

Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100)_____

SPECIAL OLYMPICS TRADITIONAL NOVICE / L1

CHEER CRITERIA 10 POINTS

Crowd leading ability/ability to lead the crowd for team’s nation, use of signs, poms, flags or megaphones, practical use of stunts/pyramids to lead the crowd, execution (sign language encouraged as is applicable but is not required)

PARTNER STUNTS 20 POINTS

Execution of skills, Proper technique, Synchronization
Difficulty (level of skill), Creativity, Variety

PYRAMIDS 20 POINTS

Execution of skills, Synchronization (when applicable)

Difficulty (level of skill), Creativity, Variety

TUMBLING/INDIVIDUAL SKILLS 5 POINTS

Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization

CHOREOGRAPHY 25 POINTS

Routine creativity for crowd effectiveness
Effective use skills throughout the routine
Synchronization, Variety

FLOW OF ROUTINE/TRANSITIONS 10 POINTS

Execution of routine components: flow, pace, timing of skills, transitions

OVERALL PRESENTATION, CROWD APPEAL, DANCE 10 POINTS

Overall presentation, showmanship, dance, crowd effect

TOTAL POINTS (100)_____

XVIII. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the International Cheer Union. As the teams make their presentations, the judges will score the teams using a 100-point system. In the event of a 1st place tie, the ranking points from each judge will be used to break the tie.

XIX. JUDGING / COMPETITION FORMAT

The Competitive Cheerleading Competition will be conducted in 2 days of full routine competition. Each day will be judged on the 100-point system and judging criteria as detailed herein. Day 1 will comprise of 25% and Day 2 will comprise of 75% of the total score culminating into 100% of the total score for the final placements. Day 1 Order of Competition will be determined by a random drawing. Day 2 Order of Competition will be based on score results of Day 1, running from the lowest score to highest score for each respective division. Should any adjustments to the Order of Competition be required, final determination of the Order of Competition will be to the discretion of the tournament director.

XX. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of their respective team's final placement.

XXI. FINALITY OF DECISIONS

By participating in this championship, each team agrees that decision 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.

XXII. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles or awards agree to have all appearances, endorsements and publicity will follow the policies of Special Olympics www.specialolympics.org & the Special Olympics USA Games 2020 www.2022specialolympicsusagames.org

XXIII. PENALTIES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please send a video copy of your skill(s) in question to cheer.rules@cheerunion.org.

We have reviewed these Special Olympics USA Games 2022 Competitive Cheerleading Rules and Regulations with our entire team, and we hereby accept the Rules and Regulations as a fair and integral part of the competition and agree to adhere to the rules, policies and procedures contained herein. Rule clarifications and changes may occur throughout the season.

Team Name

Date

City/State/Country

Coach/Director's Signature

Division

Captain's Signature

Retain a copy of these rules for your files