



AMERICAS CUP

CHEERLEADING RULES



GET IN THE GAME

AMERICAS CUP 2024

CHEERLEADING RULES

AMERICAS CUP 2024 CHEERLEADING RULEBOOK

THE FOLLOWING RULES AND REGULATIONS APPLY FOR DHL EXPRESS AMERICAS CUP 2024 CHAMPIONSHIP AND ARE BASED UPON THE RULES GIVEN BY INTERNATIONAL CHEER UNION (ICU).

Any DHL team can register for this competition. All team members must work for DHL Express and should have been on the payroll as of 1st May 2023 working at least 20 hours per week. Teams will be disqualified if any team members do not comply with this rule.

1.0. DIVISIONS - CHEERLEADING

The following divisions with number of athletes exist for Cheerleading:

DIVISIONS	PERSONS
Team Cheer Basic	Maximum 17
Team Cheer Advanced	Maximum 17

1.1. CROSS-OVERS

Each athlete may only compete in one team in the specific division.

1.2. TIME OF THE ROUTINE

Team Cheerleading:

1. Cheer portion: can only be placed at the beginning or at the end of the routine. Time minimum requirement of thirty seconds (0:30).
2. Maximum time between Cheer and Music portion: twenty seconds (0:20).
3. Music portion: Maximum two minutes, thirty seconds (2:30). Total time on performance clock is three minutes twenty seconds (3:20)

1.3. MUSIC / ENTRANCES

1. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
2. 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)
3. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave several seconds cushion to allow for variations in sound equipment.
5. Each team must have a coach/representative responsible for the music. This person is responsible for notifying the music technician to start the music at the right timing.
6. Each team must send his/her music in advance and bring it to the championship on a USB-stick.
7. To keep the competition running 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.

1.4. PERFORMANCE SURFACE CHEERLEADING

1. No spring floor, standard foam mat surface. Minimum Surface area of 12m x 12m.

2. Teams need to line up in the area between the preparation tent and the performance floor.
3. No penalty will be given for stepping outside the area.

1.5. HOW TO HANDLE PROCEDURAL QUESTIONS

1. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach of the team and will be directed to the Competition Director (Coleen Baroody). Such questions should be made prior to the team's competition performance.
2. Performance – Any questions concerning the team's performance should be made to the Competition Director (Coleen Baroody) immediately after the team's performance and/or following the outcome of the competition.

1.6. 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 coach of each team is responsible for seeing that team members conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.



AMERICAS CUP 2024

CHEERLEADING RULES

1.7. 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 but 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 but 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.

1.8. INTERPRETATIONS

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 Competition Director. The committee will render a judgment to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

1.9. 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 and will automatically forfeit any right to any prizes or awards presented by the competition.

1.10. JUDGING PROCEDURE

As the teams perform, a panel of judges will score the teams using a 100-point system.

1.11. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each 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.

1.12. FINALITY OF DECISIONS

By participating in this championship, each team agrees that judges' decisions are final and will not be subject for review.

1.13. PENALTIES

A five (5) point penalty per judge whose individual score was added to the overall team's score will be allocated to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule and will result in just five (5) point penalties. If you have any questions concerning the legality of a move or trick, please send a video to cheerleadingamcup@dhl.com. This must be submitted and clearly labelled with team name, contact person name, telephone number and e-mail.

PLEASE FIND THE CHEERLEADING RULEBOOK ON THE NEXT PAGE >>



AMERICAS CUP 2024

CHEERLEADING RULES

CHEERLEADING DIVISIONS – BASIC & ADVANCED LEVEL

2.0. GENERAL CHEERLEADING SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a coach.
2. Coaches must consider the athlete, group, and team skill levels regarding proper performance level placement.
3. All teams and coaches must have an emergency response plan in the event of an injury.
4. Athletes and coaches must not be under the influence of alcohol, narcotics or 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.
5. 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.
6. 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.
7. Jewellery of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces, and pins on uniforms are not allowed.
8. Any height increasing apparatus used to propel an athlete is not allowed.
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. 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 (e.g., throwing a

hard sign across the mat from a stunt would be illegal). 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.

10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
13. Drops, including but not limited to, knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted positions 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.
14. 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.
15. 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.
16. 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.
17. Basic and Advanced divisions must follow the safety rules.

3.0 BASIC LEVEL SAFETY RULES

BASIC LEVEL – GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. Clarification: Tumbler may [without hip-over-head rotation] rebound

from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.

BASIC LEVEL – STANDING TUMBLING

1. Flips and aerals are not allowed.
2. Standing front and back handsprings are allowed.
3. Series front and back handsprings are not allowed. Clarification: A back walk over into a back handspring is allowed.
4. Jump skills in immediate combination with handspring(s) are not allowed Example: toe touch handspring and handspring toe-touch are not allowed.
5. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position.
6. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings are examples of airborne tumbling skills.
7. No twisting while airborne. Exception: Round offs are allowed.



AMERICAS CUP 2024

CHEERLEADING RULES

BASIC LEVEL – RUNNING TUMBLING

1. Flips and aerials are not allowed.
2. Series front and back handsprings are allowed.
3. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
4. No twisting while airborne. Exception: Round offs are allowed.

BASIC LEVEL – STUNTS

1. A spotter is required for each top person at prep level, including extended arm stunts that are not upright (e.g. v-sits, extended flat backs, etc.) which are considered prep level stunts.
2. Stunts above prep level (extended position) are not allowed.
3. Single leg stunts above prep level are not allowed. A single leg stunt may not be passing through above prep level. Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal. Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
4. Twisting mounts and transitions are allowed up to total of ½ 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, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotations. 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, they may continue to walk the stunt in additional rotation.
5. During transitions, at least one base must remain in contact with the top person.
6. Free flipping or assisted flipping stunts and transitions are not allowed.
7. No stunt, pyramid or individual may move over or under another

separate stunt, pyramid or individual. Example: a shoulder sit walking under prep is illegal Exception: an individual may jump over another individual.

8. Single based split catches are not allowed.
9. Single based stunts with multiple top persons is not allowed

BASIC LEVEL - STUNTS/RELEASE MOVES

1. No release moves allowed other than those allowed at Basic Level in “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. Single full twisting log/barrel roll as long as it starts and ends in a cradle position and returns to the original base(s). Clarification 1: Single base log/barrel rolls must have 2 catchers, and multi-base log/barrel rolls must have 3 catchers. Clarification 2. The log roll may not be assisted by another top person. Clarification 3: Log/barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids, or individuals.

BASIC LEVEL - STUNTS/INVERSIONS

1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.
2. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base. Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the

primary safety concern). Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

3. Downward inversions may not come in contact with each other.
4. 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.

BASIC LEVEL - PYRAMIDS

1. Pyramids must follow Basic Level “Stunts” and “Dismounts” rules and are allowed up to 2 high.
2. Top person 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 dismount to the performing surface and must follow the Basic Level dismount rules.
3. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: a shoulder sit walking under a prep is illegal.
4. Prep single-leg stunts:
 - Prep single-leg stunts must be braced by at least one top person at prep level or below with hand/arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - The connection must be made prior to initiation the prep single leg stunt.
 - Prep level top person bracers must have both feet in the 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, shoulder stand, flat back or straddle lift or shoulder stand.



AMERICAS CUP 2024

CHEERLEADING RULES

BASIC LEVEL – DISMOUNTS

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

1. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
2. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/ arm supporting the head and shoulder area through the cradle.
3. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base and/or spotter.
4. Straight drops or small hop offs, with no additional skills, from waist level of below are the only dismounts allowed to the performing surface that do not require assistance.
5. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
6. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.
7. Twisting dismounts are not allowed. All other positions and/or added skills are not allowed. Clarification: Toe touch, pike, tuck, etc. are not allowed.
8. 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.
9. Cradles from prep single leg stunts in pyramids are allowed.
10. No free flipping or assisted flipping dismounts allowed.
11. Dismounts must return to original base(s).
12. Dismounts may not intentionally travel.
13. Top persons in dismounts may not come in contact with each other

while released from the bases.

14. Tension drops/rolls of any kind are not allowed.

BASIC LEVEL – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases, one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Example: no intentional traveling tosses.
3. Flipping, inverted, or traveling tosses are not allowed.
4. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
5. Up to 1 trick allowed during a toss. Twisting tosses are not allowed. (Ex 1: Legal: toe-touch, ball out, pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The ‘arch’ does not count as a trick exception: A Ball X toss is allowed at this level as an “EXCEPTION”.
6. Top persons in separate basket tosses may not come into contact with each other.
7. Only a single top person is allowed during a basket toss.

4.0 ADVANCED LEVEL

ADVANCED LEVEL - GENERAL TUMBLING

1. All tumbling must originate from and land on the performing surface. Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Exception 2: Round off rewinds and

standing single back handspring rewinds are allowed.

2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed. Exception: Dive rolls that involve twisting are not allowed.

ADVANCED LEVEL – STANDING / RUNNING TUMBLING

1. Skills are allowed up to 1 flipping and 1 twisting rotation.

ADVANCED LEVEL – STUNTS

1. A spotter is required:
 - A. During extended one-arm stunts other than cupies or liberties. Clarification: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc. require a spotter.
 - B. When the load/transition involves a twist greater than 360 degrees or an inversion or free flip.
 - C. During stunts in which the top person is in an inverted position above prep level.
 - D. When the top person is released from above ground level to a 1 arm stunt.



AMERICAS CUP 2024

CHEERLEADING RULES

- Twisting stunts and transitions are allowed up to 2 twisting rotations 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, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. 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, they may continue to walk the stunt in additional rotation.
- Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations. Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers (Example: a rewind that lands in a straddle position). Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted. Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed. Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.
- Single based split catches are not allowed.
- Single based double cupies require a separate spotter for each top person.

ADVANCED LEVEL - STUNTS / RELEASE MOVES

- Release moves are allowed but must not exceed more than 18 inches (46 centimeters) above extended arm level. Clarification: If the release move exceeds more than 18 inches (46 centimeters) above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" or "Dismount" rules.
- Release moves may not land in an inverted position.
- Release moves must return to original bases. Exception: Coed style tosses to a new base are allowed if the stunt is thrown by a single

base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated. Clarification: An individual may not land on the performing surface without assistance from above waist level.

- Helicopters are allowed up to a 180-degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
- Release moves may not pass over, under or through other stunts, pyramids, or individuals.
- Top persons in separate release moves may not come into contact with each other. Exception: Single base stunts with multiple top persons (e.g. double cupies).

ADVANCED LEVEL - STUNTS / INVERSIONS

- Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

ADVANCED LEVEL – PYRAMIDS

- Pyramids are allowed up to 2-½ high.
- For 2½ high pyramids, there must be a spotter in front and behind for each person on the top level and the spotters must be in position for the entire time that the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time that the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid. Clarification: For all "2-1-1 thigh stand tower" pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.
- Free-flying mounts must originate from ground level and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting

rotations. Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids, or individuals.

ADVANCED LEVEL – PYRAMIDS / RELEASE MOVES

- During a pyramid transition, a top person may pass above 2-½ high. Under the following conditions:
 - Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person (i.e., 2-1-1 thigh stand tower tic-tocks).
 - Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

ADVANCED LEVEL - PYRAMIDS / INVERSIONS

- Inverted stunts are allowed up to 2-½ persons high.
- Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

ADVANCED LEVEL - PYRAMIDS/RELEASE MOVES WITH BRACED INVERSIONS

- Braced flips are allowed up to 1-¼ flipping and 1 twisting rotation.
- Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
- Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.



AMERICAS CUP 2024

CHEERLEADING RULES

ADVANCED LEVEL – DISMOUNTS

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

1. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand/ arm supporting the head and shoulder of the top person.
2. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base or spotter. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed on the performing surface that do not require assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
3. Up to a 2-¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2---½ high pyramids are allowed up to 1---½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle. Exception: 2-1-1 thigh stands may perform 2 twists from a forward-facing stunt only (example: extension, liberty, heel stretch).
4. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.
5. Free flipping dismounts to a cradle:
 - Are allowed up to 1-¼ flipping and ½ twisting rotations (Arabians).
 - Require at least 2 catchers, one of which is an original base.
 - May not intentionally travel.
 - Must originate from prep level or below (may not originate from 2 ½ high pyramid). Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2---½ high may not twist.
6. Free flipping dismounts to the performing surface are only allowed in front flipping rotation: Clarification: back flipping dismounts must

go to cradle.

- Allowed up to 1 front flipping and 0 twisting rotations.
 - Must return to an original base.
 - Must have a spotter.
 - May not intentionally travel.
 - Must originate from prep level or below (may not originate from 2 ½ high pyramid).
7. Tension drops/rolls of any kind are not allowed.
 8. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
 9. Cradles from 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
 10. Dismounts may not pass over, under or through other stunts, pyramids, or individuals.
 11. Dismounts must return to original base(s).
 12. Exception: Single base stunts with multiple top persons do not need to return to the original base(s).
 13. Dismounts may not intentionally travel.
 14. Top persons in dismounts may not come in contact with each other while released from the bases.

ADVANCED LEVEL – TOSSES

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss. Exception 1: Fly away tosses that would go over the back person. Exception 2: Arabians in which the 3rd person would need to start in front to be in position to catch a cradle.
2. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases 1 of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must

move to catch the top person.

3. The top person in a toss must have both feet in / on hands of bases when the toss is initiated.
4. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.

Legal (Two Skills)

Tuck flip, X-Out, Full Twist Double Full- Twisting Layout Kick, Full-Twisting Layout Pike, Open, Double Full-Twist Arabian Front, Full-Twist

Illegal (Three Skills)

Tuck flip, X-Out, Double Full Twist Kick, Double Full-Full Twisting Layout Kick, Full-Twisting Layout, Kick Pike, Split, Double Full-Twist Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1-½ twist is considered to be a legal skill.

5. O No stunt, pyramid, individual or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
6. Non-flipping tosses may not exceed 3-½ twists.



AMERICAS CUP 2024

CHEERLEADING RULES

7. A top person tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1-½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.
8. Top persons in separate basket tosses may not come in contact with each other.
9. Only a single top person is allowed during a basket toss.

5.0 SCORESHEETS – CHEER

Distribution of points in Team divisions: Team Cheer Basic and Advanced.

JUDGING CRITERIA	DESCRIPTION	POINTS
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/ pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions, Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (when applicable), Difficulty, Variety	15
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine	Routine Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation	Overall Presentation Overall presentation, Showmanship, Dance, Crowd Effect	10
	TOTAL	100

