



Performance Cheer Rules

Summary

based upon the ECU Rulebook of 2020

INDIVIDUAL SKILLS	GROUPS & PAIRS	GROUPS & PAIRS: DISMOUNTS
<p>1. Inverted</p> <ul style="list-style-type: none"> a. Non airborne allowed b. Airborne inverted skills not with poms / articles of clothing <p>HH & JZ c. Landing perpendicular from airborne inverted allowed with hand support</p> <p>2. Hip over Head</p> <ul style="list-style-type: none"> a. if hand support, must be free of any material Exception: FW and BW rolls allowed b. non airborne allowed c. airborne with hand support limited to 2 consecutively d. airborne without hand support i. only 1 twisting ii. not connected to another airborne h/o/h skill without hand support iii. limited to 2 consecutive h/o/h rotation skills <p>3. No simultaneous hip over head</p> <p>4. Drops allowed only to shoulder / back / seat if skill does not exceed hip level</p> <p>5. Landing in push-up position No poms / articles of clothing when legs swing from the front of the body to behind the body</p>	<p>1. Supporting athlete does not have to keep contact with floor if skill is not higher than shoulder level</p> <p>2. Contact Skill above head-level requires constant contact Exception: release by 1 supporting athlete allowed if:</p> <ul style="list-style-type: none"> a. not inverted after release b. caught or supported c. not caught in a prone position d. hands free to support / catch / release <p>3. Hip over head allowed if contact until return to the performance surface or to the upright position</p> <p>4. Vertical Inversion</p> <ul style="list-style-type: none"> a. Contact until return to the performance surface or to the upright position b. 1 additional spotter if the height of the Executing Athlete's shoulders exceed shoulder level 	<p>1. Athlete may jump, leap, step or push off if:</p> <ul style="list-style-type: none"> a. FS: Executing Athlete's hips not above shoulder level a. HH & JZ: one body part at or below head level b. may not pass through prone / inverted after release <p>2. May toss if:</p> <p>FS</p> <ul style="list-style-type: none"> a. hips not above head level b. may not supine / inverted when released c. may not pass through prone / inverted after release <p>HH & JZ</p> <ul style="list-style-type: none"> a. one body part at or below head level b. may be supine / inverted when released, but must land on foot / feet c. may not pass through inverted after release