

5. PERFORMANCE CHEER DIVISIONS

5.1. Glossary of Terms – Performance Cheer

1. **Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel, performed without placing hands on the ground.
2. **Airborne (performed by Individuals, Groups or Pairs):** A state or skill in which the athlete is free of contact from another athlete and the performance surface.
3. **Airborne Hip Over Head Rotation (performed by Individuals):** An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (*Example: Round off or a Back Handspring*).
4. **Atlanto-Axial Instability (AAI):** A potential condition for an athlete with an intellectual disability or neurological symptom that is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) cervical vertebra of the spine as a result of either a bony or ligamentous abnormality. *Note: AAI is referenced herein as a precaution for Special Olympic, Special Abilities and/or Adaptive Abilities Teams or any athlete that may potentially have AAI or any physical condition associated with spinal cord compression. Any skills that may pose a danger to an athlete with AAI or any physical condition associated with spinal cord compression (including but not limited to forward rolls, backward rolls and any skill that may put an athlete with AAI or any spinal cord compression condition at risk, etc.) are prohibited without the written approval/clearance by a medical professional and proof of all waivers and documentation, prior to any physical activity, is the direct responsibility of the Team Director and Coach.*
5. **Axis Rotation:** An action in which an athlete rotates around her/his vertical or horizontal center.
6. **Category:** Denoting the style of the routine (*Example: Pom, Hip Hop, Jazz, High Kick*).
7. **Connected/Consecutive Skills:** An action in which the athlete performs skills continuously, without a step, pause or break in between (*Example: Double Pirouette or Double Toe Touch*).
8. **Contact (performed by Groups or Pairs):** The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
9. **Division:** Denoting the composition of a competing group of individuals (*Example: Senior, Junior*).
10. **Drop (performed by Individuals):** An action in which the airborne athlete lands on a body part other than his/her hand(s) or feet.
11. **Elevated:** An action in which an athlete is moved to a higher position from a lower position in relation to the performance surface.
12. **Head Level:** A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)
13. **Height of the Skill:** Where the action is taking place.
14. **Hip Level:** A designated and averaged height; the height of a standing individual's hips while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting etc.*)
15. **Hip Over Head Rotation (performed by Individuals):** An action characterized by continuous movement where an athlete's hips rotate over his/her own head in a skill (*Example: Back Walkover or Cartwheel*).
16. **Hip Over Head Rotation (performed by Groups or Pairs):** An action characterized by continuous movement where the Performing Athlete's hips rotate over his/her own head in a lift or partnering skill.

- 17. Inversion/Inverted:** A position in which the athlete's waist and hips and feet are higher than his/her head and shoulders.
- 18. Inverted Skills (performed by Individuals):** A skill in which the individual's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall, or change in momentum.
- 19. Lift (performed by Groups or Pairs):** A skill in which an athlete(s) is elevated from the performance surface by one or more athletes and placed back onto the performance surface. A Lift is comprised of a Performing Athlete(s) and a Supporting Athlete(s).
- 20. Partnering (performed by Pairs):** A skill in which two athletes use support from one another. Partnering can involve both Supporting and Performing Athlete skills.
- 21. Performing Athlete:** An athlete who performs a skill as a part of "Groups or Pairs" who use(s) support from or maintains contact with another athlete(s).
- 22. Perpendicular Inversion (performed by Individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.
- 23. Prone:** A position in which the front of the athlete's body is facing the ground, and the back of the athlete's body is facing up.
- 24. Prop:** Anything that is used in the routine choreography that is no/was not originally part of the costume.
Clarification 1: For Pom Categories, Poms are considered part of the uniform.
Clarification 2: For Adaptive Abilities Divisions, Special Abilities & All Divisions as applicable, 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 or returned to the athlete.
- 25. Shoulder Inversion (performed by Individuals):** A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his/her head and shoulders.
- 26. Shoulder Level:** A designated and averaged height; the height of a standing athlete's shoulders while standing upright with straight legs. (*Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.*).
- 27. Supine:** A position in which the back of the athlete's body is facing the ground, and the front of the athlete's body is facing up.
- 28. Supporting Athlete:** An athlete who performs a skill as part of "Groups or Pairs" who supports or maintains contact with a Performing Athlete.
- 29. Toss:** A skill where the Supporting Athlete(s) releases the Performing Athlete. The Performing Athlete's feet are free from the performance surface when the toss is initiated.
- 30. Unified Partner:** An Athlete without an intellectual disability competing on a Special Abilities Unified Team.
- 31. Vertical Inversion (performed by Groups or Pairs):** A skill in which the Performing Athlete's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Athlete(s) by a stop, stall or change in momentum.