

Austrian Rulebook

General Regulations



CHEERSPORT
AUSTRIA

Competition Season 2025-2026

valid from September 2025 to August 2026

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I. Scope of Application

The following rules, regulations and appendixes apply to competitions and championships held, supported or authorized by “Cheersport Austria”.

As stipulated by the statutes of Cheersport Austria, all members of Cheersport Austria are obliged to register their competitions or championships with Cheersport Austria and Cheersport Austria needs to approve the organization of such an event.

II. General Rules

1. Doping

1. Doping is not allowed in accordance with the rules of the “Bundessportorganisation – Sport Austria”. Further information can be found on the website www.nada.at. Controls by the World Anti-Doping Agency (WADA) can occur any time unannounced. In the case of a positive doping test the affected person will be banned from national and international competitions.
2. When applying for a Cheersport Austria official cheerleader pass, a specific form has to be filled out by the responsible doctor, if medication on the doping list has to be taken. This form may be downloaded on the website or be retained from the respective Cheersport Austria representative.

2. 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 throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

3. Image Policy

1. All choreography, uniforms, makeup and/or music should be age appropriate and acceptable for family viewing. Suggestive, offensive, or vulgar choreography, uniforms, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, uniforms, makeup and/or music may affect the judges’ overall impression and/or score of the routine. Judges reserve the right to assess warnings and/or deductions when a team’s choreography, uniform, make up, bows etc. do not meet the standards of ‘appropriate’.
2. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs.
3. Uniform tops may not include an exposed midriff (crop top). All athletes must compete in team attire that does not intentionally expose the midriff/mid-section of the athlete while the athlete is in a standing position. Uniform tops must be secured by straps or material over at least one shoulder or around the neck.
4. For reasons of good sportsmanship, it is not allowed to wear costuming that could suggest for a team to represent an official Austrian National Team (e.g. uniforms bearing the lettering “Austria”).

III. Competition Regulations

1. Participation Requirements

A. General

1. All teams have to designate one official contact person throughout the competition.
2. Every participant (including substitutes) of a club member of Cheersport Austria has to be in the possession of a valid official cheerleading pass of Cheersport Austria for all divisions. Participants from clubs not member of Cheersport Austria have to present a valid official photo identification (e.g. passport, personal ID, or drivers’ license) proving age and nationality. This identification has to be shown at the check in.

3. The order of competing teams will normally be drawn by lot. The order of competition will be communicated no later than one week before the respective competition. That order of competition may not be changed. Exceptions may only be decided upon by Cheersport Austria representative.

B. Registration

1. The deadlines for submitting the registration and number of participating athletes as well as the list of participants and substitutes (full names) and the list for accompanying persons (external spotters, trainers, mascots and supervisors) will be communicated through the respective competition announcement.

C. Registration Fee

1. By registering for a competition, teams acknowledge that the respective registration fees have to be paid to Cheersport Austria or the organizer responsible. If the total amount of registration fees due has not been paid, Cheersport Austria or the organizer responsible may ban the team from starting at the competition.
2. There is no right for refund of registration fees.

2. Performance Surface

1. Performance Cheer: Marley dance floor or a wooden parquet floor surface. Minimum surface area of 14 meters x 12 meters.
2. Cheerleading: No spring floor, standard foam mat surface. Minimum Surface area of 14 meters x 12 meters.
3. Teams may line up anywhere inside the competition area.
4. No penalty for stepping outside the area.

3. How to handle procedural questions

1. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. 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 immediately after the team's performance and/or following the outcome of the competition.

4. Interruption of performance**A. Unforeseen 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.

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, 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.
 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 medical professional 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, Cheersport Austria encourages to be familiar with the specific policies and regulations where the competition is being held.

6. 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 those representatives of Cheersport Austria responsible for competition regulations, judges & rules. These persons 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.

If the interpretation needs to be made during an ongoing competition, it is made together by those representatives of the Cheersport Austria present at the respective competition and in consultation with the Head Judge.

7. 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.

The decision regarding a disqualification will be made by those representatives of Cheersport Austria present responsible for competition regulations, judges & rules, and in consultation with the Head Judge of the respective competition.

The following behaviour may, in any case, lead to disqualification:

- Assaults or insults to the judges, officials, participants, visitors;
- Competing of a non-registered person;
- Violation of the anti-doping-decree;
- Violation of age requirements;
- Unsportsmanlike conduct.

IV. Performance Regulations

1. Time of the routine

A. Team Cheerleading:

1. The total maximum time of the routine is three minutes (3:00), including the Cheer.
2. Music portion: maximum of two minutes (2:00).
3. Cheer portion: recommended thirty seconds (0:30) that must be performed in the beginning or middle of the routine.

- B. Group Stunt / Partner Stunt: maximum one minute (1:00).
- C. Performance Cheer Team: maximum two minutes (2:00).
- D. Performance Cheer Other: maximum one minute, thirty seconds (1:30).

2. Timing / Entrances

- 1. Timing will begin with the first choreographed movement, voice, or note of the music whichever comes first.
- 2. Timing will end with the last choreographed movement, voice, or note of the music whichever comes last.
- 3. If a team exceeds the maximum time limit of the Music portion or the time between Cheer and Music portion or if a team falls short of the minimum time limit of the Cheer portion, 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 per judge (see also point 14. Deductions).
- 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 to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.
- 6. All music must be brought on a CD or an mp3 type music file on a flashdrive. In case the sound systems has trouble reading your CD or music file, it is suggested to bring both types and have the music file available for download as well.
- 7. In order 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.

V. Judging Regulations

1. Jury

- 1. All judging panels consist of a minimum of three (3) scoring judges (who will give points for the routines), and at least one (1) legality judge (who will take time for the routines and take note of possible violations of the rules).
- 2. The choice of judges is made by the responsible representative of Cheersport Austria for judges & rules.
- 3. All judges participate in a judges meeting prior to the competition, where the head judge is being designated. Jury protocols are being made showing the numbers of the judges, decisions made and so on. The deductions are marked by the Head Judge and will be deducted from the overall sum. A list of all places and rankings will be made for the jury protocol, the moderator and Cheersport Austria.
- 4. The jury stays in a separate area, not open to the participants and coaches. For the award ceremony, the Head Judge has to be available for possible questions.

2. Judging Procedure

- 1. As the teams perform, a panel of judges will score the teams using a 100 point system. If the panel consists of five or more judges, the highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be added to determine the overall team score. For easier comparison, this final score will then be divided by the number of judges whose scores have not been dropped.
- 2. The team who receives the highest overall score from the jury in a category wins. In the event of a tie of two or more teams, all teams take the same place. The respective number of following places will remain unfilled. In the event of a tie for the first place, the high and low score will be added back into the total score. If the tie remains, the ranking points from each judge will be used to break the tie.
- 3. If only one team competes in a category, this team will be judged, but will not receive a place in the official ranking.
- 4. In the age group Tiny, teams participate together and teams will receive written feedback from the judges instead of scoring points.

3. Scores and Rankings

1. 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.
2. 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.
3. 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 the teams' final placement.

4. Penalties

1. In the case of rule violations the following deductions from the overall sum will be made:
 - In cases of illegal elements (Stunts, Tumbling, Toss, Pyramids, Props, etc.) a deduction of five (5) points per element is applied. The illegal element itself is taken out of the judging process.
 - In case of a missing spotter a deduction of five (5) points per missing spotter is applied.
 - In cases of drops from Stunts, Tumbling, Tosses or Pyramids a deduction of three (3) points per element is applied.
 - If a team exceeds the time limit for a routine, a penalty of one (1) points will be applied for 5-10 seconds and a penalty of three (3) points for 11 seconds and over.
 - In case of any other violation of the safety guidelines five (5) points are deducted per violation.
2. 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.
3. If a team has an objection to a specific deduction, it is possible to bring forward evidence to this end only within 10 minutes of the announcement of the deduction to the respective coach at the competition. After this time has passed, objections are not possible anymore.

5. Finality of Decisions

By participating in this championship, each team agrees that judges' decisions are 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.

VI. Cheerleading Divisions – Safety Rules

For the 2025-2026 competition season, the Safety Rules of the ICU (2025 version) will be applied. They can be found at:

<https://cheerunion.org/education-schedule/rules-agegrid/>

VII. Performance Cheer Divisions – Safety Rules

For the 2025-2026 competition season, the Safety Rules of the ICU (2025 version) will be applied. They can be found at:

<https://cheerunion.org/education-schedule/rules-agegrid/>

VIII. Glossary of Terms

For the 2025-2026 competition season, the Glossary of Terms of the ICU (2025 version) for both Cheerleading and Performance Cheer will be applied. It can be found at:

<https://cheerunion.org/education-schedule/rules-agegrid/>