

Austrian Rulebook

Safety Rules & Score Sheets



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. 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/>

III. 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/>

IV. 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/>

V. Score Sheets – Cheerleading Divisions

1. Competitive Sports

A. Team divisions for Novice

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	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
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Jumps	Difficulty, Variety, Execution	5
Motions & Sharpness	Correct placement of Motions, Strength of Movement	5
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	10
TOTAL		100

B. Team divisions for Intermediate and Median

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	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	10
Tumbling (Jumps)	Group tumbling, Execution of skills (jumps in All Girl Divisions), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal (Dance)	Overall presentation, showmanship, (dance in All Girl Divisions), crowd effect	10
TOTAL		100

C. Team divisions for Advanced, Elite and Premier

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	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 (Jumps)	Group tumbling, Execution of skills (jumps in All Girl Divisions), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal (Dance)	Overall presentation, showmanship, (dance in All Girl Divisions), crowd effect	10
TOTAL		100

D. Group Stunt and Partner Stunts divisions

Judging Criteria		Description	Points
Stunts und Tosses	Execution of Technique	Execution of proper technique to perform stunts, making the stunts appear to be easy.	30
	Difficulty	Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)	25
	Form and Appearance of Stunts	This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.	20
Overall Performance	Transitions	Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few ‘breaks’ in the routine as possible.	15
	Showmanship	Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.	10
TOTAL			100

2. Recreational Sports

A. Open Age Novice, Intermediate, Median teams

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	10
Partner Stunts including Basket Tosses	Execution: Technique, Timing & Synchronization	15
	Difficulty: Level of skill, Number of bases, Number of Stunt Groups, Variety	10
Pyramids	Execution: Technique, Timing & Synchronization	15
	Difficulty: Level of skills, Transitions, Mounts, Dismounts	10
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Jumps	Execution, Variety, Difficulty	5
Motions, Sharpness & Dance	Correct placement of Motions, Strength of Movement Dance: Choreography, Difficulty, Creativity	5
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	10
TOTAL		100

B. Open Age All Girl Advanced and All Girl Elite teams

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	10
Partner Stunts	Execution: Technique, Timing & Synchronization	15
	Difficulty: Level of skill, Number of bases, Number of Stunt Groups, Variety	10
Pyramids	Execution: Technique, Timing & Synchronization	15
	Difficulty: Level of skills, Transitions, Mounts, Dismounts	10
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	10
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	10
TOTAL		100

C. Open Age Coed Advanced and Coed Elite teams

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	10
Partner Stunts including Basket Tosses	Execution: Technique, Timing & Synchronization	15
	Difficulty: Level of skill, Number of bases, Number of Stunt Groups, Variety	10
Pyramids	Execution: Technique, Timing & Synchronization	15
	Difficulty: Level of skills, Transitions, Mounts, Dismounts	10
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	10
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	10
TOTAL		100

VI. Score Sheets – Performance Cheer Divisions

1. Competitive & Recreational Sports

A. Team Pom Divisions

Judging Criteria		Description	Points
Technical Execution	Category Style Execution	Quality of Pom Technique: placement, control, precise and strong completion of movement	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
Group Execution	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

B. Team Hip Hop Divisions

Judging Criteria		Description	Points
Technical Execution	Category Style Execution	Groove and quality of authentic hip hop/street style	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement.	10
Group Execution	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity / Clarity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

C. Team Jazz Divisions

Judging Criteria		Description	Points
Technical Execution	Category Style Execution	Continuity of movement and quality of style, extension and presence/carriage.	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
Group Execution	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
GESAMTSUMME			100

D. Doubles, Trios & Quartet Divisions

Judging Criteria		Description	Points
Technical Execution	Execution of Category Specific Style	Pom – Pom motion technique; control, levels, placement, complete, precise and strong Hip Hop – Groove and quality of authentic hip hop/street style performance	10
	Execution of Overall Movement used within Category	Kicks, leaps, turns, floor work, freezes, partner work lifts, etc.	10
	Execution of Overall Movement	Body alignment, placement, balance, control, completion of movement, extension and flexibility	10
	Execution of Quality of Movement	Strength, intensity, presence and commitment to the movement	10
Execution	Synchronization	Timing of movement with the music Synchronization and uniformity of the athletes	10
Choreography	Complexity of Movement	Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc.	10
	Difficulty of Skills	Level of difficulty of technical skills, partner work, lifts etc.	10
	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative and original manner	10
	Routine Staging	Utilization of floor space, transitions, partner work, group work, levels, opposition etc. interaction of the pair while allowing for a seamless flow of the routine	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

E. Team Sideline, Lyrical / Contemporary, Showdance / Funk / Commercial Divisions

Judging Criteria		Description	Points
Technical Execution	Category Style Execution	Quality of Technique: placement, control, precise and strong completion of movement	10
	Movement Technique Execution	Movement that has strength, intensity, placement, control, presence and commitment	10
	Skill Technique Execution	Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement	10
Group Execution	Synchronization / Timing with Music	Correct timing with team members and the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Correct positioning/distance between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality	Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner	10
	Routine Staging / Visual Effects	Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10
	Complexity of Movement	Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100