



## CheerABILITY

Team comprises of athletes with disabilities. An individual with a disability is defined as a person who has a physical or mental impairment that substantially limits one or more of major life activities.

- A. All CheerABILITY TEAMS will follow the IASF general rules and routines requirements.
- B. Teams may execute skills up to and including Level 2. Exception: Tosses are not permitted.
  - 1. Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
  - 2. Clarification: All waist level cradles are illegal.
- C. ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require additional spotter that is a coach/assistant
- D. Spotted and assisted tumbling is not permitted.
- E. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. No limit to amount of Assistants around perimeter of the floor in a squat position.
- F. Assistants will be dressed in a contrasting t-shirt, dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. Eg: if athlete is wearing a light colour uniform top, Assistants will be in a dark t-shirt.
- G. NO FLIP-FLOPS, jewellery or lanyards to be worn by Assistants or Coaches while on the performing area. Assistants may not be in any type of cheer uniform.
- H. Wheelchair/Walking Devices/Aids
  - 1. All wheelchairs must be visually locked when using as a base for athletes to stand or put any amount of weight on the chair.
  - 2. Non-motorized wheelchairs
    - a. With or without assistance, must have at least 2 wheels on the floor at all times.
    - b. Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with aid of tipping device.
    - c. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
    - d. Motorized wheelchairs must have all 4 wheels on floor at all times (exception – if assistance is needed to lift back wheels onto cheer floor).
    - e. Any Assistive Walking Devices/Aids such as canes, crutches or elbow crutches, etc., cannot be used as a prop in any manner. Please send video to the Event Producer of use of device if in question.
- I. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

## **PENALTIES FOR RULE INFRACTIONS**

Any violation of these rules may include a 2-point deduction.

# DanceABILITY

Team comprises of dancers with disabilities. An individual with a disability is defined as a person who has a physical or mental impairment that substantially limits one or more of major life activities.

- A. Special needs DanceABILITY teams will follow the IASF general rules and routines requirements.
- B. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges. No limit to amount of assistants around perimeter of the floor in a squat position.
- C. Assistants will be dressed in a contrasting colour so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is wearing a light colour costume, Assistants will be in a dark colour.
- D. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of dance costume.
- E. Wheelchair/Walking Devices/Aids
  - 1. All wheelchairs must be visually locked when using as a base for athletes to stand or put any amount of weight on the chair.
  - 2. Non-motorized wheelchairs
    - a. With or without assistance, must have at least 2 wheels on the floor at all times. Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with aid of tipping device.
    - b. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair **MUST NOT** be released during motion.
    - c. Motorized wheelchairs must have all 4 wheels on floor at all times (exception – if assistance is needed to lift back wheels onto cheer floor).
    - d. Any Assistive Walking Devices/Aids such as canes, crutches or elbow crutches, etc., cannot be used as a prop in any manner. Please send video to the Event Producer of use of device if in question.
- F. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

## **PENALTIES FOR RULE INFRACTIONS**

Any violation of these rules may include a 2 point deduction.

# CheerABILITY Score Sheet



Event Name: \_\_\_\_\_

Category: \_\_\_\_\_

Team Name: \_\_\_\_\_ Item #: \_\_\_\_\_

Judge #: \_\_\_\_\_

\*NYE                      Good                      Outstanding  
 5..... 6 ..... 7 ..... 8 ..... 9 ..... 10  
 Average                      Excellent

\*NYE – Not Yet Established

SCORE	POINT VALUE	JUDGING CATEGORIES	STRONG AREA/ NEEDS IMPROVEMENT	COMMENTS & SUGGESTIONS
	10	Creativity	<input type="checkbox"/> Variety <input type="checkbox"/> Innovative/Original	
	10	Choreography	<input type="checkbox"/> Visual Effects <input type="checkbox"/> Seamless <input type="checkbox"/> Entertainment Value	
	10	Transitions/ Formations	<input type="checkbox"/> Variety of Transitions & Formations <input type="checkbox"/> Difficulty <input type="checkbox"/> Originality	
	10	Jumps/Tumbling	<input type="checkbox"/> Variety of Skills <input type="checkbox"/> Transitions <input type="checkbox"/> Use of Jumps/Tumbling <input type="checkbox"/> Timing	
	10	Building	<input type="checkbox"/> Variety of Skills/Originality <input type="checkbox"/> Transitions <input type="checkbox"/> Entrances & Dismounts	
	10	Motions	<input type="checkbox"/> Variety <input type="checkbox"/> Synchronization <input type="checkbox"/> Placement/Location	
	10	Dance	<input type="checkbox"/> Variety <input type="checkbox"/> Synchronization <input type="checkbox"/> Appropriate Moves <input type="checkbox"/> Transitions/Formation Changes	
	10	Overall Impression	<input type="checkbox"/> Energy and Pace <input type="checkbox"/> Visuals <input type="checkbox"/> Use of Music <input type="checkbox"/> Use of Skills	
	80	<b>TOTAL</b>		
		<b>OFFICIALS INITIALS</b>		

## DanceABILITY Score Sheet



Event Name: \_\_\_\_\_

Category: \_\_\_\_\_

Team Name: \_\_\_\_\_ Item #: \_\_\_\_\_

Judge #: \_\_\_\_\_

\*NYE                      Good                      Outstanding  
 5..... 6 ..... 7 ..... 8 ..... 9 ..... 10  
 Average                      Excellent

\*NYE – Not Yet Established

SCORE	POINT VALUE	JUDGING CATEGORIES	STRONG AREA/ NEEDS IMPROVEMENT	COMMENTS & SUGGESTIONS
	10	Creativity	<input type="checkbox"/> Variety <input type="checkbox"/> Innovative/Original	
	10	Choreography	<input type="checkbox"/> Visual Effects <input type="checkbox"/> Seamless <input type="checkbox"/> Entertainment Value	
	10	Transitions/ Formations	<input type="checkbox"/> Variety of Transitions & Formations <input type="checkbox"/> Difficulty <input type="checkbox"/> Originality	
	10	Jumps, Kicks, Leaps or Turns	<input type="checkbox"/> Variety <input type="checkbox"/> Transitions <input type="checkbox"/> Timing	
	10	Motions and/or Arm Movements	<input type="checkbox"/> Variety <input type="checkbox"/> Synchronization <input type="checkbox"/> Placement/Location	
	10	Dance Style	<input type="checkbox"/> Variety <input type="checkbox"/> Synchronization <input type="checkbox"/> Appropriate Moves	
	10	Overall Impression	<input type="checkbox"/> Energy and Pace <input type="checkbox"/> Visuals <input type="checkbox"/> Use of Music <input type="checkbox"/> Use of Skills	
	10	Communication	<input type="checkbox"/> Audience Appeal <input type="checkbox"/> Natural Enthusiasm <input type="checkbox"/> Great Smiles	
	80	<b>TOTAL</b>		
		<b>OFFICIALS INITIALS</b>		