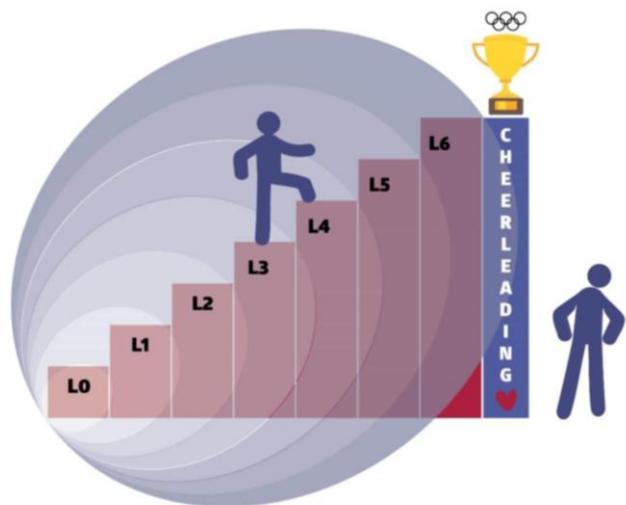


Česká asociace cheerleaders, z.s. (Czech Cheerleading Association)  
**Safety Rules**

This document outlines the safety rules and principles of CHEERSPORT for the 2025/2026 season.

ČACH upholds the principle of progressive and safe skill development in both Cheerleading and Performance Cheer disciplines. Mastery of lower-level skills is a fundamental prerequisite for advancement to higher difficulty, with each level automatically including the skills of all preceding levels and being directly built upon them.

The objective of the ICU system is to present the full range of permitted difficulty. Participation in the umbrella (i.e. highest possible) level for a given age group is not conditional upon the use of that level's maximum difficulty. On the contrary, it is encouraged that the difficulty of competition routines corresponds to the current abilities of the athletes and allows for safe and technically sound execution, with the intention of gradual progression towards higher difficulty over the course of athletic development.



In order to support the principles of safe development of its membership base and to ensure fair competitive conditions, ČACH applies the following strategic tools, which are exercised at all Competitions organized or sanctioned by ČACH by the expert technical panel:

- I. Safety and Fair Play Rules & Principles
- II. Penalties for Rule and Safety Violations
- III. Awards for Clean Routine Execution

## I. Safety and Fair Play Rules & Principles

ČACH members are required to follow all applicable rules and principles of safety and fair play, not only on the competition floor, but also backstage, during training, and during non-competitive events and performances.

Requests for professional consults regarding the legality and safety of skills and props (recommended e.g. for hands-free poms) may be submitted by members via the designated form available at [rules.cach.cz](http://rules.cach.cz). *(also available for Guests)*

Questions regarding the interpretation of general rules or the ČACH Competition Regulations may be submitted by members? to [pravidla@cach.cz](mailto:pravidla@cach.cz). *(also available for Guests)*

### 1. CHEERSPORT (ICU) - Cheerleading

- ICU Sport of Cheer Rules & Guidelines 2026 (pp. 3–30)  
↳ [https://cheerunion.org/wp-content/uploads/2025/09/ICU\\_2026\\_Rules\\_CH-PC.pdf](https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf)
- ICU Europe Glossary 2025 (pp. 3–12)  
↳ [https://cheerunion.org/wp-content/uploads/2025/09/2025\\_ECU\\_competition\\_rulebook\\_glossary.pdf](https://cheerunion.org/wp-content/uploads/2025/09/2025_ECU_competition_rulebook_glossary.pdf)
- **ČACH Exception** from the ICU Beginner Stunts Rule B1: At ČACH Competitions, Beginner building skills are allowed without the required additional bracers.
- **ČACH Exception** from the ICU Performance Cheer Rule 1: At ČACH Competitions, footwear must be worn on all surfaces.

### 2. CHEERSPORT (ICU) - Performance Cheer

- ICU Sport of Cheer Rules & Guidelines 2026 (pp. 31–44)  
↳ [https://cheerunion.org/wp-content/uploads/2025/09/ICU\\_2026\\_Rules\\_CH-PC.pdf](https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf)
- ICU Europe Glossary 2025 (pp. 13–14)  
↳ [https://cheerunion.org/wp-content/uploads/2025/09/2025\\_ECU\\_competition\\_rulebook\\_glossary.pdf](https://cheerunion.org/wp-content/uploads/2025/09/2025_ECU_competition_rulebook_glossary.pdf)

### 3. SHOW (ČACH) - Team Pom Show

- Team Pom Show: Rules, Age Groups & Divisions ČACH 2025/26 *(CZ version only)*  
↳ <https://www.cach.cz/perch/resources/team-pom-show-dokumentace-1.pdf>

### 4. CHEERSPORT & SHOW (ICU) - Sportsmanship

- ČACH + ICU Sportsmanship & Music Guidelines  
↳ [https://drive.google.com/file/d/1biqeVVUs7Rhiv6Np6myggyPY1K\\_Sgdn8/view?usp=sharing](https://drive.google.com/file/d/1biqeVVUs7Rhiv6Np6myggyPY1K_Sgdn8/view?usp=sharing)

## II. Penalties for Violations of Competition Rules & Safety Guidelines

For violation of the ČACH Competition Regulations, including all annexes and applicable documents in their currently valid versions, the following penalties shall be imposed at ČACH Competitions by the expert technical panel:

### 1. Time Limit Violations

- Applicable to all competition divisions in accordance with the relevant regulations (see Technical Regulations - Time Limits), including the time of the routine, entrance time, and exit time.
- Routine timing begins with the first music note, first voice of the cheer, or first choreographed movement, and ends with the last music note of music, last voice of the cheer, or last choreographed movement.
- Entrance timing begins with the announcement of the Competition Group name or their first step toward the competition floor, and ends with the final movement of the Competition Group fully set on the floor and ready to start the routine.
- Exit timing begins with the first movement following the completion of the routine, at which time all Competitors have at least one foot on the competition floor, and ends when the entire Competition Group, including all props, has exited the floor.
- 1-point deduction shall be assessed for exceeding the limit by 5–10 seconds, and/or 3-point deduction shall be assessed for exceeding the limit by 11 seconds or more, for each individual incident.

### 2. Legality Violations

- Applicable to all competition divisions in accordance with the relevant regulations (see Section I above), including during the performance of competition routines, and entrances onto and exits from the competition floor.
- Applies to violations of:
  - ✗ General Safety Rules - incl. progression, appearance, music, etc.  
(see ICU Rules & Guidelines and Section B of the ČACH Competition Regulations)
  - ✗ Skill Legality by each style and level – incl. unintentional errors  
(see ICU Rules & Guidelines and ČACH Team Pom Show Rules)
  - ✗ Sportsmanship Principles - incl. entrances and exits from the competition floor  
(see ČACH + ICU Sportsmanship & Music Guidelines)
  - ✗ Rules for External Spotters and Mascots  
(see Section B of the ČACH Competition Regulations)
  - ✗ Required number of Competitors on the floor  
(see Technical Regulations - Numbers of Competition Participants)

### X Video Submission Requirements - for Virtual Competitions

(see Directive for Virtual Competitions)

- A 5-point deduction shall be assessed for each individual incident, whereby a violation of the same rule in the same manner by multiple individuals or groups simultaneously (including immediately consecutive waves/canons) shall be considered a single incident.

### 3. Dangerous Falls

- Applicable to all Cheerleading divisions and selected Special Divisions focused on stunts and/or tumbling (e.g., Individual, Double-Based Partner Stunt, Double Synchro Tumbling, Double Synchro Stunt, etc.).

- A Building Drop shall be penalized for every top person falling from a building skill, if any part of their body other than the feet contacts the competition surface (e.g., knees, elbows, head, buttocks, back, front torso), either directly or immediately after landing on the feet.

- A Tumbling Drop shall be penalized for every athlete falling from an airborne tumbling skill, if any part of their body other than the feet in flips and/or hands in handsprings contacts the competition surface (e.g., knees, elbows, head, buttocks, back, front torso; incl. also hands in flips), either directly or immediately after landing on the feet and/or hands in handsprings.

- A 1-point deduction shall be assessed for each individual incident.

### III. Awards for Clean Execution

Applicable to all Official and Additional Cheerleading divisions, only in the age groups and levels designated by ČACH for the 2025/2026 season (see Recognized divisions ČACH 2025/26).

Clean routines are recognized during the awards ceremony at each Competition and may also receive additional prizes.

#### 1. Hit Flawless

- Awarded for a completely flawless routine, i.e. no rule violations, no falls, no major or minor errors.

- Granted to each routine meeting these conditions, within the relevant divisions at Competitions in the CNCL 2025/2026 and CHEERSPORT Finals 2026.

- Each Hit Flawless award earns the Competition Group 3 points toward the Hit Zero Hero seasonal ranking. *(only for ČACH members)*

2. Hit Zero

- Awarded for a clean routine, i.e. no rule violations, no falls, with minimal number of minor errors - tolerance of up to 3 bubbles or light balance checks in Additional (small) divisions, and up to 5 in Official (team) divisions.
- Minor errors (bubble / balance check) include:
  - ✓ Momentary flexion of weight-bearing limbs (up to 45° for bases' arms / top's standing leg)
  - ✓ Traveling by bases (max. 1 step incl. adjustment of the other foot)
  - ✓ Balance adjustment by the top (max. 1 smooth movement in one direction)
  - ✓ Tumbling bubble (max. 1 imperfect but safe landing)
- Granted to each routine meeting these conditions, within the relevant divisions at Competitions in the CNCL 2025/2026 and CHEERSPORT Finals 2026.
- Each Hit Zero award earns the Competition Group 1 point toward the Hit Zero Hero seasonal ranking. *(only for ČACH members)*

3. Hit Zero Hero *(only for ČACH members)*

- Awarded to the single Competition Group that collects the most points for clean and/or flawless routines during the entire season (3 points per Hit Flawless, 1 point per Hit Zero).
- Presented at the final competition of the season based on the total points in the seasonal ranking. In the case of a tie for first place, the award shall be granted to all tied groups.

These regulations were approved by the ČACH Rules & Safety Committee on 12 December 2025.