



RULEBOOK Mountain Cup 2026

Version as of February 2026

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1 General

1.1 Participation Requirements

The following rules and regulations apply to the Mountain Cup 2026.

1. All teams have to designate one official contact person throughout the competition.
2. The registration for the Mountain Cup has to be made in the official Mountain Cup registration tool.
3. By registering for a competition, teams acknowledge that the respective registration fees for the club and membership for the athletes, coaches and supervisors have to be paid to the Mountain Cup organizer. If the total amount of registration and membership fees due has not been paid, the Mountain Cup organizer responsible may ban the team from starting at the competition.
4. Participation in the Mountain Cup is at every athlete's risk, including liability for accidents and third-party liabilities. If the athlete who is injuring (for example injury to other athletes or spectators) is underage, the legal guardians will be held liable.
5. Personal Data Protection: All teams must comply with all data protection principles, including acquiring the consent of each member of a team they register to the Mountain Cup for the transfer of their data to the Mountain Cup organizer as third parties for the purposes necessary for event registration.

1.2 Divisions

These categories will be offered at the Mountain Cup 2026

Division	Number of participants	Level
Mini Cheer	8-24	0
Mini Cheer	8-24	1
Primary Cheer	8-24	0
Primary Cheer	8-24	1
Primary Cheer	8-24	2
Primary Group Stunt	4-5	2
Youth All Girl Cheer	8-24	2
Youth Coed Cheer	8-24	2
Youth All Girl Cheer	8-24	3
Youth Coed Cheer	8-24	3
Youth All Girl Cheer	8-24	4
Youth Coed Cheer	8-24	4
Youth All Girl Group Stunt	4-5	3
Youth All Girl Group Stunt	4-5	4
Youth Coed Group Stunt	4-5	4
Youth Individual	1	3
Junior All Girl Cheer	8-24	3
Junior Coed Cheer	8-24	3
Junior All Girl Cheer	8-24	4
Junior Coed Cheer	8-24	4
Junior All Girl Cheer	8-24	5
Junior Coed Cheer	8-24	5
Junior Partner Stunt	2	5
Junior All Girl Group Stunt	4-5	5
Junior Coed Group Stunt	4-5	5
Junior Twobase	3	5
Junior Individual	1	4
Senior All Girl Cheer	8-24	2
Senior All Girl Cheer	8-24	3
Senior Coed Cheer	8-24	3
Senior All Girl Cheer	8-24	4
Senior Coed Cheer	8-24	4
Senior All Girl Cheer	8-24	5
Senior Coed Cheer	8-24	5
Senior All Girl Cheer	8-24	6
Senior Coed Cheer	8-24	6
Senior Coed Partner Stunt	2	6
Senior All Girl Group Stunt	4-5	6
Senior Coed Group Stunt	4-5	6
Senior Twobase	3	6

Senior Individual	1	5
Master Group Stunt	4-5	5
Showcase Cheerleading	-	-
Showcase Group Stunt	-	-

In Coed divisions at least one (1) male athlete must be participating on the team. No male athletes are allowed in All Girl divisions. In the Primary, Mini and Tiny divisions there are no number restrictions for male contestants.

1.3 Age Groups

Age Group	Age Criteria	Birth years (for 2026)	Level 6 (Premier)	Level 5 (Elite)	Level 4 (Advanced)	Level 3 (Median)	Level 2 (Intermediate)	Level 1 (Novice)	Level 0 (Beginner)
Masters	30 years+	1996 or before	x	x	x	x	x	x	x
Senior	16 years+	2010 or before	x	x	x	x	x	x	X
Junior	15-18 years	2007-2011		x	x	x	x	x	X
Youth	12-14 years	2011-2014		x	x	x	x	x	x
Primary	8-12 years	2013-2018			x	x	x	x	X
Mini & Tiny	8 years and younger *	2017 and younger					x	x	X

The age of athlete is considered as the age that athlete will become in the year of the competition. Any team proven to be in violation of the age requirements will be automatically disqualified.

1.4 Cross-overs

Each athlete may only compete in one team in the specific division. Cross-overs to other divisions are allowed. Cross-overs to other age groups are allowed, as long as eligibility requirements are met (e.g. an athlete can start in the Youth and Junior category with the birth year 2011).

1.5 Time of the routine

Cheerleading Divisions:

The total maximum time for the routine is three minutes (3:00), including the Cheer.

- o Cheer portion: can be placed in the beginning or middle of routine. Cheer portion time minimum recommendation is thirty seconds (0:30).

- o Music portion: Maximum two minutes (2:00).

Group Stunt / Partner Stunt categories: Maximum one minute (1:00)

1.6 Music / Entrances

1. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
2. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of 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.
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. The requirements for music including the type of carrier will be determined by the event organizer. In any case, SCA recommends that you also bring mp3 type music file.

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.

1.7 Performance Surface

1. **Cheerleading:** No spring floor, standard foam mat surface. Minimum surface area of 12 meters x 12 meters.
2. Teams may line up anywhere inside the competition area.
3. There is no penalty for stepping outside the area.

1.8 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. For any questions concerning the legality of a move or skill, it is recommended to send a video of any skill of question to the SCA judges & Rules Committee, available under <https://www.swisscheer.ch/rules>.
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 and should be made exclusively by the advisor/coach.

1.9 Sportsmanship

1. 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.
2. 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. Severe cases of unsportsmanlike conduct are grounds for disqualification.
3. Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, unprofessional behavior, etc. may be penalized. These actions include but are not limited to:
 - An athlete calling unnecessary attention to themselves or the team using long and excessive entrances (e.g., aggressive motioning/taunting to the crowd, moving to multiple formations and patterns to begin the routine, etc.)
 - Excessive pre- or post-competition team rituals (team bonding traditions must take place behind the stage area)
 - Excessive celebration (e.g. athletes dropping to the floor, pounding on the floor, jumping on each other, etc.)
 - For more information regarding ICU's sportsmanship policies, please see the following ICU sportsmanship guidelines video: <https://cheerunion.org/coaches-sportsmanship/>

1.10 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/judges, b) the advisor/coach from the team performing or c) an injured individual.
2. The competition officials/judges 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.
 - a. The injured participant that wishes to perform may not return to the competition floor unless:
 - 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.
 - 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.
 - In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.

1.11 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 the Competition Rules Committee. The committee 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 committee members present and holding a function in the jury of the respective competition and the Head Judge.

1.12 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. The following behavior may, in any case, lead to disqualification:

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

1.13 Judging procedure

As the teams perform, a panel of judges will score the teams using a 100 point system. The team who receives the highest overall score from the jury in a category wins. 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 totaled and then divided by the number of remaining judges to determine the overall team score. 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 first place tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

1.14 Scores and Rankings

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. 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. After the competition, teams will receive the judges' score sheets. In addition, teams will receive a ranking sheet with the name and score of the teams final placement.

1.15 Finality of Decisions

By participating in the Mountain Cup, 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.

1.16 Judges

1. The judging panel of a competition consists of a minimum of three (3) judging members who judge the team routines. Up to two (2) additional judges can be added, e.g. to take the time (and another max. two (2) safety judges can be added. Their functions are to judge the shown routines and to apply eventual penalties.

2. The deductions will be deducted from the overall sum.
3. The choice of judges for the Mountain Cup is made by the organizer of the Mountain Cup.
4. Jury protocols are being made showing the decisions, special cases, and so on.
5. A list of all places and rankings will be made for the jury protocol and the organizer of the Mountain Cup.
6. 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.

1.17 Penalties

A five (5) point penalty per judge whose individual score was added to the overall team's score will be assessed to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. 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 and will result in just five (5) point penalty. If you have any questions concerning the legality of a move or skill, it is recommended send a video to info@mountaincup.ch. This must be submitted clearly labeled with Team name, contact person name, telephone number and e-mail.

2. CHEERLEADING DIVISIONS

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

https://cheerunion.org/wp-content/uploads/2024/09/ICU_2025_Rules_CH-PC.pdf

4 GLOSSARY OF TERMS

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

https://www.cheerunion.eu/wp-content/uploads/2025/02/2025_ECU_competition_rulebook.pdf

2 Score Sheets - Cheerleading

2.1 Distribution of points in team divisions levels 0-1:

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 (native language encouraged)	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	15
Tumbling	Standing group tumbling, Execution of skills (includes jumps if applicable*), Difficulty, Proper Technique, Synchronization	10
	Running 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	15
Overall Presentation, Crowd Appeal, Dance*	Overall presentation, showmanship, dance*, crowd effect	15
TOTAL		100

*jumps and dance are only applicable in All Girl divisions

2.2 Distribution of points in team divisions levels 2-3:

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 (native language encouraged)	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	15
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	10
Tumbling	Standing group tumbling, Execution of skills (includes jumps if applicable*), Difficulty, Proper Technique, Synchronization	10
	Running 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, Dance*	Overall presentation, showmanship, dance*, crowd effect	10
TOTAL		100

*jumps and dance are only applicable in All Girl divisions

2.3 Distribution of points in team divisions level 4:

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 (native language encouraged)	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	15
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	15
Tumbling	Standing group tumbling, Execution of skills (includes jumps if applicable*), Difficulty, Proper Technique, Synchronization	10
	Running 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	5
Overall Presentation, Crowd Appeal, Dance*	Overall presentation, showmanship, dance*, crowd effect	10
TOTAL		100

*jumps and dance are only applicable in All Girl divisions

2.4 Distribution of points in team divisions level 5-6:

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 (native language encouraged)	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	Standing and running group tumbling, Execution of skills (includes jumps if applicable*), 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*, crowd effect	10
TOTAL		100

*jumps and dance are only applicable in All Girl divisions

2.5 Distribution of points in Group Stunt, Partner Stunt and Twobase divisions:

Judging Criteria		Description	Points
STUNTS AND 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

2.6 Distribution of points in individual divisions level 3-5:

Judging Criteria		Description	Points
Tumbling	Execution of Technique	Proper tumbling technique, making the skills look easy	20
	Difficulty	Difficulty based on progressions, ability to perform tumbling in the routine (standing, running, passes, combinations, etc.)	10
Jumps	Execution of Technique	Proper jump technique, making the skills look easy	10
	Difficulty	Difficulty based on progressions, ability to perform jumps in the routine (height, sequences, combinations, etc.)	5
Overall Performance	Diversity	Variety of different tumbling skills. Jumps and combinations	15
	Choreography	Creative and original elements, visuals, routine staging, utilization of floor space, transitions, pace, music	10
	Showmanship	Excitement level of routine, facials, energy	10
Total			80