
RULEBOOK MOUNTAIN CUP 2027

Version as of September 2026



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1 General

1.1 Participation Requirements

The following rules and regulations apply to the Mountain Cup:

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 the Mountain Cup, participating clubs confirm that they have read, understood and accepted the applicable information, rules, policies and procedures published by the Mountain Cup. Clubs are responsible for informing all registered participants, including athletes, coaches, substitutes and accompanying persons, about the applicable rules and regulations.
4. The team and athlete registration must be completed by the communicated registration deadline prior to the respective competition. By registering, teams acknowledge that all applicable registration fees must be paid in full to the Mountain Cup organizers before the event day. If the applicable fees have not been paid in full, the Mountain Cup organizers reserve the right to exclude the team from participating in the competition.
5. Cancellations before the registration deadline are subject to a flat fee of CHF 50 per team. Registration fees are non-refundable, regardless of the reason or timing of the cancellation, including cancellations due to illness or injury. A medical certificate does not waive the payment obligation.
6. The organizer reserves the right to cancel or partially cancel the event due to insufficient participation, organizational reasons or force majeure, including but not limited to natural disasters, government orders, political unrest, pandemics or similar circumstances. In the event of cancellation by the organizer, up to 80% of the entry fees paid may be refunded. In the event of a partial cancellation, the refund will be determined by the organizer. There is no entitlement to a full refund of participation fees. Any costs already incurred by participating teams, such as travel, transport or accommodation expenses, will not be covered by the organizer.

7. Teams may register up to 3 coaches per team division. Up to 5 substitutes may register per team division. A maximum of 2 supervisors may be registered per team category. For subcategories, a maximum of 1 coach may be registered. In Group Stunt and Two Base up to 2 substitutes are allowed. In Partner Stunt and Individuals no substitutes are allowed. Supervisors in the subcategories are not permitted. Applicable fees are communicated separately by the organizer.
8. Participation fees are non-transferable between teams, clubs or participants. Changes to registered participants may be made within the applicable deadlines communicated by the organizer. If a registered athlete withdraws and is replaced by a registered substitute, the participation fee of the withdrawn athlete may be transferred to the substitute in accordance with the applicable registration procedures. Otherwise, participation fees are non-transferable.
9. The organizer reserves the right to adjust, merge, combine or cancel categories based on the number of registrations or other organizational circumstances. The organizer also reserves the right to modify the competition schedule and order of performance. Affected teams will be informed as soon as possible.
10. Participation in the Mountain Cup is at each participant's own risk. The organizer accepts no liability for personal injury, property damage or financial loss to the extent permitted by law. Participating clubs are responsible for ensuring that their athletes, coaches and accompanying persons have adequate accident and liability insurance.
11. Participating clubs are responsible for ensuring that they have the necessary consent and legal basis to provide the personal data of their registered participants to the Mountain Cup organizer for the purposes of registration, competition organization and communication.

1.2 Divisions

These categories will be offered at the Mountain Cup 2027:

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	3
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 Two Base	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	2
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 Partner Stunt	2	6
Senior All Girl Group Stunt	4-5	6
Senior Coed Group Stunt	4-5	6
Senior Two Base	3	6
Senior Individual	1	5
Master Group Stunt	4-5	6
Showcase Cheerleading	-	-
Showcase Group Stunt	4-5	-

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 divisions there are no number restrictions for male contestants.

Substitutes:

- **Cheerleading Team divisions:** Up to 5 substitutes per team.
- **Group Stunt and Two Base:** 2 substitutes per team.
- **Individual and Partner Stunt division:** 0 substitutes.

Entourage:

- **Cheerleading Team divisions:** A maximum of 5 entourage members is permitted per team. This includes up to 3 coaches (free of charge) and up to 2 supervisors (available at an additional cost). Please note that any media representatives must be included within this supervisor allocation.
- **Group Stunt, Two Base, Individual or Partner Stunt:** The entourage is strictly limited to a maximum of 1 coach.

1.3 Age Groups

The age of athlete is considered as the age that athlete will become in the calendar year of the competition. Any team proven to be in violation of age requirements will be automatically disqualified. This season the age groups will adapt to the international age levels from the International Cheer Union and the European Cheer Union. All categories are open to Coed and All Girl.

Age Groups	Age Criteria	Birth years
Master	30 years +	1997 or before
Senior	16 years +	2011 or before
Junior	15-18 years	2008-2012
Youth	12-14 years	2012-2015
Primary	8-12 years	2014-2019
Mini*	8 years and younger	2018 and younger

* The SCA recommends not competing before the age of 5.

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 2012).

1.5 Time of the routine

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

- **Cheer portion:** can be placed in the beginning or middle of routine. Cheer portion time minimum recommendation is thirty seconds (0:30).
- **Music portion:** Maximum two minutes (2:00).

Group Stunt, Partner Stunt, Two Base and Individuals: 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. Excessive use of sound effects or the addition of too many voice overs should be avoided.
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, a penalty will be assessed. 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, all teams are advised to time their performance several times prior to competition and allow for a margin of several seconds to account for variations in sound equipment.
5. Competition music files must be submitted to the organizer in advance. In any case, the Mountain Cup recommends that you also have a backup copy of the music saved on your phone or another device.
6. In order to keep the competition 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.
7. A designated team member signals to the technical team that the music is ready to start by raising their hand.
8. A late fee will be charged for any music submitted after the deadline.

1.7 Performance Surface

1. 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 officials. If a team has questions concerning the legality of a move or skill, it is recommended to send a video in advance to the competition officials via info@mountaincup.ch. If the Mountain Cup approves the skill, the team must bring the approved question and the official answer to the competition. Before the competition, the Safety Judges will be informed about all approved questions so that they can take them into account when judging. If the Safety Judges give a deduction for a skill that was approved by the Mountain Cup, the team may show the approved question and answer when the coaches are called to the judges' table. If the approval applies to the situation, the deduction will be removed.
2. Performance: Questions about the team's performance must be made directed to the competition officials or judges immediately after the team's performance and/or after the competition results have been announced. Questions may only be asked by the team's 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

1. Unforeseen circumstances

- a. 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.
- b. 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.
- c. 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.

2. Fault of Team

- a. 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.
- b. 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.
- c. 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.

3. Injury

- a. The only people that may stop a routine for injury are:
 - i. competition officials/judges,
 - ii. the advisor/coach from the team performing or
 - iii. an injured individual.
- b. 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.

- c. 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.
 - i. 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 only exception is the Individual category, which has a maximum of 80 total points. 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 their 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 members of the participating club's board at the conclusion of the competition. No scores or rankings will be provided by telephone. After the competition, the individual judges' score sheets will be sent by email to the person responsible for the team registration. In addition, teams will receive a ranking sheet showing the final placement, including the team name and final score.

1.15 Finality of Decisions

By participating in the Mountain Cup, each team agrees that judges' and competition officials' decisions are final and will not be subject for review. Each team acknowledges the necessity for the judges and competition officials' 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. The only circumstance under which an objection may be raised is if, during the season, a skill was submitted for safety purposes and approved by the Mountain Cup but was subsequently penalized by the safety judges at the competition (see Chapter 1.8).

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 and safety 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 to send a video to info@mountaincup.ch. This must be submitted clearly labeled with division, team name, contact person name, telephone number and e-mail (see Chapter 1.8).

2 Cheerleading Divisions

For the 2026-2027 competition season, the Safety Rules of the ICU (2026 version) will be applied. It can be found at:

https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf

A version with marked changes from 2026 to 2027 can be found on the SCA website: <https://www.swisscheer.ch/rules>. Although the document serves only as an aid to visualize the changes. Regarding legal matters, the original unmarked version of the ICU is the valid one.

3 Glossary of Terms

For the 2026-2027 competition season, the Glossary of Terms of the ECU (2026 version) Cheerleading will be applied. It can be found at:

https://cheerunion.org/wp-content/uploads/2026/03/2026_ICU-Europe_competition_rules.pdf

4 Scoresheets

Basis for SCA competitions are the ICU scoresheets, with a minor adaptation for Levels 0 to 4. In these levels, 10 additional points are awarded for Tumbling (split into 10 points for Standing Tumbling and 10 points for Running Tumbling). Accordingly, 10 points are deducted from the Pyramids category.

4.1 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

*only in All Girl divisions

4.2 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

*only in All Girl divisions

4.3 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

*only in All Girl divisions

4.4 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

*only in All Girl divisions

4.5 Distribution of points in Group Stunt, Partner Stunt and Two Base divisions:

Group Stunt, Partner Stunt and Two Base rules follow the official SCA Cheerleading Level rules. All participation requirements, levels and safety requirements, age groups, music/entrance regulations, cross-overs and general regulations apply as well.

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

4.6 Distribution of points in Individual divisions level 3-5:

Individual rules follow the official SCA Cheerleading Level rules. All participation requirements, levels and safety requirements, age groups, music/entrance regulations, cross-overs and general regulations apply as well.

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