



Performance Cheer

Rules and Progress for Athletes

This document outlines the distinctions between Novice and Premier level rules for athletes, focusing on the appropriate development of core muscle engagement before advancing levels. These rules aim to establish a structured progression for athletes.

These rules are Norwegian Adaptions and all teams and athletes need to follow International Cheer Unions - Performance Cheer Rules in addition to these Norwegian Rule-adaptions.

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

Novice Level (Mini/PeeWee)

Novice is the only level for Mini/PeeWee athletes performing in Performance Cheer, specific limitations are in place to ensure proper foundational development.

Pirouettes

Athletes at the Novice level are restricted to performing **only single pirouettes**.

Jumps

Athletes at the Novice level are restricted to performing **only single jumps**.

Novice & Premier Levels (All Other Age Groups)

For all other age groups, both Novice and Premier levels are available. **Premier level are in total defined by ICU Performance Cheer rules. No Norwegian adaptations.**

Novice Level

Similar to the Mini/PeeWee category, athletes in the Novice level for all other age groups are restricted to:

- **Single pirouettes**
- **Single jumps**

These limitations are crucial for the development of core muscle engagement, providing a correct foundation before progressing to more advanced techniques.

Premier Level

Athletes competing at the Premier level have **no other limitations than what is stated in the ICU Rule document**. This allows for the execution of more complex and varied techniques, building upon the foundational skills developed in the Novice level.

International Cheer Union - Performance Cheer Rules

In addition to the specific rules outlined above, all athletes at both the Novice and Premier levels will adhere to the general Novice and Premier rules set forth by the [International Cheer Union - Performance Cheer Rules](#).

Purpose of Rules

The implementation of these differentiated rules as a Norwegian adaptation is to ensure a correct and progressive development of athletes. By limiting pirouettes and jumps at the Novice level, athletes are encouraged to focus on core muscle engagement, which is vital for preventing injuries and building a strong technical

base. This "stairs of development" approach ensures that athletes advance with the necessary physical preparedness.

This rule-document is entitled to be updated by the Norwegian Judges committee when needed, but as a norm in relation to regular updates of the ICU Rulebook.

06.08.2025

NAIF - Dommerkomitee