



EUROPEAN CHEERLEADING ASSOCIATION®

Rules & Regulations

2020

www.ecacheer.org

ECA VIDEO CHEERLEADING CHAMPIONSHIPS

RULES

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ECA VIDEO CHEERLEADING CHAMPIONSHIPS

RULES

1. GENERAL

1.1 DATES

The European Video Cheerleading Championships, hereafter called EVCC, will be organised for all age groups in Cheer Dance/Pom Dance/Urban Cheer dance doubles.

The date of the EVCC will be November, 8, 2020.

1.2 ELIGIBILITY

- a) All European Cheerleading Association members are eligible.
- c) The ECA member-federations may enter maximum 5 teams per category in each age group. The ECA Associations/Federations may decide who will represent them at the EVCC.

1.3 ENTRIES

Registration forms

Official Competition Registration forms need to be completed for all competing teams, showing individual names, ages, and Nationality. Only coaches and competitors who have been registered on the original entry form are permitted to compete in the EVCC.

The Country Representative is responsible for checking all entries before sending to:

<https://evenzy.io/o/ufcc/upcoming>

Registration includes two steps: to fill-in the entry form and to attach the video of the team's routine.

The federations will receive a confirmation email for each Registration Form.

Deadline

Entries & videos must be received by **October 24, 2020**

No changes can be made to Registration forms & videos after the deadline.

Entries received after October 24, 2020 will not be accepted.

Fees

The fees and bank charges in the correct currency must be paid into the ECA bank account.

European Cheerleading Association
IBAN DE72 5019 0000 4103 1002 89
Frankfurter Volksbank e. G.
SWIFT/ BIC: FFVBDEFF

FEES

10 Euros for each Competitor officially registered (per entry)

Payment must be received by October 28, 2020

Federations will combine all their receipts of the fee payments in one file and will attach it to the original entry in the on-line registration system within 4 days after the registration, but not later than October, 28, 2020.

Registration numbers

Doubles may register:

2 Competitors and 1 Coach per couple

1.4 WITHDRAWAL

Teams who cannot participate at the championships should let the ECA know as soon as possible.

Entry fees are non-refundable and must be paid if the team or a competitor withdraws from the competition after the entry deadline.

1.5 CODE OF CONDUCT

Any vulgar, racist, suggestive language, appearance or movements of the competitors, coaches or fans could result in disqualification of the team/competitor.

1.6 INSURANCE

ECA will not require insurance – it should be a decision of the national federations if they need it.

1.7 COMPLAINTS

All complaints about the EVCC have to be filed in writing within one week after the EVCC to the ECA President. A fee of €100 must be paid with the complaint. The fee will be refunded if the complaint is accepted. All complaints will be handled by the ECA Board or a specific ECA committee if the Board so chooses.

1.8 JUDGES

Judges will be nominated by the ECA Board. Only ECA approved judges are eligible.

Judge Panels

A complete panel per category must consist of 5 International judges.

Judges decisions are final.

Score Sheets

Blank score sheet can be found at the end of this document.

Completed event score sheets will be sent to teams within two weeks after the competition.

Rules questions

Will be answered by the judge panel up to October, 24, 2020 by emailing: rules@ecacheer.org

Besides, in the second decade of September 2020, a conference for coaches will be organized by ECA, and a video explanation of how to register will be issued.

2. COMPETITION GUIDE

2.1 OVERALL APPEARANCE

Accessories

All accessories, e.g. scrunches, hair bands have to be secured tightly. Only flat hairpins may be worn.

Dress Code

Uniforms or costumes must be appropriate for Cheer and Dance. Underwear must not be visible and offensive or tear away clothing is not allowed.

Advertising/Sponsors

Only one advertising or sponsors patch, (credit card size) may be displayed on any clothing worn during the competition. Check with the Judge Committee at least three weeks prior to the EVCC if you have any questions.

(See Dress Code Violation)

Hair

All competitors whose hair is longer than shoulder length must tie it back from the face.

Jewelry

Jewelry MUST NOT be worn.

Medical Items

Flexi Glasses ONLY. Athletes using hearing aids and other hard medical items must have a doctors note which needs to be presented at registration prior to the start of the competition.

Soft supports and bandages are allowed.

Shoes in Dance

All participants must wear dance shoes. Jazz shoes, ballet shoes, textile shoes, dance paws etc, are allowed in dance categories. Trainers/pumps and boots are allowed in Urban Cheer. Shoes with high heels are not permitted in any dance category.

2.2 MUSIC

Music used for competition performances must be suitable for each age division and category. Unsuitable/offensive music (music with offensive sexual content, racist or vulgar lyrics) is not allowed.

The teams should perform their routines to music.

Music should be well heard, but can not be added to the video afterwards.

2.3 VIDEO

The teams will send the video of their recent routines (created this year). The teams may perform the routines either in outside stadiums, or in their gyms (or in any other safe location).

2.3.1 TECHNICAL CHARACTERISTICS FOR THE VIDEO RECORDING

The video should be taken in one shoot, without editing. The camera should be placed some distance away from the centre of the front line of the competition area.

The shooting should be done with a fixed camera (smartphone) placed in horizontal position. The height of the camera can be different (depending on the height of the athletes) – not higher than the faces of the participants and not lower than their midriffs.

Both participants of the team should be in the picture all the time, the same as the whole competition area.

2.4 PERFORMANCE AREA

Competitors are allowed to perform their routine in unmarked area (preferably 12m x 12 m).

3.1 DIVISIONS AND AGE LIMITS

Division		
Minis Cheer Dance/Pom Dance /Urban Cheer Doubles	Participants can be 6, 7, 8, 9, 10, 11, 12 years of age In year of competition	Participants cannot be 13 years of age In year of competition
Junior: Cheer Dance/Pom Dance /Urban Cheer Doubles	Participants can be 11, 12, 13, 14, 15, 16, 17 years of age In year of competition	Participants cannot be 18 years of age In year of competition
Senior: Cheer Dance/Pom Dance /Urban Cheer Doubles	All participants must be at least 15 years of age In year of competition	Participants cannot be 25 years of age In year of competition
Masters: Pom Dance Doubles /Urban Cheer Doubles	All participants must be at least 25 years of age In year of competition	No upper limit

3.2 CATEGORIES

Number of participants in the competing team:

Categories	Minimum Participants	Maximum Participants
Cheer Dance/Pom Dance /Urban Cheer Doubles	2	2

3.3 TIMING

Timing will begin on the first note of music, the first vocal command or the first movement and stop with the end of the Cheer or last note of the music or when all team members come to a stationary position.

Category	Minimum	Maximum
Cheer Dance/ Pom Dance/ Urban Cheer Dance Doubles	1:00	1:10 (one minute and ten seconds)

3. DANCE

OVERVIEW

Acrobatics in Dance

Any move where the weight of the performer is on their hands and the hips rotate/come up straight over the head without the support of one or both feet.

Allowed:

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

Prohibited:

- Handstands, cartwheels, handsprings or other Tumbling
- Dive rolls
- Dance lifts, stunts
- Physical contacts with the partner during the routine

Cheer Dance & Pom Dance

NOT Allowed:

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground.

Minimum Requirement

	Minis	Juniors	Seniors	Masters
	1:00 – 1:10 seconds	1:00 – 1:10 seconds	1:00 – 1:10 seconds	1:00 – 1:10 seconds
Cheer Dance Doubles	Technical Dance Skills Single Pirouette 1 Leap 1 Split 2 Different Cheer Jumps 2 Different High Kicks Cheer Arm Motions Poms Prohibited Cheers/Chants Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	Technical Dance Skills Single Pirouette 1 Leap 1 Split 2 Different Cheer Jumps 2 Different High Kicks Cheer Arm Motions Poms Prohibited Cheers/Chants Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	Technical Dance Skills Double Pirouette 2 Different Leaps 1 Split 2 Different Cheer Jumps 2 Different High Kicks Cheer Arm Motions Poms Prohibited Cheers/Chants Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	N/A
	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing
Pom Dance Doubles	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing
	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing	Entertaining/Creative 2 Different Cheer Jumps Cheer Arm Motions Poms Prohibited Cheers/Chants Tumbling Assisted Jumps Additional Props Offensive or tear away clothing

Urban Cheer Doubles	Urban Style Moves	Urban Style Moves	Urban Style Moves	Urban Style Moves
	Cheer/Chant or Rap 2 Different Cheer Jumps 2 Different Urban Jumps Cheer Arm Motions Poms	Cheer/Chant or Rap 2 Different Cheer Jumps 2 Different Urban Jumps Cheer Arm Motions Poms	Cheer/Chant or Rap 2 Different Cheer Jumps 2 Different Urban Jumps Cheer Arm Motions Poms	Cheer/Chant or Rap 2 Different Cheer Jumps 2 Different Urban Jumps Cheer Arm Motions Poms
	Prohibited Additional Props Assisted Jumps Offensive or tear away clothing	Prohibited Additional Props Assisted Jumps Offensive or tear away clothing	Prohibited Additional Props Assisted Jumps Offensive or tear away clothing	Prohibited Additional Props Assisted Jumps Offensive or tear away clothing

CHEER DANCE DOUBLES

Perform a technical dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical etc.

Minis and Juniors

Compulsory Elements

Minimum

1 (one) Single Pirouette

1 (one) Split

1 (one) Dance Leap

2 (two) Different Cheer Jumps

2 (two) Different High-Kicks

Cheer Arm Motions

Seniors

Compulsory Elements

Minimum

1 (one) Double Pirouette

1 (one) Split

2 (two) Different Dance Leaps

2 (two) Different Cheer Jumps

2 (two) Different High Kicks

Cheer Arm Motions

All compulsory elements have to be performed by all participants at the same time or in a ripple

Poms must be used (optional for males)

Uniform/costume must be worn

Props allowed in Dance

Poms

Hats will not be considered a prop if they are kept on the head throughout the performance

Prohibited

Cheers/Chants

Dance Lifts

Assisted Jumps

Stunts/Pyramids

Physical contacts with the partner during the routine

Tumbling

Additional Props

Offensive or tear away clothing

POM DANCE DOUBLES

All Age Divisions

Perform a routine, which should be entertaining and creative.

The routine does not require technical dance skills.

Compulsory Elements

2 Different Cheer Jumps

Cheer Arm Motions

All compulsory elements have to be performed by all participants at the same time or in a ripple

Poms (optional for males) must be used

Uniform/costume must be worn

Props allowed in Dance

Poms

Hats will not be considered a prop if they are kept on the head throughout the performance

Prohibited

Cheers/Chants

Dance Lifts

Stunts/Pyramids

Physical contacts with the partner during the routine

Tumbling

Assisted jumps

Additional Props

Offensive or tear away clothing

URBAN CHEER DOUBLES

All Age Divisions

Perform a routine, which should include a variety of Urban Dance moves and a Cheer, Chant or Rap.

The routine should have the 'Wow Factor'.

Compulsory Elements

Cheer /Chant or Rap

2 Different Cheer Jumps

2 Different Urban Jumps

Cheer Arm Motions

All compulsory elements have to be performed by all participants at the same time or in a ripple

Poms (optional for males) must be used

Uniform/costume must be worn

Props allowed in Dance

Poms

Hats will not be considered a prop if they are kept on the head throughout the performance

Prohibited

Dance Lifts

Stunts/Pyramids

Assisted jumps

Physical contacts with the partner during the routine

Additional Props

Offensive or tear away clothing

4. PENALTIES

INCORRECT AGE

COPIED MATERIAL

Whole routine copied

MISSSED COMPULSORY ELEMENTS

Any compulsory element not performed/included

SAFETY VIOLATION

Drop or Fall to the floor

PROHIBITED ELEMENTS

UNSUITABLE MUSIC

JEWELLERY

No jewellery to be worn

FORBIDDEN MEDICAL ITEMS

Not agreed at registration

DRESS CODE VIOLATION

Tear away/Offensive clothing/Advertising

INCORRECT SHOES

DROPPED POMS

Choreographed throws will not be considered a drop

DISQUALIFICATION OF COMPETITOR

DISQUALIFICATION

10 POINTS

For each element

10 POINT

For each Drop or Fall to the floor

10 POINT

For each occurrence

10 POINTS

10 POINTS

For each person

10 POINTS

For each item

1 POINT

For each item of clothing

1 POINT

Per person

1 POINT

For each pom

DROPPED ACCESSORIES

1 POINT

For each item

ADDITIONAL PROPS

1 POINT

For each item

PERFORMANCE TIME VIOLATION

1 POINT

For each second

5. DOUBLES Score Sheet – ECA

Team Name: _____

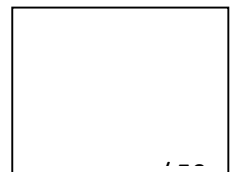
COMPULSORY ELEMENTS 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
TECHNIQUE

SYNCHRONIZATION 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
UNITY

COMPOSITION 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY,
USE OF MUSIC

OVERALL EVALUATION 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
DANCE STYLES, WORKING AS A DOUBLE

SPIRIT AND OVERALL IMPRESSION 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
ENTHUSIASM, CROWD APPEAL, CONFIDENCE



COMMENTS