EUROPEAN CHEERLEADING ASSOCIATION®
Rules & Regulations
2020

www.ecacheer.org

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1. GENERAL

1.1 DATES

The European Cheerleading Championships, hereafter called ECC, will take place annually in June or July, decided by the host together with ECA board.

1.2 ELIGIBILITY

a) All European Cheerleading Association members are eligible.
b) Competitors from each country must possess that countries passport or, have proof of permanent residency of at least 6 months in the country that they are representing.
c) 1st, 2nd & 3rd place winners of each country's National Championships are eligible according to the various age divisions (maximum three teams per country per age division). Should the 1st, 2nd & 3rd place teams be unable to attend, the countries Association/Federation may decide who will represent them at the ECC. If a country does not have a certain division in their National Championships, the Association/Federation may decide who will represent them at the ECC.

1.3 ENTRIES

Registration forms

Official Competition Registration & Indemnity forms need to be completed for all competing teams, showing individual names, ages, passport number/ID number and Nationality. Only coaches, competitors, substitutes and spotters who have been registered on the original entry form are permitted to compete in the ECC.

The Country Representative is responsible for checking all entries and signing electronically before sending to: entries@ecacheer.org ECA will send a confirmation email for each Registration Form received.

Deadline

Entries must be received by **31st May 2020**
No changes can be made to Registration forms after the deadline.
Entries received after 31st May 2020 will not be accepted.

Fees

The fees and bank charges in the correct currency must be paid into the ECA bank account.
Account Owner: European Cheerleading Association
Bank name: Frankfurter Volksbank
IBAN: DE 72 5019 0000 4103 1002 89
SWIFT/ BIC: FFVBDEFFXXX

FEES

40 Euros for each Competitor, Substitute, Spotter and Coach officially registered (per entry)

Payment must be received by June 10th, 2020

Registration numbers

A Cheer All Female, Cheer Mixed or Cheer Dance/Pom Dance/Urban Cheer team may register a maximum of:
25 Competitors, 5 Substitutes, 6 Spotters and 2 Coaches
Group Stunt or Group Stunt Mixed may register:
5 Competitors, 1 Substitute, 1 Spotter and 2 Coaches
Partner Stunt may register:
2 Competitors, 1 Spotter and 1 Coach per couple
Doubles may register:
2 Competitors and 1 Coach per couple
Substitutes: The substitutes may only replace a Cheerleader in their related division and category.
A Cheerleader who has been replaced is prohibited to re-enter the competition at any time.
Coaches may also be registered as substitutes.
Prohibited: Substitutes in Partner Stunt or Doubles divisions

Identification
An official travel document, (meaning passport with photo or another official photo ID) must be available for registration for the ECC. Each Coach is responsible for the availability of their competitor's travel document on registration and during competition day. In case of force majeure, other means of identification can be accepted if agreed by the majority of the ECA board. Proof of permanent residency (where applicable) must be sent in together with the original Registration/Indemnity forms.

Banned from competition
If a competitor has received a ban from any countries anti-doping organization or the ECA, the competitor is not eligible to enter the ECC according to the specified ban administered by these said organizations.

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, substitutes, spotters, Coaches or fans could result in disqualification of the team/competitor.

1.6 INSURANCE
Each participant/team must have a personal- and/or team insurance. This also applies to Coaches and Spotters. Each team will have to hand in a signed Indemnity form prior to the Championship. The host country or the ECA will not be responsible for any injuries sustained at this event, on the understanding that all ECA guidelines, Rules, Regulations and safety standards are complied with. The host country must also ensure that they have sufficient insurance cover for the event.

1.7 ANTI-DOPING
The use of any kind of illegal substance as specified by the World Anti-Doping Agency is prohibited in any competition organized by the ECA and related practise situations. All matters in this section will be handled according to the World Anti-Doping Code provided by the World Anti-Doping Agency: www.wada-ama.org

1.8 COMPLAINTS
All complaints about the ECC have to be filed in writing within two weeks after the ECC 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 Boards so chooses.

1.9 JUDGES
Judges will be nominated by the ECA Judge Committee. Only ECA approved judges are eligible.

Judge Panels
A complete panel per category must consist of 5 International judges. In addition to the judging panel, 2 Technical Judges, 2 Time Keepers/Line Keepers will be appointed to ensure that routine requirements are followed.
Judges decisions are final and the Head Judge will be available for questions up to 30 minutes after the competition.

Score Sheets
Blank score sheets can be found at the end of this document.
Completed event score sheets will be given to teams at the end of the competition Award Ceremony.

Rules questions
Will be answered by the judge panel up to 20th June 2020 by emailing: rules@ecacheer.org

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.

External Spotters:
Must be in uniform but should be different to the competitors. Shoes must be worn and hair tied back.

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 ECC if you have any questions. (See Dress Code Violation)

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

Jewellery
Jewellery 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 Cheer
All participants and spotters must wear Cheerleading shoes which are defined as 'shoes with solid sole and form'.

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.

Each team must bring 2 copies of the music on i-pod, i-phone, USB or CD.
Upon decision of ECA , it might be mandatory to upload the music before the ECC on a platform designated by ECA.
One representative from each team (i.e. Coach/representative) will need to meet at the audio desk two (2) performances before their teams scheduled performance. The Coach/representative will be in charge of playing and stopping the music (they will be able to pause and re-start the music during the routine as needed). The Coach/representative needs to be accustomed to using an i-pod, i-phone (set to flight mode), USB or CD player. The Coach/representative controlling the music must stay throughout their team's performance and take the i-pod, i-phone, USB or CD with them when leaving.
Note: Should a problem occur with the music as a result of the organisers audio equipment, the team would be allowed to start again. Should a problem occur as a result of the i-pod, i-phone, USB, CD or Coach/representative, the team must continue their routine (with or without music), or withdraw from the competition.

A sound system will be provided for the competition only. The host is not responsible for a private sound system to be made available for practising teams.

2.3 SET UP TIME

Participants are encouraged to move on and off the floor as quickly as possible. A maximum of 20 seconds is allowed for prop set up time. Timing begins when the first person steps onto the performance floor/mat inside the marked line and stops when the whole team comes to a standstill. Deductions will be made if teams/individuals exceed the time limit.

2.4 PRACTICE TIME

Each team will be given an assigned time for practice in the practice area.

2.5 PERFORMANCE AREA

Competitors are not allowed outside marked 12m x 12m area once the routine has started.

3.1 DIVISIONS AND AGE LIMITS

Division		
Minis - Cheer - Group Stunt - Cheer Dance/Pom Dance /Urban Cheer - 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 All Female - Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheer Dance/Pom Dance/Urban Cheer - 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 All Female - Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheer Dance/Pom Dance /Urban Cheer - Cheer Dance/Pom Dance /Urban Cheer Doubles	**All participants must be at least** **15 years of age** **In year of competition**	No upper limit
Masters: - Cheer All Female - Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Pom Dance/Urban Cheer - 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	8	25
Cheer Dance/Pom Dance /Urban Cheer	5	25
Group Stunt	4	5
Partner Stunt/Doubles	2	2

Mixed Teams: Teams with participants from both genders (male and female) are considered Mixed.

Partner Stunt/Doubles: Consists of 2 competitors.

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	2:15	2:30 (two minutes and thirty seconds)
Dance	2:15	2:30 (two minutes and thirty seconds)
Group Stunt	1:00	1:10 (one minute and ten seconds)
Partner Stunt/Doubles	1:00	1:10 (one minute and ten seconds)

CHEERLEADING

LAYERS AND HEIGHT LIMIT

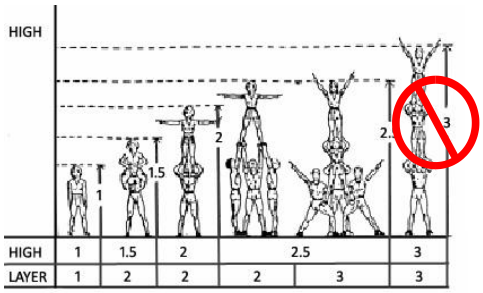
Layer

A unit to express how many layers of people there are in a Stunt.
1 layer = a situation where at least one foot is stationed on the ground.
2 layers = a situation where half or more than half of the body weight is sustained by a 1st layer person.
3 layers = a situation where half or more than half of the body weight is sustained by 2nd layer person.

Height Limit

Division	Layers (max)	Height (max)
Minis Cheer	2	2.5
Junior Cheer All Female/ Mixed	2	2.5
Senior Cheer All Female/ Mixed	3	less than 3
Masters	2	2.5

PYRAMIDS AND STUNTS 3 LAYERS 3 PERSONS HIGH AND OVER ARE PROHIBITED



Layers and height definitions of a number of legal/common Stunts and Pyramids

Stunt/Pyramid		Layers	Height
Thigh stand	Flyer standing on bases thigh	2	1.5
Shoulder sit	Flyer sitting on bases shoulders	2	1.5
Shoulder stand	Flyer standing on base(s) shoulders	2	2
Elevator (2-1)	Flyer standing in bases hands (flyers feet are at shoulder level of the bases)	2	2
Extension (1-1 or 2-1)	Flyer standing in bases hands while main bases have his/her/their arms extended above their head.	2	2.5
A-frame Pyramid (2-2-1 or 4-2-1)	Two flyers, standing in either an extension prep or shoulder stand hold another flyer at their waist level.	3	2.5

SPOTTERS

All required spotter positions must be filled from within the team. These spotters are known as **internal spotters.** In addition to internal spotters, teams may use **external spotters**, maximum 6 per Cheer team. (See definitions)

CHEER OVERVIEW

	Minis	Junior & Junior Mixed	Senior & Senior Mixed	Masters
Layers	2	2	3	2
Height	2.5 high	2.5high	Less than 3	2.5 high
Back Spot Required	2.0 high	2.0 high	2.5 high If single based	2.0 high
Double Leg Stunts	2.5 high	2.5 high	Less than 3	2.5 high
Single Leg Stunts	2.0 high	2.5 high	Less than 3	2.5 high
Single Based Stunts	2.0 high	2.5 high	2.5 high	2.0 high
Mounts & Transitions	Single Twist No Rotations	Double Twist or Single Rotation	Double Twist & Single Rotation	Single Twist or Single Rotation
Dismounts	Single Twist No Rotations	Double Twist or Single Rotation	Double Twist & Single Rotation	Single Twist or Single Rotation
Cradle Dismounts from Stunts or Pyramids	At least 3 catchers required	At least 3 catchers required	At least 2 catchers required	At least 3 catchers required
Tosses	Straight Ride	Double Twist or Single Rotation	Double Twist & Single Rotation or Double Rotation	Single Twist or Single Rotation
Tumbling	Up to and including Front or Back Handsprings	Up to and including Somersaults No Twisting	No Restrictions	Up to and including Somersaults No Twisting
Prohibited	Prone Cradles Rotations Toe Flips Hanging Pyramids Mini Tramps Springboards Offensive or tear away clothing	Prone Cradles Toe Flips Hanging Pyramids Mini Tramps Springboards Offensive or tear away clothing	Prone Cradles Toe Flips Hanging Pyramids Mini Tramps Springboards Offensive or tear away clothing	Prone Cradles Toe Flips Hanging Pyramids Mini Tramps Springboards Offensive or tear away clothing

MINIS

Cheerleading
Compulsory elements
Minimum 1 (one) Cheer OR 1 (one) Chant
1 (one) Stunt
1 (one) Cheer Jump
1 (one) Pyramid
1 (one) Tumbling element
Cheer Dance section with Arm Motions

The compulsory Cheer OR Chant must be performed without music.

All team members must start the routine with at least one foot on the ground.

Props allowed
Banners, signs, megaphones, flags and pom-poms
Props that may puncture the performance surface must not be used.

Prohibited
Offensive or tear away clothing

Group Stunt
Compulsory Elements
Perform continuous Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

MINIS SAFETY RULES

General

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- Pendulums may be performed if there is constant contact between a flyer and at least one base
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2 high
- **Prohibited:** Rotations
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus
- **Prohibited:** Offensive of tear away clothing

Tumbling

- **Allowed:** Skills up to and including front and back handsprings

Tosses

- **Allowed:** Straight ride only

Dismounts

- All cradle dismounts must have at least 3 catchers
- A flyer can dismount directly to the floor from 2 high or below in a straight dismount (Pop off)
- **Prohibited:** Prone Cradles

JUNIOR

Cheerleading
Compulsory Elements
Minimum 1 (one) Cheer OR 1 (one) Chant
1 (one) Stunt
1 (one) Cheer Jump
1 (one) Pyramid
1 (one) Tumbling element
Cheer Dance section with Arm Motions

The compulsory Cheer OR Chant must be performed without music.

All team members must start the routine with at least one foot on the ground.

Props allowed
Banners, signs, megaphones, flags and pom-poms
Props that may puncture the performance surface must not be used.

Group Stunt
Compulsory Elements
Perform continuous Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

Partner Stunt
Compulsory Elements
Perform single-based partner Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Each couple must bring their own external spotter. Their responsibility is to assist with cradling, but the external spotter may not help toss or support Stunts within the routine.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

JUNIOR SAFETY RULES

General

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- Pendulums may be performed if there is constant contact between a flyer and at least one base
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2.5 high
- **Allowed:** 2.5 high/3 layer transitional movements that do not stop
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus
- **Prohibited:** Offensive of tear away clothing

Tumbling

- **Allowed:** Skills up to and including front and back somersaults

Tosses

- A basket toss must be cradled by at least two of the original bases, plus a spotter in place at the head and shoulder area
- A toss should be directed vertically
- A basket toss must be executed from ground level with the main bases' feet on the performing surface
- **Allowed:** A single vertical twist or a single head over hips rotation if performed separately
- **Prohibited:** A toss over/under or through any Pyramid or Stunt

Dismounts

All Female

- A flyer can dismount directly to the floor from 2 high or below in a straight dismount (Pop off)
- All dismounts from 2.5 high must be cradled by at least 3 catchers
- All twisting dismounts or dismounts involving a jump or gymnastic skill or a head-over hips rotation must be cradled

Co-ed & Partner Stunt

- A flyer can dismount directly to the floor from 2 high or below in a straight dismount (Pop off)
- All dismounts from 2.5 high must be cradled by at least 3 catchers (except Partner Stunt)
- All twisting dismounts, or dismounts involving a jump or gymnastic skill, or head over hips rotation must be cradled by at least 3 catchers (except Partner Stunt)
- **Prohibited:** Prone Cradles

SENIOR

Cheerleading
Compulsory Elements
Minimum 1 (one) Cheer OR 1 (one) Chant
1 (one) Stunt
1 (one) Cheer Jump
1 (one) Pyramid
1 (one) Tumbling element
Cheer Dance section with Arm Motions

The compulsory Cheer OR Chant must be performed without music.

All team members must start the routine with at least one foot on the ground.

Props allowed
Banners, signs, megaphones, flags and pom-poms
Props that may puncture the performance surface must not be used.

Group Stunt
Compulsory Elements
Perform continuous Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

Partner Stunt
Compulsory Elements
Perform single-based partner Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Each couple must bring their own external spotter. Their responsibility is to assist with cradling, but the external spotter may not help toss or support Stunts within the routine.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

SENIOR SAFETY RULES

General

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- Pendulums may be performed if there is constant contact between a top person and at least one base
- In a double based Stunt above 2 high, no spotter is required
- In a single based Stunt, every flyer above 2 high requires a spotter
- At least one person must spot each 3rd layer flyer above 2 high
- All cradle dismounts must have at least 2 catchers
- **Allowed:** 3 high/3 layer transitional movements that do not stop
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus
- **Prohibited:** Offensive of tear away clothing

Tumbling

- No restriction

Tosses

- A basket toss must be cradled by at least two of the original bases plus a spotter in place at the head and shoulder area
- A basket toss must be executed from ground level with the main bases' feet on the performing surface.
- A toss should be directed vertically
- **Prohibited:** Tosses over/under or through any Pyramid or Stunt
- **Prohibited:** Rotations exceeding two vertical twists
- **Prohibited:** Rotations exceeding double head over hips

Dismounts

All Female

- A flyer can dismount directly to the floor from 2 high or below in a straight dismount (Pop off)
- All dismounts from 2.5 high must be cradled
- All twisting dismounts or dismounts involving a jump or gymnastic skill or a head-over hips rotation must be cradled

Co-ed & Partner Stunt

- A flyer can dismount directly to the floor from 2 high or below in a straight dismount (Pop off)
- A flyer can dismount directly to the floor from 2.5 high with assistance
- Twisting dismounts or dismounts involving a jump or gymnastic skill or a head-over hips rotation may dismount directly to the floor, with assistance

3rd layer

- All dismounts must be cradled
- **Prohibited:** Backward somersaults (without suspension)
- **Prohibited:** More than two twists in dismounts from Stunts/Pyramids
- **Prohibited:** Prone Cradles

MASTERS

Cheerleading
Compulsory Elements
Minimum 1 (one) Cheer OR 1 (one) Chant
1 (one) Stunt
1 (one) Cheer Jump
1 (one) Pyramid
1 (one) Tumbling element
Cheer Dance section with Arm Motions

The compulsory Cheer OR Chant must be performed without music.

All team members must start the routine with at least one foot on the ground.

Props allowed in Cheer
Banners, signs, megaphones, flags and pom-poms are the only props allowed.
Props that may puncture the performance surface must not be used.

Group Stunt
Compulsory Elements
Perform continuous Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

Partner Stunt
Compulsory Elements
Perform single-based partner Stunts of your choice in accordance with the Rules & Regulations.

All team members must start the routine with at least one foot on the ground.

Each couple must bring their own external spotter. Their responsibility is to assist with cradling, but the external spotter may not help toss or support Stunts within the routine.

Prohibited
Cheer/Chant
Tumbling
Props
Offensive or tear away clothing

MASTERS SAFETY RULES

General

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- Pendulums may be performed if there is constant contact between a flyer and at least one base
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2.5 high
- **Allowed:** 2.5 high/3 layer transitional movements that do not stop
- **Prohibited:** Single based Stunts above 2 high
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus
- **Prohibited:** Offensive of tear away clothing

Tumbling

- **Allowed:** Skills up to and including front and back somersaults

Tosses

- A basket toss must be cradled by at least two of the original bases, plus a spotter in place at the head and shoulder area
- A toss should be directed vertically
- A basket toss must be executed from ground level with the main bases' feet on the performing surface
- **Allowed:** A single vertical twist or a single head over hips rotation if performed separately
- **Prohibited:** A toss over/under or through any Pyramid or Stunt

Dismounts

- A flyer can dismount directly to the floor from 2 high or below in a straight dismount (Pop off)
- All dismounts from 2.5 high must be cradled by at least 3 catchers
- All twisting dismounts or dismounts involving a jump or gymnastic skill or a head-over hips rotation must be cradled
- **Prohibited:** Prone Cradles

DANCE

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

Cheer Dance & Pom Dance

Dance Lifts/Stunting
Any move where the body weight is supported by another competitor without the flyer’s foot/feet touching the ground.

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.

Prohibited:
- Dance Lifts, Stunts

Urban Cheer

Dance Lifts/Stunting
A**llowed:**
A weight bearing skill performed by 2 or more individuals that is fluid and continuous in movement.
Prohibited:
- Static Dance Lifts, Stunts

DANCE OVERVIEW

Minimum Requirement

	Minis	Juniors	Seniors	Masters
	2:30 seconds	**2:30 seconds**	**2:30 seconds**	**2:30 seconds**
Cheer Dance	**Technical Dance Skills** **Single Pirouette** **1 Leap** **1 Split** **2 Different Cheer Jumps** **2 Different High Kicks** **Cheer Arm Motions** **Poms** **Prohibited** Cheers/Chants Stunts/Pyramids Dance Lifts 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 Stunts/Pyramids Dance Lifts 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 Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	**N/A**
Cheer Dance	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**
	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	
Pom Dance	**Entertaining/Creative** **2 Different Cheer Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Cheers/Chants Stunts/Pyramids Dance Lifts Tumbling Additional Props Offensive or tear away clothing	**Entertaining/Creative** **2 Different Cheer Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Cheers/Chants Stunts/Pyramids Dance Lifts Tumbling Additional Props Offensive or tear away clothing	**Entertaining/Creative** **2 Different Cheer Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Cheers/Chants Stunts/Pyramids Dance Lifts Tumbling Additional Props Offensive or tear away clothing	**Entertaining/Creative** **2 Different Cheer Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Cheers/Chants Stunts/Pyramids Dance Lifts Tumbling Additional Props Offensive or tear away clothing
Pom Dance	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**
	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above
Urban Cheer	**Urban Style Moves** **Cheer/Chant or Rap** **2 Different Cheer Jumps** **2 Different Urban Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Stunts/Pyramids Static Dance Lifts Additional Props Offensive or tear away clothing	**Urban Style Moves** **Cheer/Chant or Rap** **2 Different Cheer Jumps** **2 Different Urban Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Stunts/Pyramids Static Dance Lifts Additional Props Offensive or tear away clothing	**Urban Style Moves** **Cheer/Chant or Rap** **2 Different Cheer Jumps** **2 Different Urban Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Stunts/Pyramids Static Dance Lifts Additional Props Offensive or tear away clothing	**Urban Style Moves** **Cheer/Chant or Rap** **2 Different Cheer Jumps** **2 Different Urban Jumps** **Cheer Arm Motions** **Poms** **Prohibited** Stunts/Pyramids Static Dance Lifts Additional Props Offensive or tear away clothing
Urban Cheer	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**	**Doubles 1:10 seconds**
	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills	2 participants Routine to include skills above

CHEER DANCE/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
Tumbling
Additional Props
Offensive or tear away clothing

POM DANCE/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
Tumbling
Additional Props
Offensive or tear away clothing

URBAN CHEER/URBAN CHEER DOUBLES

All Age Divisions
Perform a routine on a wooden/dance floor which should include a variety of Urban Dance moves and a Cheer, Chant or Rap.
The routine should have the 'Wow Factor' and may include weight bearing skills that are fluid and continuous in movement.

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
Static Dance Lifts
Stunts/Pyramids
Additional Props
Offensive or tear away clothing

PENALTIES

INCORRECT AGE	**DISQUALIFICATION OF COMPETITOR**
COPIED MATERIAL Whole routine copied	**DISQUALIFICATION**
MISSED COMPULSORY ELEMENTS Any compulsory element not performed/included Note: Except in the case of a significant injury to a competitor causing the competitor to leave the area or unable to perform	**10 POINTS** For each element
SAFETY VIOLATION Drop or Fall to the floor	**10 POINT** For each Drop or Fall to the floor
PROHIBITED ELEMENTS	**10 POINT** For each occurrence
UNSUITABLE MUSIC	**10 POINTS**
JEWELLERY No jewellery to be worn	**10 POINTS** For each person
FORBIDDEN MEDICAL ITEMS Not agreed at registration	**10 POINTS** For each item
DRESS CODE VIOLATION Tear away/Offensive clothing/Advertising	**1 POINT** For each item of clothing
INCORRECT SHOES	**1 POINT** Per person
DROPPED POMS Choreographed throws will not be considered a drop	**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
SET UP TIME After initial 20 sec set up –time	**1 POINT** For each second
OUTSIDE AREA VIOLATION Any step/fall/roll outside the marked area	**1 POINT** Per violation

DEFINITIONS

Acrobatics in Dance	Any move where the weight of the competitor is on their hands and the hips rotate/ come up straight over the head without the support of one or both feet
Back bend	Body in a 'back arched' position
Base	Person who provides primary support for a flyer
Basket Toss	A Vertical Toss where 2 bases use their hands to interlock wrists and make a platform for the Flyer
Bear Hug	A dismount method of assisting the flyer to the ground on their feet by hugging the flyer.
Bird Flip	Ariel position of a flyer with an arched back which progresses into a forward rotation
Catcher	A person responsible for the safe dismount of a Flyer during a Stunt, Pyramid or Basket Toss
Chant	A short phrase repeated at least 3 times which encourages crowd participation
Cheer	A vocal routine that encourages crowd participation and tells a story
Cheer Dance	A technical style of dance, which includes splits, kicks, leaps, pirouettes and jumps
Cheer Arm Motions	High 'V', 'T', 'High Touchdown', etc.
Cradle	A method of catching where the flyer is caught in a pike position by two or more bases (base + spotter in Partner Stunt) as shown in the overview
Dance Lift	A Stunt in a dance routine where a persons' weight is supported by another competitor in a held position, without the flyers foot/feet touching the ground Static Lift: Top person in a held position Transitional Lift: Top person continually moving
Diamond Head	A flyer standing on the shoulders of a base holding onto suspending another flyer in the air
Dismount	A movement from a Stunt or Pyramid to a cradle or directly to the floor
Dive Roll	A forward roll where both feet leave the ground before the hands reach the ground
Doubles	A couple/2 individuals dancing together
Extension	Where a base holds a flyer above head height with straight or bent arms
Flyer (Top person)	Person without direct contact to the ground
Motions	See 'Cheer Arm Motions'
Pendulum	A clock tick-tock motion in a Stunt where the flyer falls forward and backwards into the arms of catchers with a straight body position, swinging back and forth
Pirouette	A controlled 360° turn in either direction performed on one leg on the ball of the foot with the other leg lifted in the air in any position. Can have single or multiple rotations
Pom Dance	An entertaining and creative style of dance that does not require technical dance skills

Pop-down	A dismount method of releasing the top person from contact with the Bases directly to the floor
Pop-up	A dismount method of releasing the top person from contact with the bases in a Stunt by pushing the top person with force off the bases´ hands
Prone Cradle	A method of catching were the flyer is caught face down, lying on their front
Pyramid	Two or more Stunts connected together and any mount with 3 layers
Ripple	A flow of movement performed by one person or one line at a time quickly followed by another
Spotter	There are 2 types of spotters. Both must maintain visual contact with the flyer at all times. <u>Internal Spotter</u>: Must be part of the competing team. A person primarily responsible for protecting the head-and-shoulders area of the flyer. Internal spotters may help control, but may not provide primary support for a Pyramid or Stunt. Active members of the competing team must fulfil all compulsory spotting requirements. <u>External Spotter</u>: Cannot be part of the competing team. The external spotter must not participate in the routine by supporting Stunts and Pyramids but is responsible for the safety of the flyer. External spotters must wear proper sportswear, visibly different from the team, and sport shoes. No jewellery is allowed.
Urban Cheer	A style of dance which includes a variety of Urban Dance moves and a vocal Cheer, Chant or Rap. It may include weight bearing skills, continuous in movement, tumbling and should have the 'Wow Factor'
Stunt	Mount or lift with one or more flyer, maximum two layers
Stunting in Dance	Any move where the body weight is supported by another competitor, without the flyer's foot/feet touching the ground
Toss	Top person being free of continuous contact from the base(s). Does not include dismounts such as pop ups
Transitional Dance Lift	Continuous movement of a top person in a dance lift
Transitional Stunt	A continuous movement from one Stunt into another; height/layer requirements may be exceeded momentarily during the transition
Tumbling	Cartwheels, handsprings and other gymnastics skills on the floor
Toe flip	A Stunt or mount method where bases use their hands as a stepping platform to toss the flyer, resulting in head over hips rotation (somersault)
Toe pitch	A mount method where bases use their hands as a stepping platform to toss the flyer without rotation
Uniform in Cheer	Top/skirt, top/shorts or dress, socks and trainers/pumps. Top/trousers, top/shorts, socks and trainers/pumps
Uniform/Costume in Dance	Costumes should be safe and appropriate for the age and style of the team members. Appropriate footwear must be worn.
'Wow Factor'	Street Dance/Hip Hop tricks/elements/visual effects included in a Urban Cheer routine that will surprise

CHEER Score Sheet – ECA

Team Name: _____

TECHNIQUE

VOCAL EXPRESSION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOTIONS	1 – 2 – 3 – 4 – 5
DANCE	1 – 2 – 3 – 4 – 5
JUMPS	1 – 2 – 3 – 4 – 5
TUMBLING	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
STUNTS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
PYRAMIDS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

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DIFFICULTY

OVERALL DIFFICULTY	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

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OVERALL EVALUATION

SYNCHRONIZATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
OVERALL EVALUATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT	1 – 2 – 3 – 4 - 5

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COMMENTS

/ 100

Judge Number_____

GROUP STUNT Score Sheet – ECA

Team Name: _____

STUNTS - DIFFICULTY 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
NUMBER, CONTINUITY, VARIETY

STUNTS - TECHNIQUE 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOUNTS, DISMOUNTS, TRANSITIONS

STUNTS – PERFORMANCE 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
TIMING, SHARPNESS, STABILITY, MOTIONS, POWER

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

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

/ 50

COMMENTS

Judge Number_____

PARTNER STUNT Score Sheet – ECA

Team Name:_____

STUNTS - DIFFICULTY 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
NUMBER, CONTINUITY, VARIETY

STUNTS - TECHNIQUE 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOUNTS, DISMOUNTS, TRANSITIONS

STUNTS – PERFORMANCE 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
TIMING, SHARPNESS, STABILITY, MOTIONS, POWER

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

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

/ 50

COMMENTS

Judge Number_____

CHEER DANCE Score Sheet – ECA

Team Name:_____

TECHNIQUE

DANCE EXPRESSION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOTIONS	1 – 2 – 3 – 4 – 5
SPLIT	1 – 2 – 3 – 4 – 5
KICKS	1 – 2 – 3 – 4 – 5
PIROUETTES	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
LEAPS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
JUMPS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

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DIFFICULTY

OVERALL DIFFICULTY	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION / EFFECTS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

SYNCHRONIZATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
OVERALL EVALUATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT	1 – 2 – 3 – 4 – 5

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COMMENTS

/ 100

Judge Number_____

POM DANCE Score Sheet – ECA

Team Name:_____

TECHNIQUE

DANCE EXPRESSION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
MOTIONS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
JUMPS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

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DIFFICULTY

OVERALL DIFFICULTY	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION / EFFECTS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

ENTERTAINMENT & CREATIVITY	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SYNCHRONIZATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT & OVERALL EVALUATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

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COMMENTS

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Judge Number_____

URBAN CHEER Score Sheet – ECA

Team Name: _____

TECHNIQUE

VOCAL EXPRESSION & CHEER ARM MOTIONS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
DANCE EXPRESSION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
CHEER & URBAN JUMPS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

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DIFFICULTY

OVERALL DIFFICULTY	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION / EFFECTS	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

'WOW FACTOR'	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SYNCHRONIZATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT & OVERALL EVALUATION	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

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COMMENTS

/ 80

Judge Number_____

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

/ 50

COMMENTS

Judge Number_____