ECA VIDEO CHEERLEADING CHAMPIONSHIPS
RULES

LIST OF CONTENTS

1. GENERAL
   1.1 Dates
   1.2 Eligibility
   1.3 Entries
   1.4 Withdrawal
   1.5 Code of Conduct
   1.6 Insurance
   1.7 Complaints
   1.8 Judges

2. COMPETITION GUIDE
   2.1 Overall appearance
   2.2 Music
   2.3 Video
      2.3.1 Technical characteristics video recording
   2.4 Performance Area
   3.1 Divisions and age limits
   3.2 Categories
   3.3 Timing
3. DANCE  

Overview  

- Cheer Dance/Doubles  
- Pom Dance/Doubles  
- Urban Cheer/Doubles  

4. PENALTIES  

5. SCORE SHEET
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.

b) 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.
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

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

3.2 CATEGORIES

Number of participants in the competing team:

<table>
<thead>
<tr>
<th>Categories</th>
<th>Minimum Participants</th>
<th>Maximum Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheer Dance/Pom Dance /Urban Cheer Doubles</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Minimum</th>
<th>Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheer Dance/ Pom Dance/ Urban</td>
<td>1:00</td>
<td>1:10 (one minute and ten seconds)</td>
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<tr>
<td>Cheer Dance Doubles</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Minis</th>
<th>Juniors</th>
<th>Seniors</th>
<th>Masters</th>
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<td><strong>Doubles</strong></td>
<td><strong>Doubles</strong></td>
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<td><strong>Technical Dance Skills</strong></td>
<td><strong>Technical Dance Skills</strong></td>
<td><strong>Technical Dance Skills</strong></td>
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<td>Single Pirouette</td>
<td>Single Pirouette</td>
<td>Single Pirouette</td>
<td>Double Pirouette</td>
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<tr>
<td>1 Leap</td>
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<td>1 Leap</td>
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<tr>
<td>1 Split</td>
<td>1 Split</td>
<td>1 Split</td>
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</tr>
<tr>
<td>2 Different Cheer Jumps</td>
<td>2 Different Cheer Jumps</td>
<td>2 Different Cheer Jumps</td>
<td>2 Different Cheer Jumps</td>
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<tr>
<td>2 Different High Kicks</td>
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<tr>
<td>Poms</td>
<td>Poms</td>
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<td><strong>Prohibited</strong></td>
<td><strong>Prohibited</strong></td>
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<td>Cheers/Chants</td>
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<td>Assisted Jumps</td>
<td>Assisted Jumps</td>
<td>Assisted Jumps</td>
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<td>Tumbling</td>
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<tr>
<td>Additional Props</td>
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<td>Additional Props</td>
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<td><strong>Entertaining/Creative</strong></td>
<td><strong>Entertaining/Creative</strong></td>
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<td>2 Different Cheer Jumps</td>
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<td>2 Different Cheer Jumps</td>
<td>2 Different Cheer Jumps</td>
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<td>Cheer Arm Motions</td>
<td>Cheer Arm Motions</td>
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<td>Cheer Arm Motions</td>
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<tr>
<td>Poms</td>
<td>Poms</td>
<td>Poms</td>
<td>Poms</td>
<td>Poms</td>
</tr>
<tr>
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<td><strong>Prohibited</strong></td>
<td><strong>Prohibited</strong></td>
<td><strong>Prohibited</strong></td>
<td><strong>Prohibited</strong></td>
</tr>
<tr>
<td>Cheers/Chants</td>
<td>Cheers/Chants</td>
<td>Cheers/Chants</td>
<td>Cheers/Chants</td>
<td>Cheers/Chants</td>
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<tr>
<td>Tumbling</td>
<td>Tumbling</td>
<td>Tumbling</td>
<td>Tumbling</td>
<td>Tumbling</td>
</tr>
<tr>
<td>Assisted Jumps</td>
<td>Assisted Jumps</td>
<td>Assisted Jumps</td>
<td>Assisted Jumps</td>
<td>Assisted Jumps</td>
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<tr>
<td>Additional Props</td>
<td>Additional Props</td>
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<td>Offensive or tear away clothing</td>
<td>Offensive or tear away clothing</td>
<td>Offensive or tear away clothing</td>
</tr>
</tbody>
</table>

**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
Urban Cheer 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
DISQUALIFICATION OF COMPETITOR

COPIED MATERIAL
DISQUALIFICATION
Whole routine copied

MISSED COMPULSORY ELEMENTS
10 POINTS
Any compulsory element not performed/included For each element

SAFETY VIOLATION
10 POINT
Drop or Fall to the floor For each Drop or Fall to the floor

PROHIBITED ELEMENTS
10 POINT
For each occurrence

UNSUITABLE MUSIC
10 POINTS

JEWELLERY
10 POINTS
No jewellery to be worn For each person

FORBIDDEN MEDICAL ITEMS
10 POINTS
Not agreed at registration For each item

DRESS CODE VIOLATION
1 POINT
Tear away/Offensive clothing/Advertising For each item of clothing

INCORRECT SHOES
1 POINT
Per person

DROPPED POMS
1 POINT
Choreographed throws will not be considered a drop For each pom
<table>
<thead>
<tr>
<th>DROPPED ACCESSORIES</th>
<th>1 POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For each item</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADDITIONAL PROPS</th>
<th>1 POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For each item</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PERFORMANCE TIME VIOLATION</th>
<th>1 POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For each second</td>
</tr>
</tbody>
</table>
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