



**EUROPEAN CHEERLEADING ASSOCIATION®**  
**Rules & Regulations**  
**ECC 2024**

[www.ecacheer.org](http://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 country's passport or, have proof of permanent residency of at least 6 months in the country that they are representing. **All competitors must be members of their official national cheerleading organization.**

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 country's 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.

**ECA board may award wild cards for entries.**

## **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.

**Original passports must be available during registration and throughout the competition. If an original passport is not available upon request, the team member will be disqualified.**

**The passport may be replaced by a governmental issued picture ID card if it is pre-approved for use by the ECA Board.**

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

### **Deadline**

Entries must be received by **31<sup>st</sup> May 2024**

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

**Entries received after 31<sup>st</sup> May 2024 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**

**50 Euros (plus VAT if applicable) for each Competitor, Substitute, Spotter and Coach officially registered (per entry)**

**Payment must be received by June 10<sup>th</sup>, 2024**

## **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](http://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 panels, 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 2024 by emailing: [rules@ecacheer.org](mailto: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.

**For Cheerleading and Cheer Dance categories no pockets, no hoods are allowed. Cheerleaders should not wear uniforms out of size. Baggy uniforms are not allowed (except for Urban categories).**

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. **No jewelry is allowed.**

#### NUMBER OF SPOTTERS

- Cheerleading = 3-4 spotters
- Cheerleading Group Stunts = 1-2 spotters
- Cheerleading Partner Stunts = 1 spotter

#### 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.

**Only flat hairpins are allowed. Competitors: natural looking hair colour.**

#### 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 **non-marking** Cheerleading shoes which are defined as 'shoes with solid sole and form'. **Everyone must wear the same shoe color.**

### 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. **Everyone must wear the same shoe color.** Shoes with high heels are not permitted in any dance category.

### Other

**Fingernails should be cut short.**

## 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

The competition mat is not less than 12,5m × 12,5m (twelve and a half meters by twelve and a half meters) with the **performance area taped off at 12m × 12m square (twelve meters by twelve meters)**. The inner line of the tape shall be the boundaries and competitors are not allowed to step on it. There will be center marking both at the front and in the center of the mat. Competitors are not allowed to step outside the marked 12m × 12m area once the routine has started.

## 2.6 PERFORMANCE ORDER

The starting order will be established through a draw conducted at the ECA head office in advance of the competition in the presence of the ECA president, the ECA Vice-President, and the Chief of the Local Organising Committee.

## 2.7 DIVISIONS AND AGE LIMITS

| Division  |   |  |
|---|---|--|
| <b>Minis</b><br>- Cheer<br>- Group Stunt<br>- Cheer Dance/Pom Dance /Urban Cheer<br>- Cheer Dance/Pom Dance /Urban Cheer Doubles  | <b>Participants can be<br/>6, 7, 8, 9, 10, 11, 12 years of age<br/>In year of competition*</b>      | <b>Participants cannot be<br/>13 years of age<br/>In year of competition</b> |
| <b>Junior:</b><br>- Cheer All Female<br>- Cheer Mixed<br>- Group Stunt All Female<br>- Group Stunt Mixed<br>- Partner Stunt All Female<br>- Partner Stunt Mixed<br>- Cheer Dance/Pom Dance/Urban Cheer<br>- Cheer Dance/Pom Dance /Urban Cheer Doubles  | <b>Participants can be<br/>11, 12, 13, 14, 15, 16, 17 years of age<br/>In year of competition**</b> | <b>Participants cannot be<br/>18 years of age<br/>In year of competition</b> |
| <b>Senior:</b><br>- Cheer All Female<br>- Cheer Mixed<br>- Group Stunt All Female<br>- Group Stunt Mixed<br>- Partner Stunt All Female<br>- Partner Stunt Mixed<br>- Cheer Dance/Pom Dance /Urban Cheer<br>- Cheer Dance/Pom Dance /Urban Cheer Doubles | <b>All participants must be at least<br/>15, years of age***<br/>In year of competition</b>         | No upper limit   |
| <b>Masters:</b><br>- Cheer All Female<br>- Cheer Mixed<br>- Group Stunt All Female<br>- Group Stunt Mixed<br>- Pom Dance/Urban Cheer<br>- Pom Dance Doubles /Urban Cheer Doubles  | <b>All participants must be at least<br/>25 years of age***<br/>In year of competition</b>          | No upper limit   |

\*Athletes that are 11, 12 years old cannot compete in both Minis and Junior divisions; they must choose either Minis or Junior.

\*\*Athletes that are 15, 16, 17 years old cannot compete in both Junior and Senior divisions; they must choose either Junior or Senior.

\*\*\* Athletes that are 25 or more years old cannot compete in both Senior and Master divisions; they must choose either Senior or Master.

## 2.8 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.

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



### **3. CHEERLEADING**

#### **3.1 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.

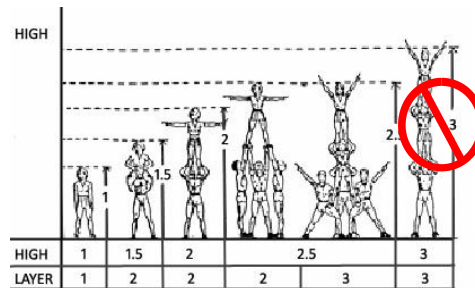
2 layers = a situation where half or more than half of the body weight is sustained by a 1st layer person.

3 layers = a situation where half or more than half of the body weight is sustained by 2<sup>nd</sup> 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<br>(2-1)    Flyer standing in bases hands<br>(flyers feet are at shoulder level of the bases)  | 2      | 2      |
| Extension<br>(1-1 or 2-1)    Flyer standing in bases hands while main bases have<br>his/her/their arms extended above their head.                     | 2      | 2.5    |
| A-frame Pyramid<br>(2-2-1 or 4-2-1)    Two flyers, standing in either an extension prep or<br>shoulder stand hold another flyer at their waist level. | 3      | 2.5    |

#### **3.2 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**. (See Chapter 2.1)

### 3.3 CHEER OVERVIEW

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

## 3.4 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 or 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

## 3.5 JUNIORS

### 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 or 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

## 3.6 SENIORS

### 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 or 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



## 3.7 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

## **4. DANCE**

### **4.1. Apparel**

#### **Uniform**

Uniform or Costumes must be appropriate for dance. Underwear may not be visible. No tear-away uniforms or removal of clothing is allowed. The uniform or costume must not be too revealing.

The length of the skirt should not be longer than mid-thigh.

#### **Shoes**

All cheer dancers must wear proper, non-marking dance shoes (jazz shoes, ballet shoes, textile shoes).

Everyone must wear the same shoe color.

#### **Hair**

Only flat hairpins may be worn.

Color: Natural looking hair color and/or uniform color for the whole team.

### **4.2. 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**

#### **Dance Lifts/Stunting**

#### **Allowed:**

A weight bearing skill performed by 2 or more individuals that is fluid and continuous in movement.

#### **Prohibited:**

- Static Dance Lifts, Stunts

## 4.3. DANCE OVERVIEW

### Minimum Requirement

|                          | Minis  | Juniors   | Seniors  | Masters   |
|--------------------------|--|---|--|---|
|                          | 2:30 seconds   | 2:30 seconds  | 2:30 seconds   | 2:30 seconds  |
| <b>Cheer Dance</b>       | <b>Technical Dance Skills</b><br><br><b>Single Pirouette</b><br><b>1 Leap</b><br><b>1 Split</b><br><b>2 Different Cheer Jumps</b><br><b>2 Different High Kicks</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Assisted Jumps<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing | <b>Technical Dance Skills</b><br><br><b>Double Pirouette</b><br><b>2 Different Leaps</b><br><b>1 Split</b><br><b>2 Different Cheer Jumps</b><br><b>2 Different High Kicks</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Assisted Jumps<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing | <b>Technical Dance Skills</b><br><br><b>2 Different Pirouettes, one of which should be Double</b><br><b>2 Different Leaps</b><br><b>1 Split</b><br><b>3 Different Cheer Jumps</b><br><b>2 Different High Kicks</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Assisted Jumps<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing | N/A   |
| <b>Cheer Dance</b>       | <b>Doubles 1:10 seconds</b>  | <b>Doubles 1:10 seconds</b>   | <b>Doubles 1:10 seconds</b>  | <b>Doubles 1:10 seconds</b>   |
|                          | 2 participants<br>Routine to include skills above  | 2 participants<br>Routine to include skills above   | 2 participants<br>Routine to include skills above  |   |
| <b>Pom Dance</b>         | <b>Entertaining/Creative</b><br><br><b>2 Different Cheer Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing   | <b>Entertaining/Creative</b><br><br><b>2 Different Cheer Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing  | <b>Entertaining/Creative</b><br><br><b>2 Different Cheer Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing   | <b>Entertaining/Creative</b><br><br><b>2 Different Cheer Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><b>Prohibited</b><br>Cheers/Chants<br>Stunts/Pyramids<br>Dance Lifts<br>Tumbling<br>Additional Props<br>Offensive or tear away clothing                                      |
| <b>Pom Dance</b>         | <b>Doubles 1:10 seconds</b>  | <b>Doubles 1:10 seconds</b>   | <b>Doubles 1:10 seconds</b>  | <b>Doubles 1:10 seconds</b>   |
|                          | 2 participants<br>Routine to include skills above  | 2 participants<br>Routine to include skills above   | 2 participants<br>Routine to include skills above  | 2 participants<br>Routine to include skills above   |
| <b>Urban Cheer Dance</b> | <b>Urban Style Moves</b><br><b>Cheer/Chant or Rap</b><br><b>2 Different Cheer Jumps</b><br><b>2 Different Urban Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Stunts/Pyramids<br>Static Dance Lifts<br>Additional Props<br>Offensive or tear away clothing  | <b>Urban Style Moves</b><br><b>Cheer/Chant or Rap</b><br><b>2 Different Cheer Jumps</b><br><b>2 Different Urban Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Stunts/Pyramids<br>Static Dance Lifts<br>Additional Props<br>Offensive or tear away clothing   | <b>Urban Style Moves</b><br><b>Cheer/Chant or Rap</b><br><b>2 Different Cheer Jumps</b><br><b>2 Different Urban Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Stunts/Pyramids<br>Static Dance Lifts<br>Additional Props<br>Offensive or tear away clothing  | <b>Urban Style Moves</b><br><b>Cheer/Chant or Rap</b><br><b>2 Different Cheer Jumps</b><br><b>2 Different Urban Jumps</b><br><b>Cheer Arm Motions</b><br><b>Poms</b><br><br><b>Prohibited</b><br>Stunts/Pyramids<br>Static Dance Lifts<br>Additional Props<br>Offensive or tear away clothing |
| <b>Urban Cheer</b>       | <b>Doubles 1:10 seconds</b>  | <b>Doubles 1:10 seconds</b>   | <b>Doubles 1:10 seconds</b>  | <b>Doubles 1:10 seconds</b>   |

## 4.4. 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

#### 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

### Juniors

#### 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

### Seniors

#### Compulsory Elements

Minimum

- 2 (two) Different Pirouettes one of which should be double
- 1 (one) Split
- 2 (two) Different Dance Leaps
- 3 (three) 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

## 4.5. 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

## 4.6. URBAN CHEER DANCE/URBAN CHEER DANCE 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

## 5. PENALTIES

### INCORRECT AGE

#### COPIED MATERIAL

Whole routine copied

#### 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

#### 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

#### DROPPED ACCESSORIES

#### ADDITIONAL PROPS

#### PERFORMANCE TIME VIOLATION

#### SET UP TIME

After initial 20 sec set up –time

#### OUTSIDE AREA VIOLATION

Any step/fall/roll outside the marked area

### 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

#### 1 POINT

For each item

#### 1 POINT

For each item

#### 1 POINT

For each second

#### 1 POINT

For each second

#### 1 POINT

Per violation



## 6. DEFINITIONS

|                            |  |
|----------------------------|--|
| <b>Acrobatics in Dance</b> | 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  |
| <b>Back bend</b>           | Body in a 'back arched' position   |
| <b>Base</b>                | Person who provides primary support for a flyer  |
| <b>Basket Toss</b>         | A Vertical Toss where 2 bases use their hands to interlock wrists and make a platform for the Flyer  |
| <b>Bear Hug</b>            | A dismount method of assisting the flyer to the ground on their feet by hugging the flyer.   |
| <b>Bird Flip</b>           | Ariel position of a flyer with an arched back which progresses into a forward rotation   |
| <b>Catcher</b>             | A person responsible for the safe dismount of a Flyer during a Stunt, Pyramid or Basket Toss   |
| <b>Chant</b>               | A short phrase repeated at least 3 times which encourages crowd participation  |
| <b>Cheer</b>               | A vocal routine that encourages crowd participation and tells a story  |
| <b>Cheer Dance</b>         | A technical style of dance, which includes splits, kicks, leaps, pirouettes and jumps  |
| <b>Cheer Arm Motions</b>   | High 'V', 'T', 'High Touchdown', etc.  |
| <b>Cradle</b>              | 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  |
| <b>Dance Lift</b>          | 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<br>Static Lift: Top person in a held position<br>Transitional Lift: Top person continually moving |
| <b>Diamond Head</b>        | A flyer standing on the shoulders of a base holding onto suspending another flyer in the air   |
| <b>Dismount</b>            | A movement from a Stunt or Pyramid to a cradle or directly to the floor  |
| <b>Dive Roll</b>           | A forward roll where both feet leave the ground before the hands reach the ground  |
| <b>Doubles</b>             | A couple/2 individuals dancing together  |
| <b>Extension</b>           | Where a base holds a flyer above head height with straight or bent arms  |
| <b>Flyer (Top person)</b>  | Person without direct contact to the ground  |
| <b>Motions</b>             | See 'Cheer Arm Motions'  |
| <b>Pendulum</b>            | 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   |
| <b>Pirouette</b>           | 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  |
| <b>Pom Dance</b>           | An entertaining and creative style of dance that does not require technical dance skills   |

|                                 |  |
|---------------------------------|--|
| <b>Pop-down</b>                 | A dismount method of releasing the top person from contact with the Bases directly to the floor  |
| <b>Pop-up</b>                   | 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   |
| <b>Prone Cradle</b>             | A method of catching where the flyer is caught face down, lying on their front   |
| <b>Pyramid</b>                  | Two or more Stunts connected together and any mount with 3 layers  |
| <b>Ripple</b>                   | A flow of movement performed by one person or one line at a time quickly followed by another   |
| <b>Spotter</b>                  | <p>There are 2 types of spotters.<br/>Both must maintain visual contact with the flyer at all times.</p> <p><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.</p> <p><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.</p> |
| <b>Urban Cheer</b>              | 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'  |
| <b>Stunt</b>                    | Mount or lift with one or more flyer, maximum two layers   |
| <b>Stunting in Dance</b>        | Any move where the body weight is supported by another competitor, without the flyer's foot/feet touching the ground   |
| <b>Toss</b>                     | Top person being free of continuous contact from the base(s). Does not include dismounts such as pop ups   |
| <b>Transitional Dance Lift</b>  | Continuous movement of a top person in a dance lift  |
| <b>Transitional Stunt</b>       | A continuous movement from one Stunt into another; height/layer requirements may be exceeded momentarily during the transition   |
| <b>Tumbling</b>                 | Cartwheels, handsprings and other gymnastics skills on the floor   |
| <b>Toe flip</b>                 | 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)  |
| <b>Toe pitch</b>                | A mount method where bases use their hands as a stepping platform to toss the flyer without rotation   |
| <b>Uniform in Cheer</b>         | Top/skirt, top/shorts or dress, socks and trainers/pumps. Top/trousers, top/shorts, socks and trainers/pumps   |
| <b>Uniform/Costume in Dance</b> | Costumes should be safe and appropriate for the age and style of the team members. Appropriate footwear must be worn.  |
| <b>'Wow Factor'</b>             | 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

/ 55

## **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

/ 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

/ 25

## **COMMENTS**

/ 100

Judge Number \_\_\_\_\_

# GROUP STUNT Score Sheet – ECA



Team Name: \_\_\_\_\_

## STUNTS - DIFFICULTY

NUMBER, CONTINUITY, VARIETY

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

## STUNTS - TECHNIQUE

MOUNTS, DISMOUNTS, TRANSITIONS

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

## STUNTS – PERFORMANCE

TIMING, SHARPNESS, STABILITY, MOTIONS, POWER

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

## COMPOSITION

BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY,  
USE OF MUSIC

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

## SPIRIT & OVERALL IMPRESSION

ENTHUSIASM, CROWD APPEAL, CONFIDENCE

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

|      |
|------|
| / 50 |
|------|

## COMMENTS

Judge Number \_\_\_\_\_

## PARTNER STUNT Score Sheet – ECA



Team Name: \_\_\_\_\_

### STUNTS - DIFFICULTY

NUMBER, CONTINUITY, VARIETY

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

### STUNTS - TECHNIQUE

MOUNTS, DISMOUNTS, TRANSITIONS

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

### STUNTS – PERFORMANCE

TIMING, SHARPNESS, STABILITY, MOTIONS, POWER

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

### COMPOSITION

BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY,  
USE OF MUSIC

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

### SPIRIT & OVERALL IMPRESSION

ENTHUSIASM, CROWD APPEAL, CONFIDENCE

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

/ 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

/ 55

## **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

/ 25

## **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

/ 30

## **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

/ 30

## **COMMENTS**

/ 80

Judge Number \_\_\_\_\_

# URBAN CHEER DANCE 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

/ 30

## **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

TECHNIQUE

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

## SYNCHRONIZATION

UNITY

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

## COMPOSITION

BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY,  
USE OF MUSIC

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

## OVERALL EVALUATION

DANCE STYLES, WORKING AS A DOUBLE

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

## SPIRIT AND OVERALL IMPRESSION

ENTHUSIASM, CROWD APPEAL, CONFIDENCE

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

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## COMMENTS

Judge Number \_\_\_\_\_