



EUROPEAN CHEERLEADING ASSOCIATION

Rules & Regulations

APPENDIX 1

CHEERABILITY

Rules & Regulations

www.ecacheer.org

2025/2026

GENERAL INFORMATION

1. Participation in the ECA competitions

1.A Eligibility

All CheerAbility athletes of the ECA member-federations can participate in all official ECA competitions/championships and/or national competitions/championships of the ECA member-countries.

1.B Participation fees must not be more than 50 % of the fees for other participants.

1. C Registration numbers

A Cheer All Female, Cheer Mixed or Cheer Dance 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

2.3 SET UP TIME

Participants are encouraged to move on and off the floor as quickly as possible. A maximum of 30 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.

2.7 DIVISIONS AND AGE LIMITS

There will be two competing groups in CheerAbility category: assisted (a team consists of disable athletes and able athletes, the number of able athletes is not more than 30 %) and non-assisted (disable athletes only). In assisted disability sports, a sport assistant plays a vital role in supporting athletes with disabilities to participate fully and safely. This support can encompass a wide range of activities, from practical assistance with equipment and mobility to providing emotional support and facilitating communication. Assisting with setting up specialized sporting equipment, or modifying existing equipment to suit an athlete's needs.

Mobility Assistance:

Providing support with movement, transfers, and navigating the sporting environment, including using wheelchairs, walkers, or other mobility aids.

The supporter has to wear a different uniform/t-shirt or colour for perceptibility.

Division		
- Cheer All Female. Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Cheer Dance - Urban Cheer Dance	No age limits	

2.8 Number of participants in competing teams (both in assisted and non-assisted groups)

Categories	Minimum Participants	Maximum Participants
Cheer	8	25
Cheer Dance/ Urban Cheer Dance	5	25
Group Stunt	4	5

2. CHEERLEADING

CHEER OVERVIEW Minimum Requirement

CHEER/CHANT	1 Cheer <i>or</i> 1 Chant
JUMPS	3 different elements
DANCE	2 eights
TUMBLING	2 different elements
STUNT	2 different elements
PYRAMIDS	1 element

CHEERLEADING TEAM**Score Sheet – ECA**

1	GENERAL PRESENTATION	10	
2	CHEER	10	
3	JUMPS	10	
4	DANCE	10	
5	TUMBLING	10	
6	STUNT	15	
7	PYRAMIDS	15	
8	QUANTITY	20	

TOTAL**100**

GROUP STUNT**Score Sheet – ECA**

1	GENERAL PRESENTATION	10	
2	STUNT (PERFORMANCE)	10	
3	COMPOSITION	10	
4	STUNT (DIFFICULTY)	10	
5	STUNT (TECHNIQUE)	10	
TOTAL		50	

GENERAL PRESENTATION - Global routine, involvement and expressiveness

CHEER/CHANT - Maximum duration 45", also achieved with the use of props (poms, signs and/or megaphones).

BASE	made exclusively in a single formation
MEDIUM	it has multiple formations and at least: 1 jump and 1 stunt and/or pyramid
HIGH	if it has multiple formations and at least: 1 jump, 1 tumbling element and 1 stunt and/or pyramid

JUMPS

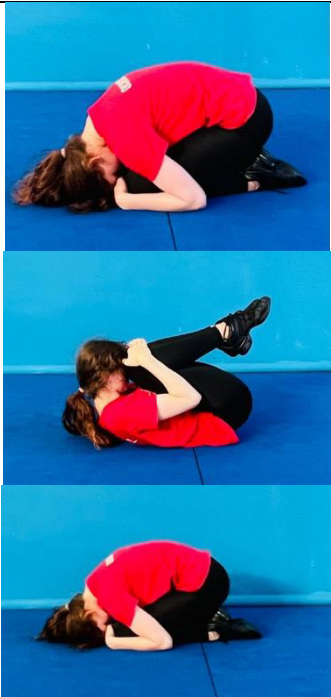
BASE	- Approach Jump	
	- Tuck Jump	
MEDIUM	- Approach Jump 180°	180° 

	- Straddle Jump	
HIGH	- Side Hurdle Jump	
	- Toe Touch Jump	

DANCE

BASE	created exclusively in a single formation, with simple and static movements
MEDIUM	if it presents multiple formations and movements performed in different body positions
HIGH	if it features multiple formations and movements performed in different body positions, enriched with canons, changes of pace, transitions and collaborations of different types

TUMBLING

BASE	- Sideways roll	
	- Box element	
MEDIUM	- Shoulder stand	
	- Bridge	
HIGH	- Forward/Backward roll	

	- Cartwheel	
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STUNT

BASE	in thigh stand: kneeling or sitting position on the heels, also with body positions // stunts performed on the back of the base, also with body positions // shoulder sit (base on the knees)
MEDIUM	stunts in sponge - thigh stand level, also with body positions // teddy in prep level / shoulder sit (base standing) / swedish falls (flyer in prone or supine position)
HIGH	stunts in sponge - thigh stand level with foot transition (change of foot uphill and/or on the stunt) // stunts in prep level, even with body positions (* for reasons of possible disparities in heights and/or situations of fear - danger of the flyers, the bases can perform all the stunts in prep level even on their <i>knees</i> , as long as are made exclusively on the hands of the bases) // teddy extended / thigh stand with flyer inversion

PYRAMIDS

BASE	in thigh stand: kneeling or sitting position on the heels, also with body positions // stunts performed on the back of the base, also with body positions // shoulder sit (base on the knees)
MEDIUM	stunts in sponge - thigh stand level, also with body positions // teddy in prep level / shoulder sit (base standing) / swedish falls (flyer in prone or supine position)
HIGH	stunts in sponge - thigh stand level with foot transition (change of foot uphill and/or on the stunt) // stunts in prep level, even with body positions (* for reasons of possible disparities in heights and/or situations of fear - danger of the flyers, the bases can perform all the stunts in prep level even on their knees, as long as are made exclusively on the hands of the bases) // teddy extended / thigh stand with flyer inversion

QUANTITY

Quantity Points

Few athletes	2
1/4 of the team	4
1/3 of the team	8
1/2 of the team	12
3/4 of the team	16
Whole team	20

3. CHEER DANCE

CHEER DANCE OVERVIEW

Minimum Requirement

CHEER JUMPS	3 different elements
LEAP JUMPS	3 different elements
DANCE	8 eights
HIGH KICKS	3 different elements
ROUNDS	3 different elements

CHEER DANCE

Score Sheet – ECA

1	GENERAL PRESENTATION	10	
2	CHEER JUMPS	10	
3	LEAP JUMPS	10	
4	DANCE	15	
5	HIGH KICKS	10	
6	PIROUETTE	10	
7	INTERACTIONS	15	
8	QUANTITY	20	

TOTAL

100

GENERAL PRESENTATION - Global routine, involvement and expressiveness

CHEER JUMPS

BASE	- Approach Jump	
	- Tuck Jump	
MEDIUM	- Approach Jump 180°	180° 
	- Straddle Jump	
HIGH	- Side Hurdle Jump	

	- Toe Touch Jump	
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LEAP JUMPS

BASE	- Front leap - Side leap - Developpe	
MEDIUM	leap - Stag leap	
HIGH	- Tilt - Reverse leap	

DANCE

BASE	created exclusively in a single formation, with simple and static movements
MEDIUM	if it presents multiple formations and movements performed in different body positions
HIGH	if it features multiple formations and movements performed in different body positions, enriched with canons, changes of pace, transitions and collaborations of different types

HIGH KICKS

BASE	- Front	
	- Side	
MEDIUM	- Back	

	- Circular	
HIGH	- Tilt - Can Can kick	

PIROUETTE

BASE	half turn with double support in relevè / preparation of turn passé (fixing the position at 1 foot)	
MEDIUM	half turn in passé / half turn free leg at 45°	
HIGH	1 turn in passé / chainés 1 turn	

INTERACTIONS

BASE	interaction between athletes which involves the execution of a simple choreographic passage in collaboration, with mutual contact of one or both hands and/or other parts of the body
MEDIUM	interaction between athletes which involves the execution of a roll and/or an overshoot collaboration, with mutual contact of one or both hands and/or other parts of the body
HIGH	interaction between athletes which involves the execution of a pass, a roll, a overcoming and/or a collaborative lift, showing an obvious area phase, with contact reciprocal of one or both hands and/or other parts of the body

Gradation of the points in accordance with the progression level

Max 10 points:

BASE from 0 to 4

MEDIUM from 5 to 7

HIGH from 8 to 10

Max 15 points:

BASE from 0 to 5

MEDIUM from 6 to 10

HIGH from 11 to 15

Max 20 points:

BASE from 0 to 7

MEDIUM from 8 to 14

HIGH from 15 to 20

QUANTITY

Quantity Points

Few athletes	2
1/4 of the team	4
1/3 of the team	8
1/2 of the team	12
3/4 of the team	16
Whole team	20

4. URBAN CHEER DANCE

URBAN CHEER DANCE OVERVIEW

Minimum Requirement

URBAN STYLE MOVES	
CHEER JUMPS	2 different elements
URBAN JUMPS	2 different elements
CHEER ARM MOTION	
POMS	Minimum 1/3 of the routine time (optional for males)

URBAN CHEER DANCE**Score Sheet – ECA**

1	GENERAL PRESENTATION	10	
2	DANCEEXPRESSION - URBAN STYLE MOVES	15	
3	JUMPS (CHEER + URBAN)	10	
4	WOW FACTOR	10	
5	CHEER ARM MOTION	10	
6	SYNCHONIZATION	10	
7	INTERACTIONS	15	
8	QUANTITY	20	

TOTAL**100**

GENERAL PRESENTATION - Global routine, involvement and expressiveness

DANCE EXPRESSION – URBAN STYLE MOVES

BASE	Only 1 dancestyle, 1 formation, simple and static movements
MEDIUM	Multiple dancestyles, multiple formations and movements in different body positions
HIGH	Multiple dancestyles, multiple formations and movements in different body positions enriched with canons, changes of pace, transition and collaborations of different types

CHEER JUMPS

BASE	- Approach Jump	
	- Tuck Jump	
MEDIUM	- Approach Jump 180°	180° 
	- Straddle Jump	
HIGH	- Side Hurdle Jump	

	- Toe Touch Jump	
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URBAN JUMPS: a jump with a street dance pose, must be clean and sharp. For example:



CHEER ARM MOTION: arm motion, they must be precise, explosive, strong.

SYNCHRONISATION: all team members do the routine and the elements at the same time

WOW FACTOR: effects included in the routine that will surprise.

INTERACTIONS

BASE	interaction between athletes which involves the execution of a simple choreographic passage in collaboration, with mutual contact of one or both hands and/or other parts of the body
MEDIUM	interaction between athletes which involves the execution of a roll and/or an overshoot collaboration, with mutual contact of one or both hands and/or other parts of the body
HIGH	interaction between athletes which involves the execution of a pass, a roll, a overcoming and/or a collaborative lift, showing an obvious area phase, with contact reciprocal of one or both hands and/or other parts of the body

Gradation of the points in accordance with the progression level

Max 10 points:

BASE from 0 to 4

MEDIUM from 5 to 7

HIGH from 8 to 10

Max 15 points:

BASE from 0 to 5

MEDIUM from 6 to 10

HIGH from 11 to 15

Max 20 points:

BASE from 0 to 7

MEDIUM from 8 to 14

HIGH from 15 to 20

QUANTITY

Quantity Points

Few athletes	2
1/4 of the team	4
1/3 of the team	8
1/2 of the team	12
3/4 of the team	16
Whole team	20