EUROPEAN CHEERLEADING ASSOCIATION®
Rules & Regulations
ECC 2027

www.ecacheer.org

LIST OF CONTENTS

1. GENERAL

1.1 Dates	3
1.2 Eligibility	3
1.3 Entries	3
1.4 Withdrawal	4
1.5 Code of Conduct	4
1.6 Insurance	4
1.7 Anti-doping	4
1.8 Complaints	4
1.9 Judges	5
1.10 Data Protection	5

2. COMPETITION GUIDE

2.1 Overall appearance	6
2.2 Music	7
2.3 Set up time	7
2.4 Practice time	7
2.5 Performance Area	7
2.6 Performance Order	7
2.7 Divisions and age limits	8
2.8 Categories	8
2.9 Timing	9

3. **CHEERLEADING**

3.1 Layers and height limits	10
3.2 Spotters	10
3.3 **Cheer Overview**	11
3.4 Junior 1	12
3.5 Junior 2	14
3.6 Seniors	16
3.7 Masters	18

4. DANCE

4.1 Apparel	20
4.2 Dance Overview	21
4.3 Cheer Dance/Doubles	22
4.4 Pom Dance/Doubles	23
4.5 Urban Cheer Dance/Doubles	24

5. PENALTIES 25

6. DEFINITIONS 26

7. SCORE SHEETS 28-34

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 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.
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, photos, and nationality. In case of more than one coach, a head coach is defined. 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: office@cheerleadingeca.com ECA will send a confirmation email for each Registration Form received.
The ECC registration process is online only. There is no physical checking prior to the competition.

Random Checking

ECA Board members or any other officials appointed by the Board may conduct anytime throughout the ECC random checking of any teams' official travel documents.
The coach and in case of more than one coach of the team, the Head coach of each team is responsible for the presentation upon request of the original and official travel documents of his/her team. If any document is not available upon request or if the data do not comply with the ECC Rules 2027, the team will be disqualified immediately. The ECA member of this team will be fined with a penalty of 500 EUR to be paid within one month to the ECA.

Deadline

Entries must be received by **31st May 2027**
No changes can be made to Registration forms after the deadline.
Entries received after 31st May 2027 will not be accepted.

Fees

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

FEES

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

Payment must be received by June 10th, 2027

Registration numbers
A Cheer All Female, Cheer Mixed or Cheer Dance/Pom Dance/Urban 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

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: a passport with photo, or an ID card with photo must be available on identification request. 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), original Registration/Indemnity forms must also be available upon request throughout the competition.

Banned from competition
If a competitor has received a ban from any country 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. Prior to the Championship, each team must submit a duly signed Indemnity Form and an Agreement Note acknowledging and accepting the ECC 2027 Rules and Regulations. 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 €300 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

Rules questions
Will be answered by the judge panel up to 20th June 2027 by emailing: rules@cheerleadingeca.com

Judge Panels
Judges will be nominated by the ECA Judge Committee. Only ECA approved judges are eligible.
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 Award Ceremony.

Judging Methods

- Cheerleading and Cheer Dance divisions are judged based on 100 (one hundred) points.
- Pom Dance and Urban Cheer Dance divisions are judged based on 80 (eighty) points.
- Group stunts, Partner stunts, and Doubles divisions are judged based on 50 (fifty) points.

The highest and the lowest point are deleted, and the total of the remaining score is the final score for the performance.
In general, if there are teams with exactly the same score, the final placement will be decided as per the places given by the judges.

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.

1.10. DATA PROTECTION

The EU General Data Protection Regulation (www.gdpr.eu) is in force. With signing the entry form or if mandatory register through an internet platform assigned by ECA for registration any entry accepts the GFPR and the regulations of ECA based on it.

2. COMPETITION GUIDE

2.1 OVERALL APPEARANCE

Accessories

All accessories, e.g. scrunches, hair bands, Kanekalon braids (no more than two) 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 and/or belts with metal buckles are 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 Dance. 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.
ECA will officially provide the music playback license for all teams during the European Cheerleading Championships 2027. ECA will pay for the license, but it will be the clubs' responsibility to submit all the necessary information regarding the used music fragments. To comply with music licensing requirements, each team must submit detailed information about every music track or audio fragment included in their performance mix.

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		
Junior1: - Cheer - Group Stunt - Cheer Dance/Pom Dance /Urban Cheer Dance - Cheer Dance/Pom Dance /Urban Cheer Dance 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**
Junior2: - 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 Dance - Cheer Dance/Pom Dance /Urban Cheer Dance Doubles	**Participants can be 10, 11, 12, 13, 14, 15, 16 years of age In year of competition****	**Participants cannot be 17 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 Dance - Cheer Dance/Pom Dance /Urban Cheer Dance Doubles	**All participants must be at least 16 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 Dance - Pom Dance Doubles /Urban Cheer Dance Doubles	**All participants must be at least 25 years of age*** In year of competition**	No upper limit

*Athletes that are 12 years old cannot compete in both Junior 1 and Junior 2 divisions; they must choose either Junior 1 or Junior 2.

**Athletes that are 16 years old cannot compete in both Junior 2 and Senior divisions; they must choose either Junior 2 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 Dance	5	25
Group Stunt	4 (5 for J 1)	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)	1:05 (one minute and five seconds)
Partner Stunt	1:00 (one minute)	1:05 (one minute and five seconds)
Doubles	1:15 (one minute and fifteen seconds)	1:30 (one minute and thirty seconds)

3. CHEERLEADING

3.1 LAYERS AND HEIGHT LIMIT

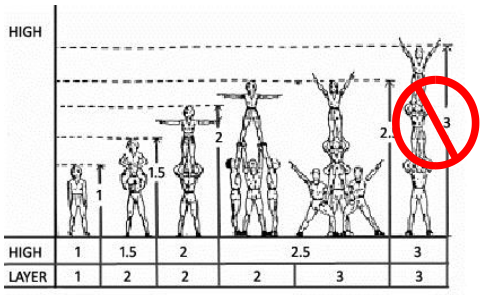
Layer

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 2nd layer person.

Height Limit

Division	Layers (max)	Height (max)
J1 Cheer	2	2.5
J2 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

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

	Junior 1	Junior 2 & Junior 2 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

3.4 JUNIOR 1

Cheerleading
Compulsory elements
Minimum 1 (one) Cheer OR 1 (one) Chant
1 (one) Stunt
1 (one) Basket toss
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
Minimum participants must be 5 people.
Compulsory Elements
Perform continuous Stunts and Baskets/Tosses (**straight Rides/Pencils only** in Junior 1) 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

Junior 1 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

3.5 JUNIOR 2

Cheerleading
Compulsory Elements
Minimum 1 (one) Cheer OR 1 (one) Chant
1 (one) Stunt
1 (one) Toss
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 and Basket tosses/Tosses 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 2 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

Mixed & 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) Toss
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 and Basket tosses/Tosses 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

Mixed & 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. Additional props are prohibited.

Shoes

All cheer dancers and pom dancers must wear proper, non-marking dance shoes (jazz shoes, ballet shoes, textile shoes). Everyone must wear the same shoe color.
All urban cheer dancers must wear proper, non-marking dance shoes or normal sports shoes. Everyone must wear the same shoe color.

Hair

All athletes whose hair is longer than a bob have to tie it back from the face. It should be arranged so as not to block their view. Only flat hairpins may be worn.
Color: Natural looking hair color for the whole team.

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:

- Stunts/Pyramids
- Static Dance Lifts

4.2 DANCE OVERVIEW

Minimum Requirement

	Junior 1	Junior 2	Seniors	Masters
Cheer Dance	**Technical Dance Skills** **Single Pirouette** **1 Leap** **1 Split** **2 Different Cheer Jumps** **2 Different High Kicks** **A link of different basic** **Cheer Arm Motions with a minimum 8 counts** **Poms**	**Technical Dance Skills** **2 different Pirouettes, one of which must be double** **2 Different Leaps** **1 Split** **2 Different Cheer Jumps** **2 Different High Kicks** **A link of different basic** **Cheer Arm Motions with a minimum 8 counts** **Poms**	**Technical Dance Skills** **2 Different Double Pirouettes** **2 Different Leaps (one of which must be combined with other compulsory element)** **1 Split** **3 Different Cheer Jumps** **3 Different High Kicks** **A link of different Basic** **Cheer Arm Motions with a minimum 8 counts** **Poms**	**N/A**
CDD*	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** **A link of different basic** **Cheer Arm Motions with a minimum 8 counts** **Poms**	**Entertaining/Creative** **2 Different Cheer Jumps** **A link of different basic** **Cheer Arm Motions with a minimum 8 counts** **Poms**	**Entertaining/Creative** **2 Different Cheer Jumps** **A link of different basic** **Cheer Arm Motions with a minimum 8 counts** **Poms**	**Entertaining/Creative** **2 Different Cheer Jumps** **A link of different basic C** **Arm Motions with a minin** **8 counts** **Poms**
PDD*	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 Dance	**Urban Style Moves** **2 Different Cheer Jumps** **2 Different Urban Jumps** **1 Breaking Dance floor freeze skill** **Cheer Arm Motions** **Poms**	**Urban Style Moves** **2 Different Cheer Jumps** **2 Different Urban Jumps** **2 different Breaking Dance floor freeze skills** **Dance Lift (except for doubles)** **Cheer Arm Motions** **Poms**	**Urban Style Moves** **2 Different Cheer Jumps** **2 Different Urban Jumps** **2 different Breaking Dance floor freeze skill** **Dance Lift (except for doubles)** **Cheer Arm Motions** **Poms**	**Urban Style Moves** **2 Different Cheer Jumps** **2 Different Urban Jumps** 1 Breaking **Dance floor freeze skill** **Dance Lift (except for doubles)** **Cheer Arm Motions** **Poms**
UCDD*	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

CDD* - Cheer Dance Doubles
PDD* - Pom Dance Doubles
UCDD* - Urban Cheer Dance Doubles

4.3.CHEER DANCE/CHEER DANCE DOUBLES

Perform a technical dance routine, which should encompass at least two of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, hip-hop, disco, modert, Latin dance etc. Use technical dance skills.

Junior 1
Compulsory Elements
Minimum
1 (one) Single Pirouette
1 (one) Split
1 (one) Dance Leap
2 (two) Different Cheer Jumps
2 (two) Different High Kicks
A link of different basic Cheer Arm Motions with a minimum 8 counts

Junior 2
Compulsory Elements
Minimum
2 (two) different Pirouettes, one of which should be double
1 (one) Split
2 (two) different Dance Leaps
2 (two) different Cheer Jumps
2 (two) different High-Kicks
A link of different basic Cheer Arm Motions with a minimum 8 counts

Seniors
Compulsory Elements
Minimum
2 (two) different double pirouettes
1 (one) Split
2 (two) Different Dance Leaps (one of which must be combined with other compulsory element)
3 (three) different Cheer Jumps
3 (three) different High Kicks
A link of different basic Cheer Arm Motions with a minimum 8 counts
All compulsory elements have to be performed by all participants at the same time or in a ripple

Poms must be used continuously by all members of the team (optional for males) for minimum 1/3 (one third) of the routine time.
Uniform/costume must be worn.

Assisted jumps are allowed.

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

4.4 POM DANCE/POM DANCE DOUBLES

All Age Divisions
Perform a routine, which should be entertaining and creative. **The aim is to demonstrate creative using of poms in different dance styles, for example Cheerdance, Hip-Hop, Jazz, Disco or Modern.**

Compulsory Elements
2 Different Cheer Jumps
A link of different basic Cheer Arm Motions with a minimum 8 counts

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

Poms must be used continuously by all members of the team (optional for males) **for the whole routine.**
Assisted jumps are allowed.

Uniform/costume must be worn

Props allowed in Pom Dance
Poms
Hats will not be considered a prop if they are kept on the head throughout the performance

Prohibited
Dance Lifts
Cheers/Chants
Stunts/Pyramids
Tumbling
Additional Props
Offensive or tear away clothing

4.5 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 Dancestyles **(for example Hip-Hop, Streetsyle, House, Breakdance, Popping, Locking, New Style or Krumbling)** The routine should have at least 2 (two) Urban styles, the 'Wow Factor' and may include weight bearing skills that are fluid and continuous in movement. **Tumbling/Gymnastics elements are permitted, but should not dominate.**

Compulsory Elements
Junior 1
2 Different Cheer Jumps
2 Different Urban Jumps
1 (one) breaking dance floor freeze skill (fixed for 2-3 sec)
Cheer Arm Motions

Junior 2
2 Different Cheer Jumps
2 Different Urban Jumps
2 (two) breaking dance floor freeze skills (fixed for 2-3 sec)
Dance lift (except for doubles)
Cheer Arm Motions

Seniors
2 Different Cheer Jumps
2 Different Urban Jumps
2 (two) different breaking dance floor freeze skills (fixed for 2-3 sec)
Dance lift (except for doubles)
Cheer Arm Motions

Masters
2 Different Cheer Jumps
2 Different Urban Jumps
1 (one) breaking dance floor freeze skill (fixed for 2-3 sec)
Dance lift (except for doubles)
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 continuously by all members of the team (optional for males) for minimum 1/3 (one third) of the routine time.
Assisted jumps are allowed.
Uniform/costume must be worn

Props allowed in Urban Cheer Dance
Poms
Hats will not be considered a prop if they are kept on the head throughout the performance.

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

5. 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 POINTS** 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 In Pom Dance if immediately picked up from the floor during the routine If not picked up from the floor during the routine	**1 POINT** For each pom **1point** **2 points** 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

6. 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, jumps, and cheer arm motions.
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
Freeze	**a** b-boying technique that involves halting all body motion, often in an interesting or balance-Intensive position. It is implied that the position is hit and held from motion as if freezing in motion, or into ice
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 the other leg lifted in the air in any position. Can have single or multiple rotations
Pom Dance	An entertaining and creative dance with poms in different dance styles.

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
Split	Sitting down with the legs straight and at right angles to the body, one in front and the other behind, or one at each side (fixed for 2-3 sec).
Spotter	There are 2 types of spotters. Both must maintain visual contact with the flyer at all times. Internal Spotter: 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. External Spotter: 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 Dance	A style of dance which includes a variety of Urban Dance moves and different floor freeze elements. 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 Dance routine that will surprise

7. SCORE SHEETS

CHEER Score Sheet – ECA

Team Name:_____

TECHNIQUE

VOCAL EXPRESSION	0 - 1 – 2 – 3 – 4 – 5
MOTIONS	0 - 1 – 2 – 3 – 4 – 5
DANCE	0 - 1 – 2 – 3 – 4 – 5
JUMPS	0 - 1 – 2 – 3 – 4 – 5
TUMBLING	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
STUNTS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
TOSSES	0 - 1 – 2 – 3 – 4 – 5
PYRAMIDS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

/ 55

DIFFICULTY

OVERALL DIFFICULTY	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

SYNCHRONIZATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
OVERALL EVALUATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT	0 - 1 – 2 – 3 – 4 - 5

/ 25

COMMENTS

/ 100

Judge Number_____

GROUP STUNT Score Sheet – ECA

Team Name: _____

STUNTS - DIFFICULTY 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
NUMBER, CONTINUITY, VARIETY

STUNTS - TECHNIQUE 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOUNTS, DISMOUNTS, TRANSITIONS

STUNTS – PERFORMANCE 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
TIMING, SHARPNESS, STABILITY, MOTIONS, POWER

COMPOSITION 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY,
USE OF MUSIC

SPIRIT & OVERALL IMPRESSION 0 - 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 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
NUMBER, CONTINUITY, VARIETY

STUNTS - TECHNIQUE 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOUNTS, DISMOUNTS, TRANSITIONS

STUNTS – PERFORMANCE 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
TIMING, SHARPNESS, STABILITY, MOTIONS, POWER

COMPOSITION 0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY,
USE OF MUSIC

SPIRIT & OVERALL IMPRESSION 0 - 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	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
MOTIONS	0 - 1 – 2 – 3 – 4 – 5
SPLIT	0 - 1 – 2 – 3 – 4 – 5
KICKS	0 - 1 – 2 – 3 – 4 – 5
PIROUETTES	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
LEAPS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
JUMPS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

/ 55

DIFFICULTY

OVERALL DIFFICULTY	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION / EFFECTS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

SYNCHRONIZATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
OVERALL EVALUATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT	0 - 1 – 2 – 3 – 4 – 5

/ 25

COMMENTS

/ 100

Judge Number_____

POM DANCE Score Sheet – ECA

Team Name:_____

TECHNIQUE

DANCE EXPRESSION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
MOTIONS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
JUMPS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 30

DIFFICULTY

OVERALL DIFFICULTY	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION / EFFECTS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

ENTERTAINMENT & CREATIVITY	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SYNCHRONIZATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT & OVERALL EVALUATION	0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 30

COMMENTS

/ 80

Judge Number_____

URBAN CHEER DANCE Score Sheet – ECA

Team Name:_____

TECHNIQUE

DANCE EXPRESSION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
CHEER & URBAN JUMPS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
CHEER ARM MOTIONS	0 - 1 – 2 – 3 – 4 – 5
FLOOR FREEZE & LIFTS	0 - 1 – 2 – 3 – 4 – 5 -6 -7 – 8 – 9 - 10

/ 35

DIFFICULTY

OVERALL DIFFICULTY	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPEED / TRANSITION / EFFECTS	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 20

OVERALL EVALUATION

'WOW FACTOR'	0 - 1 – 2 – 3 – 4 – 5
SYNCHRONIZATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
SPIRIT & OVERALL EVALUATION	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10

/ 25

COMMENTS

/ 80

Judge Number_____

DOUBLES Score Sheet – ECA

Team Name:_____

COMPULSORY ELEMENTS TECHNIQUE	0 **-** 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
SYNCHRONIZATION UNITY	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
COMPOSITION BALANCE, FLOW, VISUAL EFFECTS, CREATIVITY, USE OF MUSIC	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
OVERALL EVALUATION DANCE STYLES, WORKING AS A DOUBLE	0 **-** 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
SPIRIT AND OVERALL IMPRESSION ENTHUSIASM, CROWD APPEAL, CONFIDENCE	0 - 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

/ 50

COMMENTS

Judge Number_____