



UKCA National Championship

**RULES
&
REGULATIONS
2010**

INCLUDING

**UNIVERSITY
&
OPEN NATIONAL DIVISIONS**

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CATEGORIES & AGE DIVISIONS

CATEGORY	TIME	AGE DIVISIONS			
		Teenies	Junior A	Junior B	Senior
National All Female Cheerleading	2:30mins	Teenies	Junior A	Junior B	Senior
National Co-Ed Cheerleading	2:30mins			Junior B	Senior
National All Female Group Stunt	1:15mins	Teenies	Junior A	Junior B	Senior
National Co-Ed Group Stunt	1:15mins			Junior B	Senior
National All Male Group Stunt	1:15mins			Junior B	Senior
National All Female Partner Stunt	1:15mins				Senior
National Co-Ed Partner Stunt	1:15mins				Senior
National All Male Partner Stunt	1:15mins				Senior
National Individual	1:00mins	Teenies	Junior A	Junior B	Senior
National Cheer Dance	2:30mins	Teenies	Junior A	Junior B	Senior
National Pom Dance	2:30mins	Teenies	Junior A	Junior B	Senior
University All Female Cheerleading	2:30mins				Senior
University Advanced All Female Cheerleading	2:30mins				Senior
University Co-Ed Cheerleading	2:30mins				Senior
University Advanced Co-Ed Cheerleading	2:30mins				Senior
University Pom Dance	2:30mins				Senior
Open National All Female Cheerleading	2:30mins	Teenies	Junior A	Junior B	Senior
Open National Co-Ed Cheerleading	2:30mins			Junior B	Senior
Open National Pom Dance	2:30mins	Teenies	Junior A	Junior B	Senior

EUROPEAN QUALIFYING DIVISIONS

1st and 2nd place winners of all divisions shown in red are eligible to compete in the European Cheerleading Championships on 10th and 11th July 2010 in Helsinki, Finland on the understanding that they meet ECA age requirements (See UKCA website for current ECA Rules)

AGE DIVISIONS

- TEENIES** All competitors must be 9 years & under on day of competition
- JUNIOR A** All competitors must be 12 years & under on day of competition
- JUNIOR B** All competitors must be 16 years & under on day of competition
- SENIOR** One or more competitor must be at least 16 years on day of competition
- UNIVERSITY** 75% of Team must be attending further education on day of competition

COMPETITION TEAM SIZE

CATEGORY	MINIMUM	MAXIMUM	SUBSTITUTES
CHEERLEADING	8	20	UP TO 5
GROUP STUNT	5	5	UP TO 5
PARTNER STUNT	2	2	UP TO 2
	PLUS ADDITIONAL SPOTTER AS INDICATED IN THE RULES MUST BE A MEMBER OF A UKCA COMPETING SQUAD		
INDIVIDUAL	MUST BE A MEMBER OF A UKCA COMPETING SQUAD		1
CHEER DANCE	8	20	UP TO 5
POM DANCE	5	20	UP TO 5
OPEN CATEGORY	21	30	UP TO 5

2010 sees the introduction of:

**OPEN CATEGORY
in both
National Cheerleading and National Pom Dance**

**Between 21 & 30 members can compete in this division on a larger floor area
This is a separate competition and teams can enter both
National Cheerleading and Open National Cheerleading
plus
National Pom Dance and Open National Pom Dance**

**Other than the number of Cheerleaders allowed on the competition floor
the Rules are identical to the National Rules**

IMPORTANT:

- **SUBSTITUTES MUST BE NAMED ON COMPETITION ENTRY FORMS**
- **CHEERLEADERS CAN ONLY COMPETE ONCE WITHIN A CATEGORY**
- **CHEERLEADERS CANNOT ENTER 2 AGE DIVISIONS OF THE SAME CATEGORY
(i.e. JUNIOR CHEERLEADING & SENIOR CHEERLEADING)**
- **CHEERLEADERS FROM A REGISTERED UKCA SCHOOL CAN ENTER THE NATIONAL SCHOOLS
COMPETITION IN ADDITION TO COMMUNITY, CLUB OR NATIONAL COMPETITIONS**

THE COACH MUST ENSURE THAT:

- **CHEERLEADERS ARE DRESSED APPROPRIATELY**
- **MUSIC IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **CHOREOGRAPHY IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **APPROPRIATE FOOTWEAR IS WORN IN BOTH CHEERLEADING AND DANCE**
- **NO BAREFEET ALLOWED**
- **NO LOOSE GLITTER IS USED ON HAIR, FACE, SIGNBOARDS, BANNERS OR UNIFORMS
DURING A CHEERLEADING ROUTINE ON THE MATTED FLOOR**

CHEERLEADING GLOSSARY

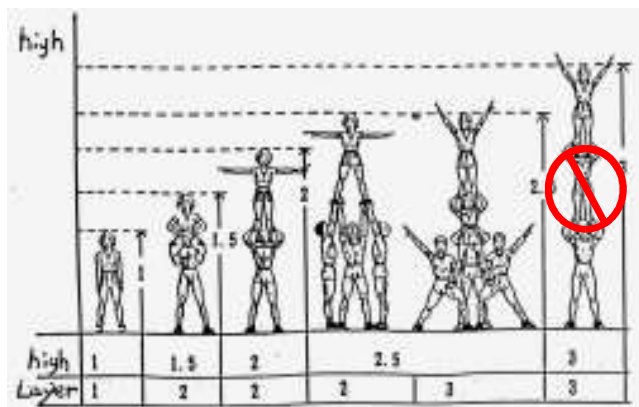
DEFINITIONS

Squad	Total number of Cheerleaders within your Organisation/Club
Team	Chosen number of Cheerleaders entering a Category and Division (i.e: Pom Dance 18 Teenies)
Co-Ed	Mixed gender team (i.e. males and females)
Cheer	A vocal routine that tells a story and encourages crowd participation
Chant/Sideline	A short phrase repeated at least 3 times
Cheer Arm Motions	High 'V', 'T', 'High Touchdown', etc.
Jump	Executed from 2 feet to 2 feet landing feet together on balls of feet
Stunt	One or more bases taking the weight of the flyer
Pyramid	2 or more stunts close enough to touch without the need to move arm or body position
Base	Person who provides primary support for the flyer and is also responsible for catching the flyer during dismount
Flyer	Person without contact to the ground – Also know as Mounter/Top person
Spotter	A person primarily responsible for protecting the head, neck and shoulders area of the flyer. Spotters may help control, but may not provide primary support for stunt or pyramid. Spotters must maintain visual contact with the flyer and are responsible for their safe dismount
Bracer	A person who stabilises or touches a stunt by direct contact with another person. Although in direct contact, the bracer does not carry any weight. The stunt would remain stable without the bracer
Single Leg	Standing on one leg only
Balance Stunt	Hitch, Heel Stretch, Liberty, 'L' etc
Pop-off	A dismount method of freeing the top person from a stunt by pushing the top person forcefully off the bases' hands
Cradle	A method of catching the flyer
Tumbling	Cartwheels, handsprings, back handsprings and other gymnastics skills which involve rotation
Somersault	An aerial gymnastic skill which involves a hip over head rotation
Suspended Roll	A somersault performed in the air by the flyer with constant hand to hand contact with the bases
Toss	Top person being free of continuous contact from the base(s) (i.e. Basket Toss)
Twist	Vertical Rotation (No hip over head rotation)
Rotation	Somersault - Hip over head rotation
Toe Pitch	An accepted method used to mount where one or more bases use their hands as a stepping platform to toss the flyer up (Can be used in a partner stunt)
Cheer Uniform	Top/skirt, top/shorts or dress, socks and trainers/pumps Top/trousers, top/shorts, socks and trainers/pumps

SAFETY GUIDELINES

PYRAMIDS AND STUNTS OVER 2.5 PERSONS HIGH ARE PROHIBITED

Please Note: Height limit



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

GENERAL

- The flyer must start the routine with at least one foot on the ground
- The main base must have at least one foot on the ground at all times
- The main base cannot assume a back-bend position
- All required spotters must be active members of the participating squad
- Triple base straddle lifts/V-sits must have a spotter to protect flyers' head, neck and shoulders at **EXTENDED** levels(i.e.3 bases **PLUS** an additional spotter)
- **Teenies, Junior A and Junior B Divisions** - all stunts and pyramids **2 high or above must have a spotter for each top person**
- **Senior Divisions** - the additional spotter is **not** required for stunts or pyramids at **2 high**
- **All Female Divisions** - Cradle dismounts must have 3 people to catch
- **Senior Co-ed/Senior All Male Divisions** - Cradle dismounts must have 2 people to catch
- Pendulums are accepted if there is constant contact between the flyer and at least one base
- Toe pitches are accepted as a method of building stunts/pyramids

PROHIBITED

- A dismount to the floor on any other part of the body except the feet
- A top person at 2 high or above jumping down/stepping down without assistance
- All hanging pyramids ('Diamond Head' etc)
- Use of mini-trampolines, springboards or any height increasing prop/apparatus

BASKET TOSS

TOSS

- A Basket Toss or any other type of toss must be performed from ground level by no more than 4 (four) bases
- Must be cradled by at least two of the **original** bases **plus** an additional spotter
- Senior Co-ed/All Male - Must be cradled by at least two of the **original** bases
- A toss should be directed vertically
- Tricks can be performed during a toss i.e. kick, toe touch, pike

PROHIBITED

- A Toss over/under or through any pyramids/stunts
- A Helicopter toss

DISMOUNTS

TEENIES

- Cradle dismounts must have a minimum of 3 people to catch

JUNIOR A

- Cradle dismounts must have a minimum of 3 people to catch
- Twisting dismounts from stunts/pyramids must not exceed a single twist and must be caught in cradle
- Single suspended rotation dismounts are allowed as long as they are controlled to the floor or caught in a cradle

JUNIOR B

ALL FEMALE & CO-ED

- Cradle dismounts must have a minimum of 3 people to catch
- Twisting dismounts from stunts/pyramids must not exceed a single twist and must be caught in a cradle
- Single rotation dismount (somersault) is allowed but must be caught in a cradle
- **No backward somersault dismounts are allowed**

SENIOR

ALL FEMALE

- Cradle dismounts must have a minimum of 3 people to catch
- Twisting dismounts from stunts/pyramids must not exceed a double twist and must be caught in a cradle
- Single forward rotation dismount (somersault) is allowed but must be caught in a cradle
- **No backward somersault dismounts are allowed**

SENIOR

CO-ED/ALL MALE

- Cradle dismounts must have a minimum of 2 people to catch
- Twisting dismounts from stunts/pyramids must not exceed a double twist and must be caught in a cradle
- Single forward rotation dismount (somersault) is allowed but must be caught in a cradle
- **No backward somersault dismounts are allowed**

CHEER JUMPS

• Straight (approach)	Low Level
• Tuck	Low Level
• Straddle (Star)	Low Level
• Herkie/Hurdler	Mid Level
• Toe Touch	Mid Level
• Universal	Higher Level
• Pike	Higher Level
• Around The World	Higher Level

TUMBLING

• Forward Roll	Low Level
• Backward Roll	Low Level
• Handstand	Low Level
• Cartwheel	Low Level
• Round Off	Low Level
• Back Bend	Low Level
• Front Limber	Low Level
• Forward Walkover	Low Level
• Backward Walkover	Low Level
• Back Hand Spring	Mid Level
• Front Handspring	Mid Level
• Standing Tuck	High Level
• Somersaults	High Level
• Layouts	High Level
• Full Twists etc	High Level

All Tumbles are allowed at National Championship level

Coaches should carefully select the level of Cheer Jumps and Tumbles shown in a routine

They will need to be appropriate to the skill level of the Cheerleaders

The Judges' scores will reflect the quality of technique shown

NATIONAL CHEERLEADING SKILL OVERVIEW

Age Group	Teenies	Junior A	Junior B	Senior
Skill				
Layer	2	2	2	3
Height	2.5	2.5	2.5	2.5
Single Base Stunt	1.5	2	2.5	2.5
Single Leg Balanced Stunt	2 <small>WITH 2 BASES TAKING THE WEIGHT OF THE FLYER</small>	2.5 <small>WITH 2 BASES TAKING THE WEIGHT OF THE FLYER</small>	2.5	2.5
Mounts	Single Half Twist Contact with at least 1 base No Rotations	Single Full Twist Contact with at least 1 base No Rotations	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Dismounts	No Twists No Rotations	Single Full Twist or Single Suspended Rotation	Single Full Twist or Single Rotation	Double Full Twist or Single Rotation
Basket Toss	No Twists No Rotations	Single Twist No Rotations	Either Single Twist or Single Rotation	Either Double Twist or Double Rotation or One of each
Tumbling	No Restriction	No Restriction	No Restriction	No Restriction

NATIONAL CHEERLEADING

COMPETITION REQUIREMENTS

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 3 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 3 LAYERS - 2.5 HIGH ONLY

**There is no separate Co-Ed category at Teenies and Junior A Divisions
Co-Ed teams wishing to enter these divisions should do so under
the appropriate age category**

Cheer uniform **MUST** be worn.

Perform a routine of continuous movement
It should be dynamic and exciting, incorporating all the compulsory elements
Audience participation and props are encouraged
(i.e. Poms, megaphones, banners, signs/cards, flags etc)

COMPULSORY ELEMENTS

Cheer

Chant/Sideline

Stunts

Pyramid

Cheer Jump

Tumbling

Dance

Cheer Arm Motions

Points will be deducted from total score for each compulsory element not performed

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

All Cheerleaders must start the routine with at least one foot on the ground

All Cheerleaders must come to a complete stand still before beginning their routine

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

NATIONAL CHEERLEADING

SCORE SHEET 2010

1. Cheer/Chant/Sideline Voice projection, use of props, choreography	1	2	3	4	5	6	7	8	9	10
2. Stunts Difficulty, continuity, dismounts, timing, stability, originality	1	2	3	4	5	6	7	8	9	10
3. Pyramids Difficulty, continuity, dismounts, timing, stability, originality	1	2	3	4	5	6	7	8	9	10
4. Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
5. Tumbling Difficulty, execution, visual effects, number of team members participating	1	2	3	4	5	6	7	8	9	10
6. Dance Energy, originality, execution	1	2	3	4	5					
7. Arm Motions Sharpness, correct placing	1	2	3	4	5					
8. Formations Spacing, choreography	1	2	3	4	5					
9. Expression Overall appearance, crowd appeal, eye contact, facial expression, confidence	1	2	3	4	5					
10. Transitions, speed Flow of routine	1	2	3	4	5	6	7	8	9	10
11. Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
12. Difficulty Correct ability level	1	2	3	4	5	6	7	8	9	10

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NATIONAL GROUP STUNT

COMPETITION REQUIREMENTS

**ONLY 1 ENTRY PER AGE DIVISION PER SQUAD IS ALLOWED
(I.E. 1 TEENIE, 1 JUNIOR A, 1 JUNIOR B & 1 SENIOR)**

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL MALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 3 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL MALE	STUNTS 3 LAYERS - 2.5 HIGH ONLY

**There is no separate Co-ed/All Male category at Teenies and Junior A Divisions
Co-ed/All Male teams wishing to enter these divisions should do so under
the appropriate age category**

Cheer uniform **MUST** be worn

The Group must execute a routine of continuous stunts to music

COMPULSORY ELEMENTS

Stunts

PROHIBITED

Cheers

Chants/Sideline

Jumps

Tumbling

Cheer Dance

Props

Beginning & End of Routine

Routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limited is **1.15** minutes

Timing will begin on the first note of music or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

NATIONAL PARTNER STUNT

COMPETITION REQUIREMENTS

ONLY 2 PARTNER STUNT COUPLES CAN BE REPRESENTED FROM EACH SQUAD

SENIOR ALL FEMALE
SENIOR CO-ED
SENIOR ALL MALE

Cheer uniform **MUST** be worn

Perform continuous single-based Partner Stunts of your choice
Each couple must bring their own spotter to spot throughout the entire routine

The spotter's responsibility is to spot and assist with cradling

They may not help toss or secure stunts during the routine

COMPULSORY ELEMENTS

Stunts

PROHIBITED

Cheers

Chants/Sideline

Jumps

Tumbling

Dance

Props

Beginning & End of Routine

Routine must begin & end within the 12m x 12m marked performance area

Partner Stunt not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limited is **1:15** minutes

Timing will begin on the first note of music or the first cheer movement and stop with the last note of the music or when Partner Stunt comes to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Partner Stunt must provide CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the Partner Stunt must start and stop the music

NATIONAL INDIVIDUAL COMPETITION REQUIREMENTS

**ONLY 1 ENTRY PER AGE DIVISION PER SQUAD IS ALLOWED
(I.E. 1 TEENIE, 1 JUNIOR A, 1 JUNIOR B & 1 SENIOR)**

**TEENIES
JUNIOR A
JUNIOR B
SENIOR**

Cheer Uniform **MUST** be worn

**Perform a routine as an individual
Additional team members are not permitted to assist with the routine**

COMPULSORY ELEMENTS

Cheer

Chant/Sideline

Tumbling

Cheer Jump

Dance

Cheer Arm Motions

At least 1 Prop must be used (i.e. Poms, megaphones, banners & signs/cards, flags etc)

Points will be deducted for each compulsory element not performed

Beginning & End of Routine

The routine must begin & end within the 12m x 12m marked performance area

Cheerleader not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the Cheerleader enters the marked area

Time

Routine **maximum** time limited is **1.00** minute

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when the Cheerleader comes to a stationary position

Music

Cheerleader must provide CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the Cheerleader must start and stop the music

NATIONAL INDIVIDUAL

SCORE SHEET 2010

1. Tumbling	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/> Difficulty and variety										
<input type="checkbox"/> Technique										
<input type="checkbox"/> Height and landings										
2. Jumps	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/> Difficulty and variety										
<input type="checkbox"/> Technique										
<input type="checkbox"/> Height and landings										
3. Cheers & Chants/Sidelines	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/> Spirit										
<input type="checkbox"/> Voice projection										
<input type="checkbox"/> Clarity and interpretation										
<input type="checkbox"/> Sharpness of motions										
<input type="checkbox"/> Use of props										
<input type="checkbox"/> Crowd appeal										
4. Dance	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/> Spirit and enthusiasm										
<input type="checkbox"/> Sharpness of motions										
<input type="checkbox"/> Execution										
5. Composition & Choreography	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/> Use of space										
<input type="checkbox"/> Originality and flow										
<input type="checkbox"/> Musical interpretation										
<input type="checkbox"/> Showmanship										

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DANCE GLOSSARY

Cheer Arm Motions	High 'V' – 'T' – 'High Touchdown' etc
Jumps	Executed from 2 feet to 2 feet – landing feet together on balls of feet
Leaps	A light, springing movement, upwards and forwards executed from one leg, landing on one leg.
Pirouettes	A controlled turn in either direction performed on one leg on the ball of the foot. Can have single or multiple rotations.
Splits	Can be performed in right, left or centre (box) positions. The back leg should be straight.
Kicks	A straight leg lifted with force from the hip joint. Can be front, back, diagonal, side or circular.
Acrobatics in Dance:	ALLOWED: Side rolls, back bends, modified hand-stand (hips are momentarily less than vertical with the shoulders), break dance moves such as "the worm", neck stand (candle) PROHIBITED: Forward or back rolls, handstands, cartwheels etc. 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.
Stunting in Dance:	ALLOWED: Pulling the Cheerleader up from a sitting/crouching position on the ground. Assisted jumps or, leaning on another Cheerleader with at least one foot on the ground PROHIBITED: Any move where the body weight is supported by another person, without the performers foot/feet touching the ground. (i.e. Thigh stand, all lifts, leap frog etc)
Additional Props	Any items used, or clothing removed during a routine will be considered as an additional prop. If hats worn as part of the costume and not used throughout the routine, hats are not an additional prop. If used at all, hats will be marked as a prop.
Dance Costume	Costumes should be safe and appropriate for the age and style of the team members.

NATIONAL CHEER DANCE

COMPETITION REQUIREMENTS

TEENIES
JUNIOR A
JUNIOR B
SENIOR

A single Pirouette/turn MUST be performed
A single Pirouette/turn MUST be performed
A single Pirouette/turn MUST be performed
A double Pirouette/turn MUST be performed

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc. Additional props may be used

COMPULSORY ELEMENTS

High Kicks

Splits

Cheer Arm Motions

Cheer Jumps

Leaps

Pirouettes

Poms must be used by all participants at some point during the routine (optional for males)

All compulsory elements must be performed by all squad members together, or in a ripple. If the whole team fail to perform any compulsory element, no points will be awarded for that specific element. Points will be deducted from total score for each compulsory element not performed.

PROHIBITED

Cheers

Chants/Sideline

Stunts

Tumbling

Pyramids

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.30** minutes

Timing will begin on the first note of music or the first movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

NATIONAL CHEER DANCE

SCORE SHEET 2010

1. Pirouettes Balance, execution, variety	1	2	3	4	5	6	7	8	9	10
2. Splits and Kicks Execution, originality, flexibility, variety	1	2	3	4	5	6	7	8	9	10
3. Cheer Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
4. Leaps Flexibility, execution, originality, variety	1	2	3	4	5	6	7	8	9	10
5. Cheer Dance motion technique Sharpness, correct placing, strength	1	2	3	4	5	6	7	8	9	10
6. Choreography Musical interpretation, visual effects, originality	1	2	3	4	5	6	7	8	9	10
7. Formations Change pattern, number of changes	1	2	3	4	5	6	7	8	9	10
8. Transitions Flow of routine	1	2	3	4	5					
9. Difficulty Correct ability level	1	2	3	4	5					
10. Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
11. Showmanship Confidence, facial expression, spirit, energy	1	2	3	4	5					
12. Crowd appeal Overall appearance, enthusiasm	1	2	3	4	5					

/100

NATIONAL POM DANCE

COMPETITION REQUIREMENTS

TEENIES
JUNIOR A
JUNIOR B
SENIOR

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc.

Additional props may be used

COMPULSORY ELEMENTS

Cheer Arm Motions

Cheer Jumps

Poms must be used by all participants at some point during the routine (optional for males)

Points will be deducted from total score for each compulsory element not performed

PROHIBITED

Cheers/Chants

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.30** minutes

Timing will begin on the first note of music or the first movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

UNIVERSITY CHEERLEADING SKILL OVERVIEW

Skill	All Female Cheerleading & Co-ed Cheerleading	Advanced All Female Cheerleading & Advanced Co-ed Cheerleading
Layer	2	3
Height	2.5	2.5
Single Base Stunt	2	2.5
Single Leg Balanced Stunt	2.5 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5
Mounts	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Dismounts	No Twists Single Suspended Rotation	Single Full Twist or Single Rotation
Basket Toss	No Twists No Rotations	Single Twist or Single Rotation
Tumbling	No Restrictions	No Restrictions

UNIVERSITY CHEERLEADING

COMPETITION REQUIREMENTS

ALL COMPETITORS MUST BE AT LEAST 18 YEARS OF AGE
75% OF THE TEAM MUST BE ATTENDING FURTHER EDUCATION
A COPY OF STUDENT ID CARDS MAY BE REQUIRED AT REGISTRATION

ALL FEMALE CHEERLEADING
CO-ED CHEERLEADING

STUNTS 2 LAYERS – 2.5 HIGH ONLY
STUNTS 2 LAYERS – 2.5 HIGH ONLY

ADVANCED ALL FEMALE CHEERLEADING
ADVANCED CO-ED CHEERLEADING

STUNTS 3 LAYERS – 2.5 HIGH ONLY
STUNTS 3 LAYERS – 2.5 HIGH ONLY

Cheer uniform **MUST** be worn.

Perform a routine of continuous movement

It should be dynamic and exciting, incorporating all the compulsory elements

Audience participation and props are encouraged (i.e. Poms, megaphones, banners, signs/cards, flags etc)

COMPULSORY ELEMENTS

Cheer

Chant/Sideline

Stunts

Pyramids

Cheer Jump

Tumbling

Dance

Points will be deducted from total score for each compulsory element not performed

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

All Cheerleaders must start the routine with at least one foot on the ground

All Cheerleaders must come to a complete stand still before beginning their routine

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SEE NATIONAL CHEERLEADING SCORE SHEET

UNIVERSITY POM DANCE

COMPETITION REQUIREMENTS

ALL COMPETITORS MUST BE AT LEAST 18 YEARS OF AGE
75% OF THE TEAM MUST BE ATTENDING FURTHER EDUCATION
A COPY OF STUDENT ID CARDS MAY BE REQUIRED AT REGISTRATION

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc. Additional props may be used during the routine

COMPULSORY ELEMENTS

Cheer Arm Motions

Cheer Jumps

Poms must be used by all participants at some point during the routine (optional for males)

Points will be deducted from total score for each compulsory element not performed

PROHIBITED

Cheers

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Music

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A representative of the team must start and stop the music

SEE NATIONAL POM DANCE SCORE SHEET

OPEN NATIONAL CHEERLEADING COMPETITION REQUIREMENTS

FOR TEAMS WITH 21-30 CHEERLEADERS

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 3 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 3 LAYERS - 2.5 HIGH ONLY

**There is no separate Co-Ed category at Teenies and Junior A Divisions
Co-Ed teams wishing to enter these divisions should do so under
the appropriate age category**

Cheer uniform **MUST** be worn.

**Perform a routine of continuous movement
It should be dynamic and exciting, incorporating all the compulsory elements
Audience participation and props are encouraged
(i.e. Poms, megaphones, banners, signs/cards, flags etc)**

COMPULSORY ELEMENTS

Cheer

Chant/Sideline

Stunts

Pyramid

Cheer Jump

Tumbling

Dance

Cheer Arm Motions

Points will be deducted from total score for each compulsory element not performed

Beginning & End of Routine

The routine must begin & end within the marked performance area

Cheerleaders not allowed outside the marked area once routine has started

All Cheerleaders must start the routine with at least one foot on the ground

All Cheerleaders must come to a complete stand still before beginning their routine

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

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Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SEE NATIONAL CHEERLEADING SCORE SHEET

OPEN NATIONAL POM DANCE

COMPETITION REQUIREMENTS

FOR TEAMS WITH 21-30 CHEERLEADERS

TEENIES
JUNIOR A
JUNIOR B
SENIOR

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc.

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COMPULSORY ELEMENTS

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Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SEE NATIONAL POM DANCE SCORE SHEET

DEDUCTIONS

<u>PENALTY</u>	<u>DEDUCTION</u>
1 SAFETY VIOLATION Points will be deducted from the final score for <u>each</u> safety violation as defined by the judging panel	10 POINTS per violation
2 PROHIBITED ELEMENTS/ITEMS Points will be deducted for each prohibited element performed or item used in a routine (e.g. Lack of spotters, Double Rotation in Junior Cheerleading)	10 POINTS per violation
3 COMPULSORY ELEMENTS Points will be deducted from the final score for each compulsory element not performed	10 POINTS per violation
4 UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM Correct uniform/footwear must be worn in all Divisions	10 POINTS per violation
5 HARD MEDICAL ITEMS Hard medical items (including glasses and hearing aids) MUST NOT be worn during performance based on Health & Safety Guidelines, unless the coach has completed an additional written risk assessment This must be submitted with the competition entry form	10 POINTS per item
6 NO JEWELLERY TO BE WORN	10 POINTS per item
7 UNSUITABLE MUSIC Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification	10 POINTS per violation
8 GLITTER NO loose glitter on hair, face, signboards, banners or uniforms in Cheerleading Divisions on matted floor	5 POINTS per violation
9 HAIRPINS, GRIPS, PLASTIC COMBS ETC No metal hairpins, grips, plastic combs/head-bands in Cheerleading Divisions	5 POINTS per item
10 TIME OVER DEDUCTION Points deducted for each second over time limit during set up and performance of routine	1 POINT per second
11 OUTSIDE AREA VIOLATION Movement that takes the competitors foot or feet outside the marked area	1 POINT per violation
12 DROPPED POMS Choreographed throws will not be considered a drop	1 POINT per pom
13 LOST ACCESSORIES All accessories must be secure (e.g. uniform/costume attachments, scrunchies, hair grips)	1 POINT per item

ADDITIONAL COMPETITION INFORMATION

ELIGIBILITY	Competitions Open to UKCA MEMBERS ONLY
MEMBERSHIP	Coaches/Teachers wishing to enter teams into UKCA competitions are required to register FREE OF CHARGE online at www.ukca.org
INSURANCE	A copy of the current Squad/Team Public Liability Insurance document must be provided to UKCA 14 days before the competition
COMPETITION REGISTRATION	Coaches should complete one competition registration form per team, per category. See www.ukca.org for current fees and deadline dates To be received by UKCA with FULL PAYMENT on or before the application deadline
TEAM HELPERS	Maximum - 1 helper for every 5 Cheerleaders will be allowed to assist Coaches/Teachers at the competition (4 Helpers = 20 Cheerleaders)
WITHDRAWAL	Coaches should advise UKCA should their team be unable to participate N.B. ENTRY FEES ARE NON-REFUNDABLE
AWARDS	All Cheerleaders will receive a commemorative medal & certificate Teams in 1st through to 3rd place in all Categories & Divisions will be awarded trophies (Subject to entries - this may increase)
JUDGES	Up to 5 Independent Judges will sit on the panel THEIR DECISIONS ARE FINAL Under no circumstances are Judges to be approached by Coaches, Cheerleaders or supporters Failure to adhere to this could result in squad disqualification
SCORE SHEETS	Copies will be available to coaches within 28 days of the competition
FIRST AID	Qualified First Aid personnel will be present at the competition Coaches must take responsibility for the well being of their own Cheerleaders at all times
COMPETITION VENUE	The venue will be declared a NON-SMOKING, ALCOHOL-FREE area
SOUND SYSTEM	Players for CD's will be provided for the competition Coaches are advised to finalise re-writable CD's before removing them from their computer
MUSIC	Music must be suitable for the relevant age group Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification
SALE OF MERCHANDISE	Must be agreed through UKCA

ADDITIONAL COMPETITION INFORMATION – cont:

ADVERTISING / SPONSORSHIP

All advertising to promote the Championship via individual squads (i.e. use of logos) **MUST** be cleared by **UKCA**

COMPLAINTS

A designated UKCA official will be available during the event to answer questions. Complaints should be forwarded to UKCA Head Office in writing to no later than **7 days** following the competition

MOBILE PHONES

Use of mobile phones is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated

VIDEO CAMERAS

Use of personal camcorders is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated. An official UKCA DVD will be available for purchase following the Championship

NO PHOTOGRAPHY

Photography during the competition by anyone except approved UKCA personnel is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated. Official UKCA photographs will be available for purchase on the day of competition and after by email request

PHOTOGRAPHIC CONSENT

Official Photographers will be present at UKCA Competitions

**By consenting to entry
there is an acceptance that
the Cheerleader may be photographed
and the images taken may be published on the UKCA website
or other official UKCA promotional material**

**Coaches MUST ensure that all Parents/Guardians
are aware of this and all other relevant information**

**UKCA will take all reasonable precautions to ensure that
Safety Guidelines are adhered to**

UKCA CODE OF CONDUCT

Coaches are role models and need to set positive examples by:

1. Adhering to all U.K.C.A. Rules and Regulations
2. Emphasising that good athletes strive for good mental and physical health
3. Emphasising that winning is the result of teamwork
4. Motivating Cheerleaders in developing self confidence and self esteem
5. Never criticising Cheerleaders in front of spectators, but reserving constructive criticism for later, in private, or in the presence of squad members only if others might learn from hearing the criticism
6. Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture; not inciting un-sportsman like conduct
7. Not swearing, using foul or abusive language at any time
8. Abstaining from
 - the possession or drinking of alcoholic beverages
 - the possession or smoking of tobaccoin the presence of spectators, officials, judges, their own or other squads, or where not permitted by law
 - the possession or taking of any controlled drug at any time
9. Accepting decisions of officials and judges in competitions as final
10. Being responsible for the conduct and control of squad members, helpers and spectators

Cheerleaders should strive to promote good sportsmanship by:

1. Striving to be modest in victory and gracious in defeat
2. Taking responsibility for providing positive leadership at all times
3. Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture; not inciting un-sportsman like conduct
4. Not swearing, using foul or abusive language at any time
5. Abstaining from
 - the possession or drinking of alcoholic beverages
 - the possession or smoking of tobaccoin the presence of spectators, officials, judges, teammates or other squads while wearing team uniform or otherwise representing their squad, or where not permitted by law
 - the possession or taking of any controlled drug at any time
6. Always showing respect and being polite to officials, judges, opposing Coaches, Cheerleaders and spectators

Be Ambassadors of good will

CHEERLEADING 😊
The Sport of Smiles