

UKCA
Rules
&
Regulations



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CHEERLEADING

AGE DIVISIONS

Tiny Teenies	All competitors must be 7 years or under on the day of the competition
Teenies	All competitors must be 9 years or under on the day of the competition
Junior A	All competitors must be 12 years or under on the day of the competition
Junior B	All competitors must be 16 years or under on the day of the competition ¹
Senior	One or more members of the team must be at least 16 years on the day of the competition ¹
University	All competitors must be at least 18 year & older on the day of the competition AND 75% of the team must be attending further education at the university they are representing
Masters	75% of the team must be at least 25 years on the day of the competition

CATEGORIES & TEAM SIZE

Categories	Minimum Team Size	Maximum Team Size	No. of Substitutes
Cheerleading	5	24	Up to 5
Open Cheerleading	25	36	Up to 5
Group Stunt	4	5	Up to 2
Partner Stunt	2	2	Up to 2
University Cheerleading	5	36	Up to 5

COMPETITION LEVELS

Age Divisions	Cheerleading Levels	Group Stunt Levels	Partner Stunt
Tiny Teenies	1, 2	1, 2	
Teenies	1, 2, 3	1, 2, 3	
Junior A	1, 2, 3, 4	1, 2, 3, 4	
Junior B	1, 2, 3, 4, 5	1, 2, 3, 4, 5	✓
Senior	1, 2, 3, 4, 5, 6	1, 2, 3, 4, 5, 6	✓
Masters	1, 2, 3, 4	1, 2, 3, 4	
University	3, 4, 5, 6		

There are no separate Co-ed categories for levels 1, 2 and 3

Co-ed teams wishing to enter these categories will complete alongside All Female Teams

¹ If teams are intending to compete at International competitions please be aware that age divisions and number of participants may vary.

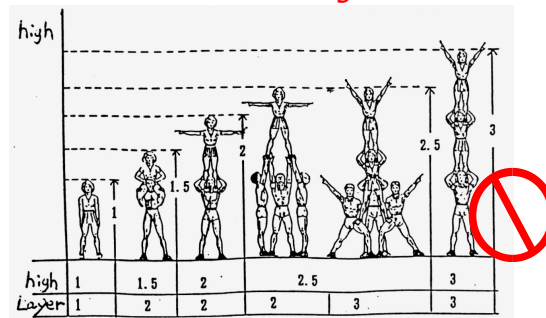
OVERVIEW

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Layers	2	2	2	2	2	3
Height	2.0 high	2.0 high	2.5 high	2.5 high	2.5 high	2.5 high
Back Spot Required	2.0 high	2.0 high	2.0 high	2.0 high	2.5 high	2.5 high
Double Leg Stunts	2.0 high	2.0 high	2.5 high	2.5 high	2.5 high	2.5 high
Single Leg Stunts	1.5 high	2.0 high	2.0 high	2.5 high	2.5 high	2.5 high
Single Based Stunts	1.5 high	2.0 high	2.0 high	2.5 high	2.5 high	2.5 high
Mounts & Transitions Up to and including	¼ Twist No Rotations	½ Twist No Rotations	1 Twist or Double Braced Rotation	1½ Twist or Double Braced Rotation	2 Twists or Single Braced Rotation	2 Twists or Single Rotation
Dismounts Double leg	Straight Pop Downs No Twists No Rotations	¼ Twist No Rotations	1¼ Twist No Rotations	2¼ Twist No Rotations	2¼ Twist or Single Rotation	2¼ Twist or Single Rotation
Dismounts Single leg	Straight Pop Downs No Twists No Rotations	¼ Twist No Rotations	¼ Twist No Rotations	1¼ Twist No Rotations	2¼ Twist No Rotations	2¼ Twist No Rotations
Cradle Dismounts	At least 3 catchers required	At least 3 catchers required	At least 3 catchers required	At least 3 catchers required	At least 2 catchers required	At least 2 catchers required
Tosses	Prohibited	Straight Ride No Tricks	1 Trick or 1 Twist	2 Tricks or 2 Twists or 1 Trick & 1½ Twist	Any number of Tricks 2 ½ Twists or Single rotation	Any number of Tricks 2 ½ Twists & Single rotation
Tumbling Up to and including	Rolls Cartwheels Roundoffs Walkovers No 1 Arm Skills	Pike or Hollow Dive rolls Front or Back Handspring 1 Arm Skills No Handspring series	Handspring series No Somersaults	1 Somersault No Twists	Somersaults plus Single Twists	Somersaults plus Double Twists

GENERAL RULES

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

- Marked Performance Area 18m x 14m (9 strips of Cheerleading matting)
- All Cheerleaders must start the routine with at least one foot on the ground
- Cheerleaders must have at least one foot on the ground while basing
EXCEPTION: It is allowed if the bases' feet leave the ground due to a release move or toss, or if they become a mid-base
- All required spotters must be members of the competing team
- External spotters are not allowed to help in any way to stabilise or assist with stunts, pyramids or tosses. Their task is to ensure the flyer's safety if it is not covered by the intended catchers. They are not to communicate with the performing group. Any violations will incur a penalty. They must be dressed significantly different to the performing team.
- 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

- No stunt or pyramid may move under or over a separate stunt or pyramid
- Base(s) assuming a back-bend position while in a stunt
- Drops, unless the majority of the weight is first taken on the hands or feet. These drops include but are not limited to knee, seat, front, back and split drops from a jump, stunt or inverted position
- All hanging pyramids ('Diamond Head' etc)
- Use of mini-trampolines, springboards or any height increasing prop/apparatus

DISMOUNTS

PROHIBITED

- A dismount to the floor on any other part of the body except the feet
- A top person at 2 high jumping down/stepping down without assistance

TOSSES

- Tosses must have no more than 4 tossing bases
- All Tosses must be caught in a cradle if the toss exceeds 18 inches from the point of release
- A Basket Toss or any other type of toss must be performed from ground level
- A Basket Toss must be caught in a cradle
- A Basket Toss must be cradled by two of the **original** bases
- All Basket Tosses must have a back spot during the catch
- A Basket Toss should be directed vertically

PROHIBITED

- A Toss over/under or through any pyramids/stunts without the flyer having any contact
- A Helicopter Toss
- Toe Flip

TUMBLING

- All tumbling must originate from and land on the performing surface
- A tumbler may rebound from their feet into a transition

PROHIBITED

- Dive rolls in swan/arched position
- Dive rolls that involve twisting
- Tumbling over, under, or through a stunt, individual or prop
- Tumbling while holding or in contact with any prop

CHEERLEADING

COMPETITION REQUIREMENTS

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)

Cheer uniform **MUST** be worn

Compulsory Elements

Vocal Skill (Cheer/Chant/Sideline)

Stunts

Pyramid

Cheer Jump

Tumbling

Dance

Cheer Arm Motions

Beginning & End of Routine

The routine must begin & end within the marked performance area

Cheerleaders are 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 first 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

GROUP STUNT

COMPETITION REQUIREMENTS

The Group must execute a routine of continuous Stunts to music

Cheer uniform **MUST** be worn

Compulsory Elements

Stunts

Beginning & End of Routine

Routine must begin & end within the marked performance area

Cheerleaders are not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the first 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

PARTNER STUNT

COMPETITION REQUIREMENTS

Perform continuous single-based Partner Stunts of your choice

Each Partner Stunt 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

Cheer uniform **MUST** be worn

Compulsory Elements

Stunts

Beginning & End of Routine

Routine must begin & end within the marked performance area

Cheerleaders are not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the first 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 both 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

DANCE

POM DANCE/CHEER DANCE/STREET CHEER

AGE DIVISIONS

Tiny Teenies	All competitors must be 7 years or under on the day of the competition
Teenies	All competitors must be 9 years or under on the day of the competition
Junior A	All competitors must be 12 years or under on the day of the competition
Junior B	All competitors must be 16 years or under on the day of the competition
Senior	One or more members of the team must be at least 16 years on the day of the competition
University	All competitors must be at least 18 year & older on the day of the competition AND 75% of the team must be attending further education at the university they are representing
Masters	75% of the team must be at least 25 years on the day of the competition

CATEGORIES & TEAM SIZE

Categories	Minimum Team Size	Maximum Team Size	No of Substitutes
Pom Dance	5	24	Up to 5
Open Pom Dance	25	36	Up to 5
Cheer Dance	5	24	Up to 5
Open Cheer Dance	25	36	Up to 5
Street Cheer	5	24	Up to 5
Open Street Cheer	25	36	Up to 5
Freestyle	1	2	N/A
University Pom Dance	5	36	Up to 5

General Rules

Performance Area

- 18m x 14m
- The routine must begin & end within the marked performance area

Timing

- All team routines will be a maximum of 2:30 minutes
- Timing will begin on the first note of music, the first vocal command or the first movement and stop with the last note of the music or when all Cheerleaders come to a stationary position
- Set up time is 20 seconds and begins when the first Cheerleaders enters the marked area

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
- Should be appropriate for the age of the Cheerleaders

Uniform/Costume

- Should be appropriate for the age of the Cheerleader

Footwear

- Appropriate footwear must be worn
- No bare feet allowed

Choreography

- Should be appropriate for the age of the performer

POM DANCE

COMPETITION LEVELS

Age Division	Level 1	Level 2	Level 3
Competition entry guide	Low Skill Level Includes Vocal Skills with little or no competition experience	Mid Skill Level No Vocal Skills with little or no competition experience	High Skill Level No Vocal Skills with competition experience
Tiny Teenies	✓	✓	✓
Teenies	✓	✓	✓
Junior A	✓	✓	✓
Junior B	✓	✓	✓
Senior	✓	✓	✓
Masters	✓	✓	✓
University	✓	✓	✓

COMPETITION REQUIREMENTS

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.

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

Additional props may be used

Level 1

Compulsory Elements

Vocal Skill (Cheer/Chant/Sideline)

Cheer Arm Motions

Cheer Jumps

Prohibited

Stunts

Pyramids

Tumbling

Acrobatics

Level 2

Compulsory Elements

Cheer Arm Motions

Cheer Jumps

Prohibited

Vocal Skill

Stunts

Pyramids

Tumbling

Acrobatics

Level 3

Compulsory Elements

Cheer Arm Motions

Cheer Jumps

Prohibited

Vocal Skill

Stunts

Pyramids

Tumbling

Acrobatics

CHEER DANCE

COMPETITION LEVELS

Age Division	Level 1	Level 2
Competition entry guide	Low Skill Level With little or no competition experience	High Skill Level With competition experience
Teenies	✓	✓
Junior A	✓	✓
Junior B	✓	✓
Senior	✓	✓

COMPETITION REQUIREMENTS

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.

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

Level 1

Compulsory Elements

As a minimum:

- 1 High Kick
- 1 Split
- 1 Cheer Jump
- 1 Leap
- 1 **Single** Pirouette
- Cheer Arm Motions

Prohibited

- Vocal Skill (Cheer/Chant/Sideline)
- Stunts
- Tumbling
- Pyramids
- Acrobatics

Level 2

Compulsory Elements

As a minimum:

- 2 High Kicks
- 2 Splits
- 2 Cheer Jumps
- 2 Leaps
- 1 **Double** Pirouette
- Cheer Arm Motions

Prohibited

- Vocal Skill (Cheer/Chant/Sideline)
- Stunts
- Tumbling
- Pyramids
- Acrobatics

NOTE:

*All compulsory elements must be performed by all team members together, or in a ripple.
 If any team member fails to perform any compulsory element, no points will be awarded for that specific element.*

STREET CHEER

AGE DIVISIONS

Mini Peeps	All competitors must be 9 years or under on the day of competition
Peeps	All competitors must be 12 years or under on the day of competition
Unit	All competitors must be 16 years or under on the day of competition
Crew	One or more members of the team must be at least 16 years on the day of competition
Masters	75% of the team must be at least 25 years on the day of competition

COMPETITION LEVELS

Non-Transitional	Level 1	Level 2
Competition entry guide	Low Skill Level With little or no competition experience	High Skill Level With competition experience
Mini Peeps	✓	✓
Peeps	✓	✓
Unit	✓	✓
Crew	✓	✓
Masters	✓	✓

Transitional	Level 1	Level 2
Competition entry guide	Low Skill Level With little or no competition experience	High Skill Level With competition experience
Mini Peeps	✓	✓
Peeps	✓	✓
Unit	✓	✓
Crew	✓	✓
Masters	✓	✓

Freestyle	Level 1	Level 2
Competition entry guide	Low Skill Level With little or no competition experience	High Skill Level With competition experience
Mini Peeps	✓	✓
Peeps	✓	✓
Unit	✓	✓
Crew	✓	✓
Masters	✓	✓

STREET CHEER

COMPETITION REQUIREMENTS

Perform a routine using Street Dance moves

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

Additional props may be used

NON-TRANSITIONAL

Compulsory Elements

Street Cheer style vocal skill

(Cheer/Chant/Sideline)

Street Cheer Jumps

Locking section

Prohibited

Stunts

Pyramids

Tumbling

Transitional Skills (see glossary)

TRANSITIONAL

Compulsory Elements

Street Cheer style vocal skill

(Cheer/Chant/Sideline)

Street Cheer Jumps

Locking section

Transitional Skills (see glossary)

Prohibited

Stunts

Pyramids

FREESTYLE

COMPETITION REQUIREMENTS

Perform continuous Freestyle Street Dance Skills inc: Break Dance, Popping, Locking, etc

THIS WILL BE JUDGED ON PURE ENTERTAINMENT VALUE

Music interpretation will be key to scoring and crowd reaction will be taken into consideration

Props may be used

Compulsory Elements

None – completely Freestyle

Performance Area

- The routine must begin & end within Freestyle semi circle performance area
- This area will be a wooden floor, no mats will be provided

Time

- Routine maximum time limit is **30 seconds** per performance

Music

- The Freestyle competition will take place with a live DJ
- The set will be mixed at 85-115 BPM

SCHOOLS

AGE DIVISIONS

PRIMARY SCHOOL

KS1, KS2

The oldest member of the team determines the entry division

(ie: If 19 members of the team are KS1 and 1 member is KS2, the team must enter KS2)

SECONDARY SCHOOL

KS3, KS4, KS5

The oldest member of the team determines the entry division

(ie: If 19 members of the team are KS3 and 1 member is KS5, the team must enter KS5)

CATEGORIES & TEAM SIZE

Categories	Minimum Team Size	Maximum Team Size	No of Substitutes
Schools Cheerleading	No Restriction	No Restriction	N/A
Schools Pom Dance	No Restriction	No Restriction	N/A
Schools Street Cheer	No Restriction	No Restriction	N/A
Disability Cheerleading	No Restriction	No Restriction	N/A
Disability Pom Dance	No Restriction	No Restriction	N/A

COMPETITION LEVELS

Age Divisions	Cheerleading Levels (See Page 4)	Pom Dance Level (See Page 17)	Non- Transitional Street Cheer Levels (See Page 13)	Transitional Street Cheer Levels (See Page 13)
KS1	1, 2	Level 1 & 2	Level 1 & 2	Level 1 & 2
KS2	1, 2, 3	Level 1 & 2	Level 1 & 2	Level 1 & 2
KS3	1, 2, 3, 4	Level 1 & 2	Level 1 & 2	Level 1 & 2
KS4	1, 2, 3, 4, 5	Level 1 & 2	Level 1 & 2	Level 1 & 2
KS5	1, 2, 3, 4, 5	Level 1 & 2	Level 1 & 2	Level 1 & 2

NOTE:

Tumbling is allowed up to level 6 in all divisions at the National School's Championships

SCHOOLS CHEERLEADING

COMPETITION REQUIREMENTS

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)

Cheer uniform **MUST** be worn

Compulsory Elements

Vocal Skill (Cheer/Chant/Sideline)

Stunts

Pyramid

Cheer Jump

Tumbling

Dance

Cheer Arm Motions

Beginning & End of Routine

The routine must begin & end within the marked performance area

Cheerleaders are 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 first 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

SCHOOLS POM DANCE

COMPETITION REQUIREMENTS

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.

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

Level 1

Compulsory Elements

Vocal Skill (Cheer/Chant/Sideline)
Cheer Arm Motions
Cheer Jumps

Prohibited

Stunts
Pyramids
Tumbling
Acrobatics

Level 2

Compulsory Elements

Cheer Arm Motions
Cheer Jumps

Prohibited

Vocal Skill
Stunts
Pyramids
Tumbling
Acrobatics

SCHOOLS STREET CHEER

COMPETITION REQUIREMENTS

Perform a routine using Street Dance moves

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

NON-TRANSITIONAL

Compulsory Elements

Street Cheer style vocal skill
(Cheer/Chant/Sideline)
Cheer Jumps
Locking section

Prohibited

Stunts
Pyramids
Tumbling
Transitional Skills ([See Glossary](#))

TRANSITIONAL

Compulsory Elements

Street Cheer style vocal skill
(Cheer/Chant/Sideline)Street
Street Cheer Jumps
Locking section

Transitional Skills ([See Glossary](#))

Prohibited

Stunts
Pyramids

SCHOOLS DISABILITY CHEERLEADING

(Routine performed on matted area)

COMPETITION REQUIREMENTS

Perform a routine of Cheer Skills, Movement and Vocals

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

Audience participation and props are encouraged

Poms must be used during the routine by a number of the Cheerleaders or Helpers

Suggested Elements

A Vocal Skill (Cheer/Chant/Sideline)

Cheer Arm Motions

Stunts

Pyramids

Tumbling

Dance

Time

Routine maximum time limit is **3.00** minutes

SCHOOLS DISABILITY POM DANCE

(Routine performed on non-matted area)

COMPETITION REQUIREMENTS

Perform a routine of Movement and Vocals

Poms must be used during the routine by a number of the Cheerleaders or Helpers

Suggested Elements

A Vocal Skill (Cheer/Chant/Sideline)

Cheer Arm Motions

Dance

Prohibited

Stunts

Pyramids

Tumbling

Time

Routine maximum time limit is **3.00** minutes

NOTE:

Helpers will be allowed in the performance area if this meets the needs of your team

CHEERLEADING GLOSSARY

DEFINITIONS

Back Spot	See Spotter
Balance Stunt	Hitch, Heel Stretch, Liberty, 'L' etc
Base	A person in direct contact with the floor who provides primary support for the flyer and could also be responsible for catching the flyer during dismount
Basket Toss	A Vertical Toss where 2 bases use their hands to interlock wrists and make a platform for the Flyer
Braced	When a stunt, pyramid or transition uses one or more Bracers
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
Cartwheel	A tumbling skill where the weight of the body is supported with the arm(s) while rotating sideways through an inverted position, landing one foot at a time.
Catcher	A person responsible for the safe landing of a Flyer during a Stunt, Pyramid or Basket Toss
Chant/Sideline	A short phrase repeated at least 3 times which encourages crowd participation
Cheer	A vocal routine that tells a story and encourages crowd participation
Cheer Arm Motions	High 'V', 'T', 'High Touchdown', etc.
Cheer Uniform	Top/skirt, top/shorts or dress, socks and trainers/pumps. Top/trousers, top/shorts, socks and trainers/pumps. PROHIBITED Jewellery, Hair grips & Hair pins, Loose Glitter on Hair, Face, Uniforms, Signs or Banners
Co-ed	Mixed gender team (i.e. Males and Females)
Cradle	A release move where the Flyer is caught face up in a piked position. The catchers' hands should be around the back and under the thigh of the Flyer
Dismount	The movement from a stunt or pyramid to a cradle or directly to the performing surface. The subsequent movement from a cradle to the performing surface is not considered a dismount, it is considered a transition.
Dive Roll	A forward roll where both feet leave the ground before the hands reach the ground. It is PROHIBITED in Cheerleading to perform a dive roll with a stall in mid-air or with an outcurved/arched body position (also know as Swan position)
Double Leg Stunt	A stunt where both feet of the Flyer are being supported by a base(s)

External Spotter	External spotters can be members of your squad but not part of the competing team
Flyer	Person without contact to the ground – Also know as Mounter/Top person
Handspring	A Tumbling skill where the body passes through a Handstand position and springs from the hands to an upright position. Can be performed forwards or backwards
Handstand	A straight body inverted position where the arms are extended straight by the head and ears
Hanging Pyramid	PROHIBITED A flyer is without a base, suspended in position by 2 or more Flyers in independent stunt groups
Helicopter Toss	PROHIBITED A Toss executed by at least 2 people where the flyer is tossed into the air in a horizontal position, parallel to the ground, in the same motion as a helicopter blade
Jump	Executed from 2 feet with height and power landing on 2 feet
Layer	A unit to express how many layers of people are in a stunt 1 layer = at least one foot is stationed on the ground 2 layers = where half or more of the body weight is sustained by 1st layer person 3 layers = where half or more of the body weight is sustained by 2nd layer person
Log Roll	A release move where the Flyer's body rotates on the horizontal axis, parallel to the performing surface. Also known as a Barrel Roll.
Pop Down	A method of Dismount where the Flyer is released from the stunt to the performing surface with the Back Spot or Base grabbing the Flyer's waist to reduce the impact on landing. Also known as Pop Off
Prone Position	A face down, flat body position
Pyramid	A structure of 2 or more stunts close enough to touch without the need to move arm or body position or a structure with 2 or more layers
Release Move	A Toss or Toe Pitch where the Flyer leaves the bases' hands traveling upwards and then caught without being stopped while in the upward aerial phase
Roll	A flipping rotation in a tucked body position with hands touching the performing surface. Can be forward or backward
Rotation	Any gymnastic skill which involves a hip over head movement (e.g. Somersault)
Round-Of	A tumbling skill similar to a fast cartwheel where the weight of the body is supported with the arm(s) while rotating sideways through an inverted position. At the point of inversion, both feet snap together towards the performing surface landing at the same time
Somersault	A flipping rotation. Can be forward or backward, on the ground or in the air (on the ground it is referred to as a roll and in the air it is a salto).

Single Leg Stunt	A stunt where only one of the Flyer's feet are being supported by a base(s). Flyer can be in Liberty, Arabesque, Heel Stretch, Scale, Scorpion etc
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 weight-bearing support to the flyer for stunt or pyramid. Spotters must maintain visual contact with the Flyer and are responsible for their safe dismount (See Back Spot)
Squad	Total number of Cheerleaders within your Organisation/Club
Stunt	Any skill where the full weight of the flyer is supported above the matted floor by one or more bases
Swan Position	Where an arched body shape is taken mid-skill A dive roll or basket toss which assume this position are PROHIBITED
Suspended Roll	A roll that is braced by one or more people
Team	Chosen number of Cheerleaders entering a Category and Division (i.e. Pom Dance 18 Teenies)
Tension Drop	A stunt, or pyramid in which the Base(s) and Flyer lean forward/backward until the Flyer dismounts without assistance.
Toe Flip	PROHIBITED A Toss where one or more bases use their hands as a stepping platform for the flyer to perform a somersault
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)
Toss	Where base(s) execute a throwing motion to increase the height of the Flyer. Top person being free of continuous contact from the base(s)
Trick	A body shape assumed in the air and usually refers to the body shape in a Toss
Tuck Position	A body position where knees and hips are bent and drawn towards the chest. The body is bent at the waist
Tumbling	Any gymnastic/acrobatic skill that begins and ends on the performing surface
Twist	A rotation around the body's vertical axis (No hip over head rotation)
Unbraced	A skill without a bracer
Vocal Skill	Cheers & Chants/Sideline
Walkover	A tumbling skill with hip-over-head rotation with support from one or both hands which can be performed forward or backwards and usually with split leg position

DANCE GLOSSARY

Acrobatics in Dance

ALLOWED

Side rolls, back bends, modified handstand (hips are momentarily less than vertical with the shoulders), break dance moves such as "the worm", neck stand (candle)

PROHIBITED (Excluding Street Cheer Transitional Divisions)

Forward or Back Rolls, Handstands, Cartwheels etc. Any move where the hips rotate over the head, without the support of one or both feet

Additional Props Any items used, or clothing removed during a routine will be considered as an additional prop. If hats are 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.

Break Dance Skill Specialist weight-bearing skill performed by an individual

Chant/Sideline A short vocal phrase repeated at least 3 times

Cheer A vocal routine that tells a story and encourages crowd participation

Cheer Arm Motions High 'V' – 'T' – 'High Touchdown' etc

Cheer Dance A specific style of dance that incorporates technical elements (ie: Leaps Pirouettes, Splits, Kicks) in addition to Cheer Arm Motions, Cheer Jumps and the use of Poms

Dance Costume Costumes should be safe and appropriate for the age and style of the team members. Shoes must be worn.

ALLOWED

Buckles, zips and other hard items that are an integrated part of the Garment. Flat hair clips.

Jump Executed from 2 feet with height and power and land on 2 feet. In Street Cheer, the Cheerleaders may land on one foot.

Kick A straight leg lifted with force from the hip joint. Can be front, back, diagonal, side or circular.

Leap A light, springing movement, upwards and forwards/sideways. Executed from one leg, landing on one leg.

Pirouette A controlled turn in either direction performed on one leg on the ball of the foot. Can have single or multiple rotations.

Pom Dance Any style of dance that incorporates the use of Poms

Pyramid

PROHIBITED

2 or more stunts close enough to touch

Splits Can be performed in right, left or centre (box) positions. Both legs should be straight

- Stunting in Dance** One or more bases taking the weight of another person
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 another person supports the body weight, without the performers foot/feet touching the ground. (i.e. Thigh stand, lifts, leap frog etc)
- Team** Chosen number of Cheerleaders entering a Category and Division
- Toe Flip** A move **ALLOWED IN STREET CHEER** where one or more bases use their hands as a stepping platform for the flyer to perform a flipping rotation
- Transitional Skill** A weight bearing skill performed by 2 or more individuals that is fluid in nature. The skill will be considered transitional if it is held for 3 seconds or less. Any longer will be considered a stunt and is prohibited
- Vocal Skill** Cheers and Chants/Sidelines

DEDUCTIONS

PENALTY

1 SAFETY VIOLATION

Points will be deducted from the final score for each safety violation as defined by the judging panel

**DEDUCTION
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. insufficient spotters, element performed at incorrect level, inappropriate use of official spotters)

**10 POINTS
per violation**

3 UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM

Correct uniform/footwear must be worn in all Divisions

**10 POINTS
per violation**

4 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**

5 NO JEWELLERY TO BE WORN

**10 POINTS
per item**

6 UNSUITABLE MUSIC

Profanities & referrals of a sexual, violent or racial nature will result in deductions or in extreme cases, disqualification

**10 POINTS
per violation**

7 GLITTER

NO loose glitter on hair, face, signboards, banners or uniforms in Divisions on matted floor

**5 POINTS
per violation**

8 HAIRPINS, GRIPS, PLASTIC COMBS ETC

No metal hairpins, grips, plastic combs/head-bands in Cheerleading Divisions. Hairgrips are allowed in Dance Divisions

**5 POINTS
per item**

9 TIME OVER DEDUCTION

Points deducted for each second over time limit during set up and performance of routine

**1 POINT
per second**

10 OUTSIDE AREA VIOLATION

Movement that takes the competitors foot or feet off the mat or outside the marked area

**1 POINT
per violation**

11 DROPPED POMS

Choreographed throws will not be considered a drop

**1 POINT
per pom**

12 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.uk
- INSURANCE:** Each squad is required to have insurance cover for all participants
- COMPETITION ENTRY:** Coaches should complete the online registration form per team, per category, to be received by UKCA with FULL PAYMENT on or before the application deadline. See www.ukca.org.uk for current fees and deadline dates
- 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
- FULL SCORES:** Will be available to Coaches within 14 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

ADDITIONAL COMPETITION INFORMATION – cont:

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

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 in a NON - DESIGNATED area 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 tobacco
in 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 tobacco
in 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