



UKCA

Street Cheer

Championship

RULES
&
REGULATIONS

2011

enquiries@ukca.org.uk



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CATEGORIES & AGE DIVISIONS

CATEGORY	TIME	AGE DIVISIONS				
Community Street Cheer Non Transitional Skills	2:30mins	Mini Peeps	Peeps	Unit	Crew	Masters
Community Street Cheer Transitional Skills	2:30mins	Mini Peeps	Peeps	Unit	Crew	Masters
Community Freestyle		Mini Peeps	Peeps	Unit	Crew	Masters
National Street Cheer Non Transitional Skills	2:30mins	Mini Peeps	Peeps	Unit	Crew	X
National Street Cheer Transitional Skills	2:30mins	Mini Peeps	Peeps	Unit	Crew	X
National Freestyle	30 Seconds	Mini Peeps	Peeps	Unit	Crew	X

AGE DIVISIONS

- MINI PEEPS** All competitors must be 9 years & under on day of competition
- PEEPS** All competitors must be 12 years & under on day of competition
- UNIT** All competitors must be 16 years & under on day of competition
- CREW** One or more competitor must be at least 16 years on day of competition
- MASTERS** 75% of Team must be at least 30 years on day of competition

COMPETITION TEAM SIZE

CATEGORY	MINIMUM	MAXIMUM	SUBSTITUTES
NON TRANSITIONAL SKILLS	5	NO LIMIT	N/A
TRANSITIONAL SKILLS	5	NO LIMIT	N/A
FREESTYLE PARTICIPANTS MUST BE PART OF A COMPETIING SQUAD	1	2	

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**
- **CHEERLEADERS FROM A REGISTERED UKCA SCHOOL CAN ENTER THE NATIONAL SCHOOLS COMPETITION IN ADDITION TO COMMUNITY 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**
- **NO BAREFEET ALLOWED**
- **NO LOOSE GLITTER IS USED DURING A ROUTINE ON THE MATTED FLOOR**

STREET CHEER GLOSSARY

DEFINITIONS

Squad	Total number of Cheerleaders within your Organisation/Club
Team	Chosen number of Cheerleaders entering a Category and Division
Cheer	A Vocal Skill - Tells a story and encourages crowd participation
Chant/Sideline	A Vocal Skill - A short phrase repeated at least 3 times
Jump	Executed from 2 feet with a safe landing, absorbing through knees, the balls of feet and landing under tension and in control
Stunt	One or more bases taking the weight of another person
Pyramid	2 or more stunts close enough to touch
Tumbling	Cartwheels, handsprings, back handsprings and other gymnastics skills which involve rotation
Rotation	An gymnastic skill which involves a hip over head movement (e.g. Somersault)
Break Dance Skill	Specialist weight-bearing skill performed by an individual – (see page 6)
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

STREET CHEER JUMPS

• Jump Heel Kick	Low Level
• Side jump	Low Level
• Jump Knee Lift	Low Level
• Jump Kick	Mid Level
• Stag Jump	Mid Level
• Twister	Mid Level
• Genie	Higher Level
• Jump Over	Higher Level
• The Run	Higher Level

BREAK DANCE SKILLS

• Break footwork	Low Level
• Flares	Low Level
• Grass Hopper	Low Level
• Freeze	Mid Level
• Flick ups	Mid Level
• Windmill Preparation	High Level
• Windmills	High Level

TUMBLING

• Handstands	Low Level
• Inverts	Low Level
• Cartwheel	Low Level
• Round Off	Mid Level
• Handsprings	Mid Level
• Round off flick	High Level
• Somersaults	High Level

TRANSITIONAL SKILLS

• Assisted Cartwheel	Low Level
• Assisted Freeze	Low Level
• Step Over	Mid Level
• Run	High Level
• Toe Pitch	High Level

The skills listed above are included to give guidance of what is considered to be
Low Level, Mid Level and High Level

Jumps, Break Dance Skills, Tumbling and Transitional Skills

This **does not** mean that they are the only skills allowed in performance

All Tumbles must be performed safely

Coaches should carefully select the level of
Jumps, Break Dance Skills 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

COMMUNITY STREET CHEER

NON-TRANSITIONAL SKILLS COMPETITION REQUIREMENTS

**MINI PEEPS
PEEPS
UNIT
CREW
MASTERS**

Perform a Street Cheer routine using Street Dance moves

Unlimited use of additional props

COMPULSORY ELEMENTS

Street Cheer style Vocal Skill

Jumps

Locking & Popping

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

PROHIBITED

Stunts

Pyramids

Tumbling

Transitional Skills

Beginning & End of Routine

The routine must begin & end within the performance area

This area will be a wooden floor, no mats will be provided

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 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

COMMUNITY STREET CHEER

TRANSITIONAL SKILLS COMPETITION REQUIREMENTS

**MINI PEEPS
PEEPS
UNIT
CREW
MASTERS**

Perform a Street Cheer routine using Street Dance moves and Transitional Skills

Unlimited use of additional props

COMPULSORY ELEMENTS

Street Cheer style Vocal Skill

Jumps

Locking & Popping

Transitional Skills

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

PROHIBITED

Stunts

Pyramids

Beginning & End of Routine

The routine must begin & end within the performance area

Mats will be provided

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 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

Transitional Skills

A weight bearing skill 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

NATIONAL STREET CHEER

NON-TRANSITIONAL SKILLS

COMPETITION REQUIREMENTS

MINI PEEPS
PEEPS
UNIT
CREW

Perform a Street Cheer routine using Street Dance moves

Unlimited use of additional props

COMPULSORY ELEMENTS

Street Cheer style Vocal Skill

Jumps

Locking & Popping

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

PROHIBITED

Stunts

Pyramids

Tumbling

Transitional Skills

Beginning & End of Routine

The routine must begin & end within the performance area

This area will be a wooden floor, no mats will be provided

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 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 STREET CHEER

TRANSITIONAL SKILLS

COMPETITION REQUIREMENTS

MINI PEEPS
PEEPS
UNIT
CREW

Perform a Street Cheer routine using Street Dance moves and Transitional Skills

Unlimited use of additional props

COMPULSORY ELEMENTS

Street Cheer style Vocal Skill

Jumps

Locking & Popping

Transitional Skills

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

PROHIBITED

Stunts

Pyramids

Beginning & End of Routine

The routine must begin & end within the performance area

Mats will be provided

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 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

Transitional Skills

A weight bearing skill 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

COMMUNITY & NATIONAL STREET CHEER

NON-TRANSITIONAL SKILLS

SCORE SHEET

2011

1. Street Cheer style Vocal Skill

1 2 3 4 5 6 7 8 9 10

Clarity, Timing, Volume, Street language,
appropriate Street Motions, Levels, Visual Effects

2. Locking & Popping

1 2 3 4 5 6 7 8 9 10

Inclusion of a Locking & Popping section
Sharpness, Precision, control of body, Originality

3. Jumps

1 2 3 4 5 6 7 8 9 10

Difficulty, Power, Strength, Execution, Height, Landings

4. Transitions & Formations

1 2 3 4 5 6 7 8 9 10

Flow of routine, change of patterns

5. Timing & Synchronisation

1 2 3 4 5 6 7 8 9 10

Timing, Unity

6. Choreography

1 2 3 4 5 6 7 8 9 10

Musical interpretation, Levels, Visual Effects, originality,
Use of 'and' count, appropriate Music

7. Execution

1 2 3 4 5 6 7 8 9 10

Confidence, Facial Expression, Attitude, Energy, Strength
appropriate Street Motions, Levels, Visual Effects

8. Entertainment Value

1 2 3 4 5 6 7 8 9 10

Overall appearance, Enthusiasm

9. Wow Factor

1 2 3 4 5 6 7 8 9 10

Specialist skills, Signature moves, Originality, Safety
Difficulty, Power, Strength, Execution, Height, Landings

/90

COMMUNITY & NATIONAL STREET CHEER

TRANSITIONAL SKILLS

SCORE SHEET

2011

1. Street Cheer style Vocal

Skill

1 2 3 4 5 6 7 8 9 10

Clarity, Timing, Volume, Street language,
appropriate Street Motions, Levels, Visual Effects

2. Locking & Popping

1 2 3 4 5 6 7 8 9 10

Inclusion of a Locking & Popping section
Sharpness, Precision, control of body, Originality

3. Jumps

1 2 3 4 5 6 7 8 9 10

Difficulty, Power, Strength, Execution, Height, Landings

4. Transitions & Formations

1 2 3 4 5 6 7 8 9 10

Flow of routine, change of patterns

5. Timing & Synchronisation

1 2 3 4 5 6 7 8 9 10

Timing, Unity

6. Choreography

1 2 3 4 5 6 7 8 9 10

Musical interpretation, Levels, Visual Effects, originality,
Use of 'and' count, appropriate Music

7. Execution

1 2 3 4 5 6 7 8 9 10

Confidence, Facial Expression, Attitude, Energy, Strength
appropriate Street Motions, Levels, Visual Effects

8. Entertainment Value

1 2 3 4 5 6 7 8 9 10

Overall appearance, Enthusiasm

9. Wow Factor

1 2 3 4 5 6 7 8 9 10

Specialist skills, Signature moves, Originality, Safety
Difficulty, Power, Strength, Execution, Height, Landings

10. Transitional Skills

1 2 3 4 5 6 7 8 9 10

Originality, Safety

/100

STREET CHEER FREESTYLE

Up to 4 entries per age division, per squad allowed
Each entry could be an individual or a pair

THIS WILL BE JUDGED ON PURE ENTERTAINMENT VALUE

Community Competition
MINI PEEPS
PEEPS
UNIT
CREW
MASTERS

National Competition
MINI PEEPS
PEEPS
UNIT
CREW

Perform continuous Freestyle Street Dance Skills including Break Dance, Popping, Locking, Jumps, etc (leaps, kicks, speciality tricks)

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

Unlimited use of additional props

COMPULSORY ELEMENTS

None – completely Freestyle

Beginning & End of Routine

The routine must begin & end within the **Freestyle semi circle** performance area

This area will be a wooden floor or sports hall floor, no mats will be provided

Time

Routine **maximum** time limit is **30 seconds**

Music

The Freestyle competition will take place with a live DJ

The set will be mixed at **85-115 BPM**

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	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/EXPLICIT MATERIAL Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification	10 POINTS per violation
7	GLITTER NO loose glitter on hair, face, or Uniforms on matted floor	5 POINTS per violation
8	TIME OVER DEDUCTION Points deducted for each second over time limit during set up and performance of routine	1 POINT per second
9	DROPPED POMS Choreographed throws will not be considered a drop	1 POINT per pom
10	LOST ACCESSORIES All accessories must be secure (e.g. uniform/costume attachments, 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 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 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