

**UKCA**  
**RULES & REGULATIONS**  
**Competition Season**  
**Sept 2024 to Aug 2025**

Winter Championships – 7<sup>th</sup> / 8<sup>th</sup> Dec 2024    National Championships – 22<sup>nd</sup>/23<sup>rd</sup> March 2025

Summer Championships – 14<sup>th</sup> June 2025    School Championships – 15<sup>th</sup> June 2025

***Cheering through every challenge and supporting  
each other to make things possible***



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Any Co-ed teams at Levels FOUNDATION, 1, 2 or 3 will compete in the Cheerleading/Group Stunt category, not the Co-ed Cheerleading/Co-ed Group Stunt category.

Partner Stunt is available in Junior B and Senior age divisions ONLY.

There are no separate levels of entry for Partner Stunts.

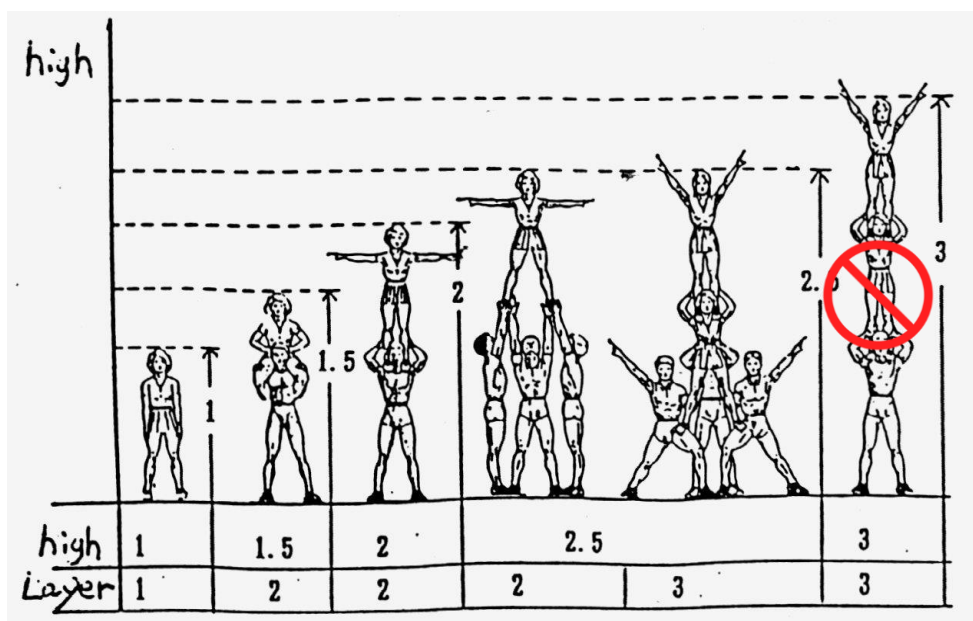
Eligibility for European and World Championships

All age divisions may be considered for qualification of international championships.

In line with international rules, UKCA will offer the most appropriate teams the opportunity to represent the country at these events. Junior B and Senior Cheerleading categories will need to compete at levels 4 and above to qualify for these events.

## CHEERLEADING GENERAL RULES

### PYRAMIDS AND STUNTS OVER 2.5 PERSONS HIGH ARE PROHIBITED



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 (Flyer's 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

# OVERVIEW

STUNTS							
<b>GENERAL INFORMATION:</b> <ul style="list-style-type: none"> <li>Routine must be performed on the matted Performance Area provided.</li> <li>All Cheerleaders must start the routine with at least one foot on the ground.</li> <li>Cheerleaders must have at least one foot on the ground while basing <b>EXCEPTION:</b> It is allowed if the bases' feet leave the ground due to a release move or toss, or if they become a mid-base.</li> <li>All required spotters must be members of the competing team.</li> <li>Pendulums are accepted if there is constant contact between the flyer and at least one base.</li> <li>Toe pitches are accepted as a method of building stunts/pyramids.</li> <li>External spotters are not allowed to help stabilize or assist with stunts, pyramids or tosses in any way. Their task is to ensure the flyer's safety if it is not covered by the intended catchers.</li> <li>External spotters must not communicate with the performing group and must be dressed significantly different to the performing team. Any violations will incur a penalty.</li> </ul>					<b>PROHIBITED:</b> <ul style="list-style-type: none"> <li>A stunt or pyramid moving under or over a separate stunt or pyramid.</li> <li>Base(s) assuming a back-bend position while in a stunt.</li> <li>Drops from a stunt or inverted position unless the majority of the weight is first taken on the hands or feet.</li> <li>Prone catches whether dismounts or transitions.</li> <li>Use of mini-trampolines, springboards or any height increasing prop/apparatus.</li> <li>Dismounts to the floor on any part of the body except the feet</li> <li>Flyer jumping/stepping down from 2 or above high without assistance <b>EXCEPTION:</b> Partner Stunts.</li> </ul>		
<b>LEVEL:</b>	<b>Foundation Level</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>	<b>Level 6</b>
<b>LAYERS:</b>	2	2	2	2	2	2	3
<b>MAX HEIGHT:</b>	Double Leg – 1.5 high Single Leg – 1.5 high Single Base – 1.5 high	Double Leg – 2 high Single Leg – 1.5 high Single Base – 1.5 high	Double Leg – 2.5 high Single Leg – 2 high Single Base – 2 high	Double Leg – 2.5 high Single Leg – 2 high Single Base – 2 high	Double Leg – 2.5 high Single Leg – 2.5 high Single Base – 2 high	Double Leg – 2.5 high Single Leg – 2.5 high Single Base – 2.5 high	Double Leg – 2.5 high Single Leg – 2.5 high Single Base – 2.5 high
<b>BACK SPOT REQUIRED:</b>	For each flyer in a stunt	2 high	2 high	2 high	2 high	2.5 high	2.5 high
<b>MOUNTS &amp; TRANSITIONS</b> (stunts and pyramids)	No rotation ¼ twist to 1.5 high	No rotation ¼ twist to 2 high	No rotation <b>Double Leg</b> ½ twist to 2 high No twist to 2.5 high <b>Single Leg</b> ¼ twist to 2 high	No rotation <b>Double Leg</b> 1 twist to 2 high ½ twist to 2.5 high <b>Single Leg</b> ¼ twist to 2 high	<b>Double Leg</b> 2 twists to 2 high 1 twist to 2.5 high <b>Single Leg</b> 1 twist to 2 high No twist to 2.5 high <b>OR</b> Double braced rotation	<b>Double Leg</b> 2 twists to 2.5 high <b>Single Leg</b> 2 twists to 2 high 1 twist to 2.5 high <b>OR</b> Single braced rotation	Up to 2 twists <b>AND</b> Unbraced rotation
<b>DISMOUNTS</b> (stunts and pyramids)	No cradles No rotation ¼ twist from 1.5 high	No rotation 3 catchers required ¼ twist to floor Straight cradle	No rotation 3 catchers required <b>Double Leg</b> ½ twist from 2 high No twist from 2.5 high <b>Single Leg</b> ¼ twist from 2 high	No rotation 3 catchers required <b>Double Leg</b> 1 twist from 2 high ½ twist from 2.5 high <b>Single Leg</b> ½ twist from 2 high	3 catchers required <b>Double Leg</b> 2 twists from 2 high 1 twist from 2.5 high <b>Single Leg</b> 1 ¼ twist from 2 high ½ twist from 2.5 high <b>OR</b> Double braced rotation	2 catchers required <b>Double Leg</b> 2 twists from 2.5 high <b>Single Leg</b> 2 ¼ twists from 2 high 1¼ twist from 2.5 high <b>OR</b> Single braced rotation	2 catchers required Up to 2 ¼ twists <b>AND</b> Unbraced rotation

## PYRAMIDS

<b>GENERAL INFORMATION:</b> <ul style="list-style-type: none"> <li>Two or more stunts connected together by the top person or any stunt which has a 3<sup>rd</sup> layer (see level 6).</li> <li>Must follow the rules regarding mounts, dismounts and transitions detailed in the above STUNT ruling.</li> <li>Clear constant contact must be maintained throughout transitions (limb to limb) e.g., double/single braced rotations <b>EXCEPTION: Level 6</b></li> </ul>					<b>PROHIBITED:</b> <ul style="list-style-type: none"> <li>A pyramid moving under or over a separate stunt or pyramid.</li> <li>All hanging pyramids ('Diamond Head' etc.)</li> <li>See above STUNT rules for further prohibited elements, catches, dismounts etc.</li> </ul>		
<b>LEVEL:</b>	Foundation Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<b>ALLOWED STRUCTURES:</b>	FOLLOW EXACT STUNT SECTION RULING INCLUDING MOUNTS, DISMOUNTS AND TRANSITIONS FOR ALL LEVELS						

## TOSSES

<b>GENERAL INFORMATION:</b> <ul style="list-style-type: none"> <li>A Toss must have no more than 4 tossing bases and should be directed vertically.</li> <li>A Toss that exceeds the height of a standing base with extended arms must be caught in a cradle (except if being used to build a pyramid).</li> <li>A Toss can be used as a method of mounting a stunt or pyramid.</li> <li>A Basket Toss must be caught in a cradle by 2 of the original bases and a back spot at all levels.</li> </ul>					<b>PROHIBITED:</b> <ul style="list-style-type: none"> <li>A Toss over/under or through any pyramids/stunts without the flyer having any contact.</li> <li>Cradles caught in prone position.</li> <li>A Helicopter Toss in prone position.</li> <li>Toe Flips.</li> </ul>		
<b>LEVEL:</b>	Foundation Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<b>TOSSES:</b>	No tosses	No tosses	Straight ride	1 trick <b>OR</b> 1 Twist	1 trick <b>AND</b> 1 twist Maximum 2 tricks	2 twists <b>OR</b> 1 Rotation Maximum 3 tricks	2 twists <b>AND</b> 1 Rotation Any no. of tricks

## TUMBLING

<b>GENERAL INFORMATION:</b> <ul style="list-style-type: none"> <li>All tumbling must originate from and land on the performing surface</li> <li>A tumbler may rebound from their feet into a stunt transition.</li> <li>Skills within a level can be performed consecutively e.g. handstand forward roll at Foundation Level, roundoff back handspring at Level 2 etc. (see prohibited for exceptions)</li> </ul>					<b>PROHIBITED:</b> <ul style="list-style-type: none"> <li>Dive rolls in swan/arched position or that involve twisting</li> <li>Tumbling over, under, or through a stunt</li> <li>More than one consecutive handspring (series) below level 3</li> </ul>		
<b>LEVEL:</b>	Foundation Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<b>UP TO AND INCLUDING:</b>	Forward roll Backward roll Cartwheel Handstand Back Bend	Forward walkover Backward walkover Roundoff	Single front handspring Single back handspring 1 Arm Skills Dive Roll	Aerial cartwheels Handspring series	Aerial walkovers Front tuck Back tuck	Shaped somersault, no twist	Somersault, with twist

# CHEERLEADING COMPETITION REQUIREMENTS

Perform a routine of cheer skills, incorporating all the compulsory elements as well as movement and vocals which should be dynamic and exciting.

Audience participation and props are encouraged to enhance vocals, these may include but are not limited to: poms, megaphones, banners, signboards, flags etc.

Compulsory Elements	Uniform	Footwear
Vocal Skill (Cheer/Chant/Sideline) Stunts Pyramid Cheer Jumps Tumbling Dance Cheer Arm Motions	Cheer uniform <b><u>MUST</u></b> be worn (please see glossary)	Solid sole footwear <b><u>MUST</u></b> be worn (e.g. trainers/pumps)

## Beginning & End of Routine

- The routine must be performed on the matted performance area provided
- Cheerleaders are not allowed outside the performance 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

## Timing

- 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 music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# GROUP STUNT COMPETITION REQUIREMENTS

Perform a routine of continuous stunts to music.

Athletes must be part of a competing Cheerleading team to enter Group Stunt.

Entries will be limited to 1 Group Stunt per age division per level.

Compulsory Elements	Uniform	Footwear
Stunts	Cheer uniform <b>MUST</b> be worn (please see glossary)	Solid sole footwear <b>MUST</b> be worn (e.g. trainers/pumps)

## Beginning & End of Routine

- The routine must be performed on the matted performance area provided
- Cheerleaders are not allowed outside the performance 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

## Timing

- Routine **maximum** time limit 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 music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music



# PARTNER STUNT COMPETITION REQUIREMENTS

Perform a routine of continuous single-based partner stunts to music.

**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.

Compulsory Elements	Uniform	Footwear
Stunts	Cheer uniform <b>MUST</b> be worn (please see glossary)	Solid sole footwear <b>MUST</b> be worn (e.g. trainers/pumps)

## Beginning & End of Routine

- The routine must be performed on the matted performance area provided
- Cheerleaders are not allowed outside the performance 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

## Timing

- Routine **maximum** time limit 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 music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# DANCE

TRADITIONAL POM

FREESTLYE POM

CHEER DANCE

URBAN CHEER

## AGE DIVISIONS

<b>Tiny Teenies</b>	All competitors must be <u>under</u> 8 years of age on 31 <sup>st</sup> August 2025 (7 years old or younger)
<b>Teenies</b>	All competitors must be <u>under</u> 10 years of age on 31 <sup>st</sup> August 2025 (9 years old or younger)
<b>Junior A</b>	All competitors must be <u>under</u> 13 years of age on 31 <sup>st</sup> August 2025 (12 years old or younger)
<b>Junior B</b>	All competitors must be <u>under</u> 17 years of age on 31 <sup>st</sup> August 2025 (16 years old or younger)
<b>Senior</b>	All competitors must be at least 13 years of age on 31 <sup>st</sup> August 2025 <b>AND</b> 50% of the team must be at least 15 years on the 31 <sup>st</sup> August 2025
<b>Masters</b>	50% of the team must be at least 25 years on the 31 <sup>st</sup> August 2025

**Athletes will only be allowed to crossover up to 1 age category above their eligible age division when competing.**

E.g. Tiny Teenies may also compete in Teenies but not in Junior A, Teenies may also compete in Junior A but not in Junior B etc.

## CATEGORIES & TEAM SIZE

Category	Minimum Team Size	Maximum Team Size
Traditional Pom Dance	5	No Restriction
Freestyle Pom Dance	5	No Restriction
Cheer Dance	5	No Restriction
Urban Cheer	5	No Restriction

# DANCE GENERAL RULES

## Beginning & End of Routine

- Cheerleaders are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music
- Should be appropriate for the age of the dancers

## Uniform/Costume

- Should be appropriate for the age of the dancers

## Footwear

- Appropriate footwear must be worn
- **PROHIBITED** Bare feet

## Choreography

- Should be appropriate for the age of the dancers

## Dance Floor

- No mats will be provided for any of the dance categories

# TRADITIONAL POM DANCE COMPETITION REQUIREMENTS

Perform an entertaining dance routine, which may encompass a variety of dance styles.

Poms must be used all by participants at some point during the routine.

Additional props may be used.

COMPETITION LEVELS	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
<b>Level 1</b> <b>Vocal Skills</b> <b>Suitable for little to no competition experience</b>	✓	✓	✓	✓	✓	✓
<b>Level 2</b> <b>No Vocal Skills</b> <b>Suitable for experienced competitors</b>	✓	✓	✓	✓	✓	✓

Level 1		Level 2	
<b>Compulsory Elements</b> Vocal Skill Cheer Arm Motions Cheer Jumps	<b>Prohibited</b> Stunts Pyramids Tumbling	<b>Compulsory Elements</b> Cheer Arm Motions Cheer Jumps	<b>Prohibited</b> Vocal Skill Stunts Pyramids Tumbling

## Beginning & End of Routine

- Dancers are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# FREESTYLE POM DANCE COMPETITION REQUIREMENTS

Perform an entertaining dance routine, which may encompass a variety of dance styles.

Poms must be used all by participants at some point during the routine.

	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
<b>AGE DIVISIONS:</b>	<b>X</b> Not available	✓	✓	✓	✓	✓

Compulsory Elements	Allowed	Prohibited
Cheer Arm Motions Cheer Jumps	Dance lifts Tumbling	Pyramids

## Beginning & End of Routine

- Dancers are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# CHEER DANCE COMPETITION REQUIREMENTS

Perform a powerful technical dance routine, with energy and strength, which may encompass a variety of dance styles.

Poms must be used all by participants at some point during the routine.

AGE DIVISIONS	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
<b>Level 1</b> Suitable for little to no competition experience	<b>X</b> Not available	✓	✓	✓	✓	<b>X</b> Not available

Compulsory elements are set as a **MINIMUM**.

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.

Compulsory Elements	Prohibited
2 <u>different</u> Cheer Jumps	Vocal Skill
2 <u>different</u> High Kicks	Stunts
1 Split	Pyramids
1 Leap	Tumbling
1 <u>Single</u> Pirouette Cheer Arm Motions	Additional Props

## Beginning & End of Routine

- Dancers are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# URBAN CHEER COMPETITION REQUIREMENTS

Perform a high energy, dynamic routine which blends popular Urban Dance moves and Cheerleading Skills.

Poms must be used all by participants at some point during the routine.

Additional props may be used.

AGE DIVISIONS:	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
	✓	✓	✓	✓	✓	✓

Compulsory Elements	Allowed	Prohibited
Vocal Skill Cheer Jumps Urban Style Jumps Urban Style Moves	Transitional Skills Tumbling	Stunts Pyramids

## Beginning & End of Routine

- Dancers are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# SCHOOLS

## AGE DIVISIONS

PRIMARY SCHOOL	SECONDARY SCHOOL
KS1, KS2	KS3, KS4, KS5
The oldest member of the team determines the entry division. i.e. If 19 members of the team are KS1 and 1 member is KS2, the team must enter KS2.	The oldest member of the team determines the entry division i.e. If 19 members of the team are KS3 and 1 member is KS5, the team must enter KS5.
ALL COMPETITORS MUST BE CURRENT STUDENTS OF THE COMPETING SCHOOL	

## CATEGORIES & TEAM SIZE

CATEGORIES				
SCHOOLS CHEERLEADING	SCHOOLS POM DANCE	SCHOOLS URBAN CHEER	DISABILITY CHEERLEADING	DISABILITY POM DANCE
TEAM SIZE				
NO MINIMUM OR MAXIMUM TEAM SIZES FOR SCHOOLS COMPETITION				

## COMPETITION LEVELS

Age Division	Cheerleading Levels					Pom Dance Eligibility	Urban Cheer Eligibility
KS1	1					✓	✓
KS2	1	2				✓	✓
KS3	1	2	3			✓	✓
KS4	1	2	3	4	5	✓	✓
KS5	1	2	3	4	5	✓	✓
THERE IS NO RESTRICTION ON TUMBLING AT ANY LEVEL IN THE NATIONAL SCHOOL'S CHAMPIONSHIPS. FOR FULL OVERVIEW OF LEVELS SEE PAGES 5-6.							



# SCHOOLS CHEERLEADING COMPETITION REQUIREMENTS

Perform a routine of cheer skills, incorporating all the compulsory elements as well as movement and vocals which should be dynamic and exciting.

Audience participation and props are encouraged to enhance vocals, these may include but are not limited to: poms, megaphones, banners, signboards, flags etc.

Compulsory Elements	Uniform	Footwear
Vocal Skill (Cheer/Chant/Sideline) Stunts Pyramid Cheer Jumps Tumbling Dance Cheer Arm Motions	Cheer uniform <b><u>MUST</u></b> be worn (please see glossary)	Solid sole footwear <b><u>MUST</u></b> be worn (e.g. trainers/pumps)

## Beginning & End of Routine

- The routine must be performed on the matted performance area provided
- Cheerleaders are not allowed outside the performance 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

## Timing

- 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 music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# SCHOOLS POM DANCE COMPETITION REQUIREMENTS

Perform an entertaining dance routine, which may encompass a variety of dance styles.

Poms must be used all by participants at some point during the routine.

Additional props may be used.

Compulsory Elements	Prohibited
Vocal Skill Cheer Arm Motions Cheer Jumps	Stunts Pyramids Tumbling

## Beginning & End of Routine

- Dancers are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# SCHOOLS URBAN CHEER COMPETITION REQUIREMENTS

Perform a high energy, dynamic routine which blends popular Urban Dance moves and Cheerleading Skills.

Poms must be used all by participants at some point during the routine.

Additional props may be used.

Compulsory Elements	Allowed	Prohibited
Vocal Skill Cheer Jumps Urban Style Jumps Urban Style Moves	Transitional Skills Tumbling	Stunts Pyramids

## Beginning & End of Routine

- Dancers are not allowed outside the performance area once routine has started

## 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 dancers come to a stationary position

## Music

- Teams must provide their own music track (2 copies), on CD, media device, Phone etc.
- A representative of the team must start and stop the music

# SCHOOLS DISABILITY CHEERLEADING COMPETITION REQUIREMENTS

(Performed on matted area)

Perform a routine of Cheer Skills, Movement and Vocals.

It should be dynamic and exciting.

Audience participation and props are encouraged.

Suggested Elements	Timing
Vocal Skills Cheer Arm Motions Stunts Pyramids Tumbling Dance	Routine <b>maximum</b> time limit, including vocals, is <b>4:00</b> minutes

# SCHOOLS DISABILITY POM DANCE COMPETITION REQUIREMENTS

(Performed on non-matted area)

Perform a routine of Movement and Vocals.

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

Suggested Elements	Prohibited	Timing
Vocal Skills Cheer Arm Motions Dance	Stunts Pyramids Tumbling	Routine <b>maximum</b> time limit, including vocals, is <b>4:00</b> minutes

**NOTE: For all Disabled performers, helpers will be allowed in the performance area if this meets the needs of the team.**

# MASCOT SHOWDOWN

**Dressed in a mascot outfit, perform a 30 second freestyle routine that engages and motivates the crowd**

**Props can be used**

**Music will be provided by the UKCA DJ**

- No Compulsory elements – completely freestyle
- Mascot must perform on their own
- This will be judged on pure entertainment value
- Crowd reaction will be taken into consideration
- The person in the mascot outfit must be registered as part of the competing squad (Cheerleader/Coach/Helper)



# CHEERLEADING GLOSSARY

<b>Arabesque</b>	A shape where a person is stood on one leg, extending the other leg straight in front or behind whilst the body remains in the upright position
<b>Back Spot</b>	A person primarily responsible for protecting the head, neck and shoulders of the flyer. They must be positioned to the back of the stunt. The Back Spot <b>must not</b> provide weight-bearing support to the flyer. A Back Spot can either be 'Hands On' or not in contact with the stunt and must be a participating member of the team. The Back Spot may hold the waist or ankles of the flyer or the wrists of the bases. If the Back Spot was removed, the stunt would remain in place.
<b>Backward Roll</b>	A backward rotation in a tucked body position with hands touching the performing surface. Can also be performed forward.
<b>Balance Stunt</b>	Hitch, Heel Stretch, Liberty, 'L' etc
<b>Base</b>	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
<b>Basket Toss</b>	Where 2 bases use their hands to interlock wrists and make a platform for the Flyer, executing a throwing motion to increase the height of the Flyer. Top person being free of all contact
<b>Braced</b>	When a stunt, pyramid or transition uses one or more Bracers
<b>Bracer</b>	<p><b>Bracer in Stunts</b> - 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.</p> <p><b>Bracer in Rotation for Mounts, Transitions and Dismounts</b> - A person who stabilises or touches a skill by direct contact with another person. Although in direct contact, the bracer does not carry any weight. The bracer must remain in <b>constant contact</b> throughout the skill.</p> <p><b>Single Braced</b> One person in direct contact with the flyer, holding 2 hands or 1 hand or 1 foot/ankle</p> <p><b>Double Braced</b> Two people in direct contact with the flyer</p>
<b>Cartwheel</b>	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

<b>Catcher</b>	A person responsible for the safe landing of a Flyer during a Stunt, Pyramid or Basket Toss dismount
<b>Chant/Sideline</b>	A short phrase repeated at least 3 times which encourages crowd participation
<b>Cheer</b>	A vocal routine that tells a story and encourages crowd participation
<b>Cheer Arm Motions</b>	High 'V', 'T', 'High Touchdown', etc.
<b>Co-ed</b>	Mixed gender team (i.e. Males and Females)
<b>Cradle</b>	A cradle is a catch where the flyer must be caught face up in a pike or a flat back position. The catchers' hands should be around the back and under the thigh of the Flyer. A back spot may be used in position to support the head, neck and shoulders (depending on level)
<b>Dismount</b>	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.
<b>Dive Roll</b>	A forward roll where both feet leave the ground before the hands reach the ground <b>PROHIBITED A Dive Roll with a stall in mid-air or with an out curved/arched body position (also known as Swan position) is</b>
<b>Double Braced</b>	When a stunt, pyramid or transition uses two separate Bracers
<b>Double Leg Stunt</b>	A stunt where the flyer's weight is distributed evenly between both of their feet
<b>Flyer</b>	Person without contact to the ground – Also known as Mounter/Top person
<b>Forward Roll</b>	A forward rotation in a tucked body position with hands touching the performing surface. Can also be performed backward
<b>Free Cartwheel</b>	A Tumbling skill where a cartwheel is performed without the hands touching the floor (Also known as a 'no handed' or 'aerial' cartwheel)

<b>Free Walkover</b>	A Tumbling skill where a walkover is performed without the hands touching the floor (Also known as a 'no handed' or 'aerial' walkover)
<b>Handspring</b>	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
<b>Handspring Series</b>	More than one handspring performed consecutively
<b>Handstand</b>	A straight body inverted position where the arms are extended straight by the head and ears
<b>Hanging Pyramid</b>	<b>PROHIBITED</b> A flyer without a base, suspended in position by 2 or more Flyers in independent stunt groups
<b>Helicopter Toss</b>	A Toss executed by at least 3 people where the flyer is tossed into the air in a horizontal position, parallel to the ground, turning the same as a helicopter blade <b>A helicopter toss can be performed at Level 3 or above and will be considered a release toss whether contact is maintained or not</b> <b>PROHIBITED</b> Helicopter toss in prone position
<b>Hitch</b>	A shape where a person is stood on one leg with the other leg lifted, bent at the knee with the foot held away from the supporting leg. <b>This is a single leg stunt</b>
<b>Inverted Stunt</b>	A stunt where the flyer assumes an up-side-down position or where the head of the flyer is lower than the hips
<b>Jump</b>	Executed from 2 feet with height and power landing on 2 feet
<b>Layer</b>	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
<b>Liberty</b>	A shape where a person is stood on one leg with the other leg lifted, bent at the knee with the foot placed on the inside of the supporting knee joint



<b>Log Roll</b>	A release move where the Flyer's body rotates on the horizontal axis, parallel to the performing surface. Also known as a Barrell Roll.
<b>Pop Down</b>	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
<b>Prone Position</b>	A face down, flat body position
<b>Pyramid</b>	Two or more stunts connected by the flyers touching or any stunt which has a 3 <sup>rd</sup> layer
<b>Rotation</b>	Any gymnastic skill which involves a hip over-head movement, can be braced* or unbraced (e.g. Somersault) *see glossary explanation
<b>Round-Off</b>	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
<b>Single Braced</b>	When a stunt, pyramid or transition uses one individual Bracer
<b>Single Leg Stunt</b>	A stunt where the Flyer is stood on one leg and the weight is totally distributed through the supporting foot. The Flyer can be in Hitch, Liberty, Arabesque, Heel Stretch, Scale, Scorpion etc.
<b>Somersault</b>	Ariel skill with hip-over-head rotation which can be performed forwards or backwards (free of contact with the floor)
<b>Spotter</b>	<b>Internal Spotter</b> - A person primarily responsible for protecting the head, neck and shoulders area of the flyer. Spotters may help control but <b>may not provide primary support</b> for stunt or pyramid. Internal spotters must be part of the competing team, they must also maintain visual contact with the Flyer and are responsible for their safe dismount <b>External Spotter</b> – A member of your squad but not part of the competing team. These are not compulsory during performance ( <b>Exception – partner stunts</b> )
<b>Squad</b>	Total number of Cheerleaders within your Organisation/Club
<b>Stunt</b>	Any skill where the full weight of the flyer is supported above the matted floor by one or more bases
<b>Swan Position</b>	<b>PROHIBITED</b> Where an arched body shape is taken mid-skill <b>Example: Dive Roll or Basket Toss which assume this position</b>

<b>Suspended Rotation</b>	A rotation that is braced by one or more people
<b>Team</b>	Chosen number of Cheerleaders entering a <b>Category</b> and <b>Division</b> (i.e. Pom Dance 18 Teenies)
<b>Tension Drop</b>	A stunt or pyramid in which the Base(s) and Flyer lean forward/backward until the Flyer dismounts without assistance
<b>Toe Flip</b>	<b>PROHIBITED</b> A Toss where one or more bases use their hands as a stepping platform for the flyer to perform a somersault
<b>Toe Pitch</b>	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)
<b>Toss</b>	Where base(s) execute a throwing motion to increase the height of the Flyer. Top person being free of all contact
<b>Transition</b>	A movement from one place to another, one position to another, one stunt to another or from cradle to performance surface
<b>Trick</b>	The change of body position in the air
<b>Tuck Position</b>	A body position where knees and hips are bent and drawn towards the chest. The body is bent at the waist
<b>Tumbling</b>	Any gymnastic/acrobatic skill that begins and ends on the performing surface
<b>Twist</b>	A rotation around the body's vertical axis ( <b>No hip over-head rotation</b> )
<b>Un-braced</b>	A skill without a bracer
<b>Uniform in Cheer</b>	Top/skirt, top/shorts or dress, socks and trainers/pumps. Top/trousers, top/shorts, socks and trainers/pumps. <b>PROHIBITED Jewellery, Hair grips &amp; Hair pins, Loose Glitter on: Hair, Face, Uniforms, Signs or Banners</b>
<b>Vocal Skill</b>	Cheers & Chants/Sideline
<b>Walkover</b>	A tumbling skill with hip-over-head rotation with support from one or both hands Can be performed forward or backwards and usually with split leg position

# DANCE GLOSSARY

<b>Additional Props</b>	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.
<b>Break Dance Skill</b>	Specialist weight-bearing skill performed by an individual
<b>Chant/Sideline</b>	A short vocal phrase repeated at least 3 times
<b>Cheer</b>	A vocal routine that tells a story and encourages crowd participation
<b>Cheer Arm Motions</b>	High 'V' – 'T' – 'High Touchdown' etc
<b>Cheer Dance</b>	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
<b>Jump</b>	Executed from 2 feet with height and power
<b>Kick</b>	A straight leg lifted with force from the hip joint. Can be front, back, diagonal, side or circular.
<b>Leap</b>	A light, springing movement, upwards and forwards/sideways. Executed from one leg, landing on one leg.
<b>Pirouette</b>	A controlled turn in either direction performed on one leg on the ball of the foot. Can have single or multiple rotations.
<b>Pom Dance</b>	An entertaining dance routine, which may encompass a variety of dance styles (no mats provided). Traditional Pom Dance – no stunts/pyramids/tumbling Freestyle Pom Dance – lifts and tumbling allowed
<b>Pyramid</b>	<b>PROHIBITED</b> Two or more stunts connected by the flyers touching or any stunt which has a 3 <sup>rd</sup> layer
<b>Splits</b>	Can be performed in right, left or centre (box) positions. <b>Should be flat to the floor and both legs should be straight</b>
<b>Stunting in Freestyle Pom Dance</b>	One or more bases taking the weight of another person <b>ALLOWED:</b> Assisted jumps, dance lifts
<b>Stunting in Traditional Pom Dance &amp; Cheer Dance</b>	One or more bases taking the weight of another person <b>ALLOWED:</b> pulling the Cheerleader up from a sitting/crouching position on the floor or leaning on another Cheerleader with at least one foot on the ground <b>PROHIBITED</b> Any skill where a person supports the full body weight of another Cheerleader (i.e. Thigh stand, dance lifts)

<b>Stunting in Urban Cheer</b>	One or more bases taking the weight of another person <b>ALLOWED</b> A weight bearing skill that is fluid in motion as this will be considered transitional <b>PROHIBITED</b> Any weight bearing skill that is held still for more than 3 seconds
<b>Team</b>	Chosen number of Cheerleaders entering a Category and Division
<b>Toe Flip</b>	A move <b>ALLOWED IN URBAN CHEER</b> where one or more bases use their hands as a stepping platform for the flyer to perform a hip over head rotation
<b>Transition</b>	A movement from one place to another or one position to another
<b>Transition Skill</b>	A weight bearing skill that is fluid in motion. The skill will be considered transitional if it is held still for 3 seconds or less <b>PROHIBITED</b> Any longer will be considered a stunt and is
<b>Tumbling in Freestyle Pom Dance</b>	<b>ALLOWED</b> Aerial skills e.g., free cartwheel etc. (no mats will be available)
<b>Tumbling in Traditional Pom Dance &amp; Cheer Dance</b>	<b>ALLOWED</b> Side rolls, shoulder rolls, back bends, modified handstand (hips are momentarily less than vertical with the shoulders) <b>PROHIBITED</b> Any move where hips rotate over the head
<b>Tumbling in Urban Cheer</b>	All tumbling skills are allowed (no mats will be available)
<b>Uniform/Costume in Dance</b>	Costumes should be safe and appropriate for the age and style of the team members. Appropriate footwear must be worn. <b>ALLOWED</b> Buckles, zips and other hard items that are an integrated part of the garment Flat hair clips - but if lost during performance, a deduction under lost accessories will occur <b>PROHIBITED</b> Bare feet
<b>Urban Style Moves</b>	Any style of street dance including but not limited to, locking, popping, vogue, commercial, tutting, whacking, break dancing, house/footwork, lite feet, crumping, funk, boogaloo, hustle, shuffle, dancehall.
<b>Vocal Skill</b>	Cheers and Chants/Sidelines

# DEDUCTIONS

PENALTY		DEDUCTION
<b>1</b>	<b>SAFETY VIOLATION</b> Points will be deducted from the final score for each safety violation as defined by the judging panel	<b>10 POINTS per violation</b>
<b>2</b>	<b>PROHIBITED ELEMENTS/ITEMS</b> 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)	<b>10 POINTS per violation</b>
<b>3</b>	<b>UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM</b> Correct uniform/footwear must be worn in all Divisions	<b>10 POINTS per violation</b>
<b>4</b>	<b>HARD MEDICAL ITEMS</b> 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	<b>10 POINTS per violation</b>
<b>5</b>	<b>NO JEWELLERY TO BE WORN</b>	<b>10 POINTS per violation</b>
<b>6</b>	<b>UNSUITABLE MUSIC</b> Profanities & referrals of a sexual, violent, or racial nature will result in deductions or in extreme cases, disqualification	<b>10 POINTS per violation</b>
<b>7</b>	<b>GLITTER</b> <b>NO loose glitter</b> on hair, face, signboards, banners, or uniforms	<b>5 POINTS per violation</b>
<b>8</b>	<b>HAIRPINS, GRIPS, CLIPS, PLASTIC COMBS ETC</b> No metal hairpins, grips, clips, plastic combs/headbands in Cheerleading Divisions. Hair clips are allowed in Dance Divisions	<b>5 POINTS per violation</b>
<b>9</b>	<b>TIME OVER DEDUCTION</b> Points deducted for each second over time limit	<b>1 POINT per violation</b>
<b>10</b>	<b>OUTSIDE AREA VIOLATION</b> Movement that takes the competitors foot or feet outside the performance area	<b>1 POINT per item</b>
<b>11</b>	<b>DROPPED POMS</b> Choreographed throws will not be considered a drop	<b>1 POINT per item</b>
<b>12</b>	<b>LOST ACCESSORIES</b> All accessories must be secure (e.g. uniform/costume attachments, scrunchies, hair grips)	<b>1 POINT per item</b>

# ADDITIONAL COMPETITION INFORMATION

**ELIGIBILITY** Competitions open to UKCA MEMBERS ONLY

**MEMBERSHIP** Coaches/Teachers wishing to enter teams into UKCA competitions are required to register online at [www.ukca.org.uk](http://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, to be received by UKCA with FULL PAYMENT on or before the application deadline. Full payment will be taken at registration through our website. See [www.ukca.org.uk](http://www.ukca.org.uk) for current fees and deadline dates.

**N.B. LATE ENTRIES AND/OR SUBSEQUENT CHANGES WILL INCUR AN ADDITIONAL ADMINISTRATION FEE OF £25 EACH.**

**TEAM COACHES** UKCA qualified coaches will not be charged an Entry Fee  
Non UKCA qualified coaches will be charged a Helper Fee

**TEAM HELPERS** 1 helper for every 5 Cheerleaders will be allowed to assist Coaches or teachers at the competition and will be charged a Helper Fee (20 Cheerleaders = 4 Helpers)

**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 and certificate  
All Teams will be awarded trophies in all categories and divisions

**JUDGES** Up to 5 Nationally/Internationally Qualified Judges will sit on the panel  
Their decisions are final  
Under no circumstances are Judges to be directly approached by Coaches, Cheerleaders, or supporters  
Failure to adhere to this could result in squad disqualification

**FULL SCORES** Will be available to Coaches immediately after the award ceremony on the day of competition

**FIRST AID** Qualified First Aid personnel will be present at the competition  
Coaches must take responsibility for the wellbeing of their own cheerleaders at all times

**COMPETITION VENUE** The venue will be declared a NON-SMOKING and ALCOHOL- FREE area

**SOUND SYSTEM** Facilities for playing CD, media player or phone will be provided for the competition. Coaches are advised to set their phone to flight mode and unlock their devices

**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 by UKCA Head Office

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

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

#### **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:

- Be a good role model, setting positive examples of conduct and behaviour.
- Promote the development of your athletes' mental and physical health.
- Motivate Cheerleaders in the development of self-confidence and self-esteem.
- Reward with praise and positive reinforcement.
- Refrain from using foul or abusive language in person, or on social media platforms, at any time.
- Refrain from being involved in the possession of, or drinking of alcoholic beverages and smoking of tobacco or vaping in the presence of spectators, officials, judges, their own or other squads, or where not permitted by law.
- Refrain from being in the possession of or taking of any controlled drugs at any time.
- Promote and develop a positive image of yourself and your squad on social media platforms.

## Events & Competitions:

- Be fully aware of and adhere to all UKCA Competition Rules and Regulations.
- Strongly emphasise that winning is the result of teamwork, commitment, and practise (or training).
- Refrain from criticising opposing Coaches, Cheerleaders or spectators, and event organisers or venue staff verbally, by gesture or on social media.
- Promote constructive criticism of Cheerleaders', performance in the presence of squad members, only if others might learn from it.
- Be responsible for the conduct and control of squad members, chaperones, and spectators.
- Promote a positive attitude and team spirit.
- Accept decisions of competition officials and judges as final.
- Contribute to the cleanliness of your allocated area in the event arena.

## Cheerleaders:

- Respect Coaches and Volunteers within your club network.
- Demonstrate positive examples of conduct and behaviour.
- Take responsibility for providing positive leadership.
- Refrain from using foul or abusive language in person or on social media platforms at any time.
- Refrain from being involved in the possession of, or smoking of tobacco or vaping 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.
- Refrain from being in the possession of or drinking of alcoholic beverages.
- Refrain from being in the possession of or taking of any controlled drug at any time.
- Promote a positive image of yourself and your squad on social media platforms.
- Support your team colleagues at all times.

## Events & Competitions:

- Strive to be modest in victory and gracious in defeat.
- Always show respect and be polite to officials, judges, stewards, event organisers, opposing Coaches, Cheerleaders, and spectators.
- Demonstrate positive team spirit.
- Contribute to the cleanliness of your allocated area in the event arena.

BE A TRUE AMBASSADOR OF OUR CHEERLEADING FAMILY

CHEERLEADING – THE SPORT OF SMILES

