



UNITED KINGDOM CHEERLEADING ASSOCIATION

The Worthington Building, Fence Avenue, Macclesfield, Cheshire SK10 1LT
teamuk2019@ukca.org.uk

Cheerleading World Championships Saturday 23rd & Sunday 24th November

Team UK 2019 Required Skills

Please provide footage of the applicant performing these skills. Videos can be sent with the application form that can be found at <https://ukca.org.uk/team-uk-application/> or sent via email to teamukapplications@ukca.org.uk. Please ensure you state the discipline you are applying for along with your full name, date of birth and parent/guardian's contact phone number and email if under 18 years old.

CHEERLEADING SKILLS

Jumps

Jump combination to back handspring: Right hurdler, left hurdler, double toe touch, back handspring.

**If the athlete can perform these skills into a back tuck or flick tuck this should be shown as well as the skills above.*

Tumbling

PLEASE NOTE TUMBLING SHOULD BE PERFORMED ON A NON SPRUNG FLOOR

Running tumbling: Round-off back handspring, tuck/ pike/ straight somersault.

**If the athlete can perform a full twist/double twist this should be shown as well as the skills above.*

Standing tumbling: Multiple handsprings

**If the athlete can perform can perform back handspring, tuck and a standing back tuck, these should be shown as well as the skills above.*

Stunts

PLEASE STATE ON YOUR APPLICATION WHICH ATHLETE IS APPLYING

Single leg: Full up and/or double up to extended lib, double down cradle from single leg.

Senior applicants: Please also demonstrate a front tuck dismount and/or back tuck dismount

Double leg: Junior applicants please demonstrate a full or double up to extension, double down cradle from extension and a pancake fold from two feet.

Senior applicants: Please demonstrate a double up to two feet, front tuck dismount. Rewind to two feet prep and a front full dismount.

Flyers: Scorpion on right leg, heel stretch on right and left leg and bow and arrow.

Baskets

PLEASE STATE ON YOUR APPLICATION WHICH ATHLETE IS APPLYING

Junior Basket Toss: Kick double and hitch kick double.

**If the athlete can perform a toe touch followed by a single twist this should also be shown.*

Senior Basket Toss: Back tuck basket.

**If the athlete can perform a back full basket or back tuck twist basket this should also be shown.*

Dance/Arm Motions

Athlete should demonstrate 4 x 8 counts of a dance of their choice. Please ensure there is an emphasis on strong arm motions.



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URBAN CHEER SKILLS

Dance Skills

PLEASE EMAIL TEAMUKAPPLICATIONS@UKCA.ORG.UK FOR A COPY OF THE APPLICATION CHOREOGRAPHY

Please learn and perform the routine in the application video to the song: **Drake- In my feelings.** This song can be found on Youtube and Soundcloud. Please ensure the sharp and smooth dynamics are performed to the best of your ability.

Jumps

Please demonstrate hurdler and toe touch Cheerleading jumps and also demonstrate two urban jumps

Tumbling and freestyle

Please demonstrate any tumble skills you have on a dead floor. An optional freestyle would be welcomed.

Please feel free to include any relevant skills you feel will assist your application.

CHEER DANCE SKILLS

Please use pom poms throughout your application video. Please demonstrate all skills on both legs unless stated otherwise.

Jumps

Please demonstrate the following jumps: Double toe touch, pike, herkie, C-Jump, ring/firebird jump, tilt jump. Please also demonstrate a triple jump sequence of your choice.

Turns

Please demonstrate double and/or triple pirouettes and fouettes in Second (Minimum 6 rotations to the right). Please also demonstrate your own turn sequence including change of spot, including arm variations and finishing with a double or triple pirouette.

Leaps

Please demonstrate the following leaps: Split leap, switch/change leg leap, straddle/side leap, spinning disk (turning straddle leap), and an attitude leap.

The following leaps are optional: Ring leap, change Leg Side Leap, turning scissor kick leap and any other leaps you would like to show

Arm Motions

Dancer should demonstrate 4 x 8 counts arm motions. Please ensure there is an emphasis on sharp and powerful arm motions with correct technique. No additional dance skills are required in this sequence.

Kicks & Flexibility

Kicks: Dancer should demonstrate 4 x 8 counts of a kick sequence of their choice, including but not limited to front kicks, side kicks, fan kicks. No additional dance skills are required in this sequence.

Flexibility: Front splits, Side splits, Pike fold, Japana fold

Please feel free to include any relevant skills you feel will assist your application