



**EUROPEAN CHEERLEADING ASSOCIATION®**  
**Rules & Regulations**  
**2017**

[www.ecacheer.org](http://www.ecacheer.org)

# LIST OF CONTENTS

<b>1. GENERAL</b>	
1.1 Dates	3
1.2 Eligibility	3
1.3 Entries	3
1.4 Withdrawal	4
1.5 Code of Conduct	4
1.6 Insurance	4
1.7 Anti-doping	4
1.8 Complaints	5
1.9 Judges	5
<b>2. COMPETITION GUIDE</b>	
2.1 Divisions and age limits	5
2.2 Categories	6
2.3 Timing	6
2.4 Layers and height limits	6
2.5 Spotters	7
2.6 Overall appearance	7
2.7 Music	8
2.8 Set up time	8
2.9 Practice time	8
2.10 The Routine	8
<b>Cheerleading Routine Overview</b>	9
2.10.1 Cheer	10
2.10.2 Group Stunt	10
2.10.3 Partner Stunt	10
<b>Dance Routine Overview</b>	11
2.10.4 Cheer Dance/Doubles	12
2.10.5 Pom Dance/Doubles	12
2.10.6 Street Cheer/Doubles	13
<b>3. SAFETY RULES</b>	
<b>3.1 Minis Cheer Divisions</b>	
3.1.1 General	14
3.1.2 Tumbling	14
3.1.3 Basket Toss	14
3.1.4 Dismounts	14
<b>3.2 Junior Cheer Divisions</b>	
3.2.1 General	14
3.2.2 Tumbling	14
3.2.3 Basket Toss	14
3.2.4 Dismounts	15
<b>3.3 Senior Cheer Divisions</b>	
3.3.1 General	15
3.3.2 Tumbling	15
3.3.3 Basket Toss	15
3.3.4 Dismounts	15
<b>3.4 Masters Cheer Divisions</b>	
3.4.1 General	14
3.4.2 Tumbling	14
3.4.3 Basket Toss	14
3.4.4 Dismounts	14
<b>3.5 Dance Divisions</b>	
3.5.1 Acrobatics in Dance	17
3.5.2 Dance Lifts/Stunting in Dance	17
3.5.3 Dance Lifts/Stunting in Street Cheer	17
<b>4. PENALTIES</b>	18
<b>5. DEFINITIONS</b>	19
<b>6. SCORE SHEETS</b>	21

## **1. GENERAL**

### **1.1 DATES**

The European Cheerleading Championship, hereafter called ECC, will take place annually in June or July, decided by the host together with ECA board.

### **1.2 ELIGIBILITY**

a) All European National Cheerleading Organisations that are members of ECA are eligible.

b) All teams must be members of their 'Official National Cheerleading Organisation/Federation'.

c) Competitors from each country must possess that country's passport or, have proof of permanent residency of at least 6 months in the country that they are representing.

d) The 1st, 2nd & 3rd place winners of each country's National Championships are eligible according to the various age divisions (maximum three teams per country per age division). Should the 1st, 2nd & 3rd place teams be unable to attend, the country's Association/Federation may decide who will represent them at the ECC. If a country does not have a certain division in their National Championships, the Association/Federation may decide who will represent them at the ECC.

e) **For Doubles Divisions**, the 1<sup>st</sup>, 2nd & 3rd place winners of each country's National Championships are eligible according to the various age divisions (maximum three couples per country per age division). Should the 1st, 2nd & 3rd place couples be unable to attend, the country's Association/Federation may decide who will represent them at the ECC. If a country does not have a certain division in their National Championship, the Association/Federation may decide who will represent them at the ECC.

### **1.3 ENTRIES**

#### **Registration forms**

Official Competition Registration forms need to be completed for all competing teams, showing individual competitor names, ages and Nationality. Only competitors, substitutes and Coaches who have been registered on the original entry form are permitted to compete in the ECC.

#### **Deadlines**

Competition Registration & Indemnity forms must be sent by e-mail with an electronic signature to the ECA entry e-mail address & the host country by 31<sup>st</sup> May 2017.

The country representative is responsible for checking all entries adhere to the rules before sending Registration/Indemnity forms. The ECA and ECC host country will not be liable for entry forms not received.

#### **Fees**

The fees and bank charges in the correct currency must be paid as specified on the invoice, which will be produced by ECA upon receipt of the entry.

The fees are:

<p><b>30 Euros for each Competitor, Substitute, Coach and Spotter officially registered</b></p>
---

**Please note:**  
**Payment must be received by the date specified on the invoice in order to secure competition entry**

## Identification

An official travel document, (meaning passport with photo or another official photo ID valid for travelling) must be available for registration for the ECC. Each Coach is responsible for the availability of his or her competitor's travel document on registration and during competition day. In case of force majeure, other means of identification can be accepted if agreed by the majority of the ECA board. Proof of permanent residency (where applicable) must be sent in together with the original Registration/Indemnity forms.

## Number of registrations

- A Cheer All Female, Cheer Mixed or Cheer Dance/Pom Dance/Street Cheer team may register a maximum of:

**25 Competitors, 5 Substitutes and 2 Coaches**

- Group Stunt or Group Stunt Mixed must register:

**5 Competitors, 1 Spotter and may register 2 Coaches and 1 Substitute per group**

- Partner Stunt must register:

**2 Competitors, 1 Spotter and may register 2 Coaches per couple**

- Doubles must register:

**2 Competitors and may register 2 Coaches per couple**

- Substitutes:

The substitutes may only replace a Cheerleader in their related division and category.

A Cheerleader who has been replaced is prohibited to re-enter the competition at any time.

Coaches may also be registered as substitutes.

**Prohibited: Substitutes in Partner Stunt or Doubles divisions**

## Banned from competition

If a competitor has received a ban from any countries anti-doping organization or the ECA, the competitor is not eligible to enter the ECC according to the specified ban administered by these said organizations.

## 1.4 WITHDRAWAL

Teams who cannot participate at the championships should let the ECA know as soon as possible by phone/fax/e-mail. Entry fees are non-refundable and must be paid if the team or a competitor withdraws from the competition after the entry deadline. Teams failing to notify the ECA of withdrawal from competing prior to the Championship in writing could be penalised.

## 1.5 CODE OF CONDUCT

Any vulgar, racist, suggestive language, appearance or movements of the competitors, substitutes, spotters, Coaches or fans could result in disqualification of the team/competitor.

## 1.6 INSURANCE

Each participant/team must have a personal- and/or team insurance. This also applies to Coaches and Spotters. Each team will have to hand in a signed Indemnity form prior to the Championship. The host country or the ECA will not be responsible for any injuries sustained at this event, on the understanding that all ECA guidelines, Rules, Regulations and safety standards are complied with. The host country must also ensure that they have sufficient insurance cover for the event.

## 1.7 ANTI-DOPING

The use of any kind of illegal substance as specified by the World Anti-Doping Agency is prohibited in any competition organized by the ECA and related practise situations. All matters in this section will be handled according to the World Anti-Doping Code provided by the World Anti-Doping Agency: [www.wada-ama.org](http://www.wada-ama.org)

### Banned from competition

If a competitor has received a ban from any countries anti-doping organization, the competitor is not eligible to enter the competition according to the specified ban administered by these said organizations.

## 1.8 COMPLAINTS

All complaints have to be filed in writing to the ECA President together with a fee of €100 must be paid with the complaint. The fee will be refunded if the complaint is accepted. All complaints will be handled by the ECA Board or Technical Committee.

## 1.9 JUDGES

Judges will be nominated by the ECA Technical Committee. Only ECA approved judges are eligible.

### Judge Panels

A complete panel per category must consist of 5 Internationals. In addition to the complete panel, 2 Technical Judges, 2 Time Keepers/Line Keepers will be appointed to ensure that routine requirements are followed. Judges decisions are final.

### Scoring

Blank score sheets of each category are available at the end of this document.

## 2. COMPETITION GUIDE

### 2.1 DIVISIONS AND AGE LIMITS

Division		
<b>Minis</b> - Cheer - Group Stunt - Cheer Dance/Pom Dance /Street Cheer - Cheer Dance/Pom Dance /Street Cheer Doubles	<b>Participants can be            6, 7, 8, 9, 10, 11, 12 years of age            By 31st December 2017</b>	<b>Participants cannot be            13 years of age</b>
<b>Junior:</b> - Cheer All Female - Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheer Dance/Pom Dance/Street Cheer - Cheer Dance/Pom Dance /Street Cheer Doubles	<b>Participants can be            11, 12, 13, 14, 15, 16, 17 years of            age            By 31st December 2017</b>	<b>Participants cannot be            18 years of age</b>
<b>Senior:</b> - Cheer All Female - Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheer Dance/Pom Dance /Street Cheer - Cheer Dance/Pom Dance /Street Cheer Doubles	<b>All participants must be at least            16 years of age            By 31st December 2017</b>	No upper limit
<b>Masters:</b> - Cheer All Female - Cheer Mixed - Group Stunt All Female - Group Stunt Mixed - Pom Dance/Street Cheer - Pom Dance /Street Cheer Doubles	<b>All participants must be at least            25 years of age            By 31st December 2017</b>	No upper limit

## 2.2 CATEGORIES

**Mixed Teams:** Teams with participants from both genders (male and female) are considered Mixed

**Partner Stunt/Doubles:** Consists of 2 competitors

Number of participants in the competing team:

Categories	Minimum Participants	Maximum Participants
Cheer	8	25
Cheer Dance/Pom Dance /Street Cheer	5	25
Group Stunt	5	5
Partner Stunt/Doubles	2	2

## 2.3 TIMING

Timing will begin on the first note of music, the first vocal command or the first movement and stop with the end of the Cheer or last note of the music or when all team members come to a stationary position.

Category	Minimum	Maximum
Cheer	2:15	2:30 (two minutes and thirty seconds)
Dance	2:15	2:30 (two minutes and thirty seconds)
Group Stunt	1:00	1:10 (one minute and ten seconds)
Partner Stunt/Doubles	1:00	1:10 (one minute and ten seconds)

## 2.4 LAYERS AND HEIGHT LIMIT

### Layer

A unit to express how many layers of people there are in a Stunt.

1 layer = a situation where at least one foot is stationed on the ground.

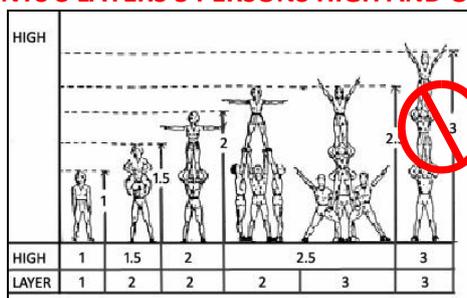
2 layers = a situation where half or more than half of the body weight is sustained by a 1st layer person.

3 layers = a situation where half or more than half of the body weight is sustained by 2<sup>nd</sup> layer person.

### Height Limit

Division	Layers (max)	Height (max)
Minis Cheer	2	2.5
Junior Cheer All Female/ Mixed	2	2.5
Senior Cheer All Female/ Mixed	3	less than 3
Masters	2	2.5

## PYRAMIDS AND STUNTS 3 LAYERS 3 PERSONS HIGH AND OVER ARE PROHIBITED



## Height and layer definitions of a number of legal/common Stunts and Pyramids

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

### 2.5 SPOTTERS

All required spotter positions must be filled from within the team. These spotters are known as **internal spotters**. In addition to internal spotters, teams may use **external spotters**, maximum 6 per Cheer team. (See definitions)

### 2.6 OVERALL APPEARANCE

#### Accessories

All accessories, e.g. scrunches, hair bands have to be secured tightly. Only flat hairpins may be worn.

#### Dress Code

Uniform, pep dress, costumes must be appropriate for Cheer and Dance. Underwear must not be visible.

Minis & Juniors: In addition, skirts, shorts or pants must be worn and the midriff must be covered when arms at a person's side when in standing position.

#### Advertising/Sponsors

Only one advertising or sponsors patch, (credit card size) may be displayed on any clothing worn during the competition. Check with the Judge Committee at least three weeks prior to the ECC if you have any questions. (See Dress Code Violation)

#### Hair

All competitors whose hair is longer than shoulder length must tie it back from the face.

#### Jewellery

Jewellery MAY NOT be worn.

#### Medical Items

Glasses (except flexi-glasses), hearing aids and/or other medical items may not be worn during performance. Please check with the Judge Committee prior to the competition for exemptions.

#### Shoes in Cheer

All competitors including spotters must wear shoes in the official practise and in the competition. All participants and spotters must wear Cheerleading shoes which are defined as 'shoes with solid sole and form'.

#### Shoes in Dance

All competitors must wear shoes in the official practise/competition. Jazz shoes, Ballet shoes, textile shoes, Dance Paws, etc. are allowed in the dance categories. Shoes with high heels are not permitted.

## 2.7 MUSIC

Music used for competition performances must be suitable for each age division and category. Unsuitable/offensive music (music with offensive sexual content, racist or vulgar lyrics) is not allowed.

Each team must bring 2 copies of the music on i-pod, i-phone, USB or CD. One representative from each team (i.e. Coach/representative) will need to meet at the audio desk two (2) performances before their teams scheduled performance. The Coach/representative will be in charge of playing and stopping the music (they will be able to pause and re-start the music during the routine as needed). The Coach/representative needs to be accustomed to using an i-pod, i-phone, USB or CD player. The Coach/representative controlling the music must stay throughout their team's performance and take the i-pod, i-phone, USB or CD with them when leaving.

Note: Should a problem occur with the music as a result of the audio equipment, the team would be allowed to start again. Should a problem occur as a result of the i-pod, i-phone, USB, CD or Coach/representative, the team must continue their routine or withdraw from the competition.

A sound system will be provided for the official practices and competition only. The host is not responsible for a private sound system to be made available for practising teams.

## 2.8 SET UP TIME

Participants are encouraged to move on and off the floor as quickly as possible. A maximum of 20 seconds is allowed for prop set up time. Timing begins when the first person steps onto the performance floor/mat inside the marked line and stops when the whole team comes to a standstill. Deductions will be made if teams/individuals exceed the time limit.

## 2.9 PRACTICE TIME

Each team will be given an assigned time for practice in the practice area.

## 2.10 THE ROUTINE

The following (a-b-c-d) is the same for all routines. Differences between the routines will be marked under next sections.

**a) Performance Area:** Competitors are not allowed outside the minimum marked 12m x 12m area once the routine has started.

**b) Beginning of Routine:** The routine can start with a command, movement and/or music. The routine must begin within the marked performance area. All team members must stand still before beginning their routine.

**c) Ending of Routine:** The routine can stop with the last note of the music or when all team members come to a stationary position.

**d) Timing:** Timing will begin on the first note of music, the first vocal command or the first movement and stop with the end of the Cheer, last note of the music or when all team members come to a standstill. Prop set up time is limited to 20 seconds.

# CHEERLEADING ROUTINE OVERVIEW

	<b>Minis</b>	<b>Junior &amp; Junior Mixed</b>	<b>Senior &amp; Senior Mixed</b>	<b>Masters</b>
<b>Layers</b>	2	2	3	2
<b>Height</b>	2.5 high	2.5high	Less than 3	2.5 high
<b>Back Spot Required</b>	2.0 high	2.0 high	2.5 high If single based	2.0 high
<b>Double Leg Stunts</b>	2.5 high	2.5 high	Less than 3	2.5 high
<b>Single Leg Stunts</b>	2.0 high	2.5 high	Less than 3	2.5 high
<b>Single Based Stunts</b>	2.0 high	2.5 high	2.5 high	2.0 high
<b>Mounts &amp; Transitions</b>	½ Twist No Rotations	2 Twists Single Rotation	2 Twists Single Rotation	1 Twist Single Rotation
<b>Dismounts</b>	½ Twist No Rotations	Double Twist Or Single Rotation	Double Twist & Single Rotation	Single Twist Or Single Rotation
<b>Cradle Dismounts from Stunts or Pyramids</b>	At least 3 catchers required	At least 3 catchers required	At least 2 catchers required	At least 3 catchers required
<b>Tosses</b>	Straight Ride	Double Twist Or Single Rotation	Double Twist & Single Rotation Or Double Rotation	Single Twist Or Single Rotation
<b>Tumbling</b>	Up to and including Front or Back Handsprings	Up to and including Somersaults No Twisting	No Restrictions	Up to and including Somersaults No Twisting

### 2.10.1 Cheer

#### All age divisions

#### Compulsory elements

Minimum 1 (one) Cheer OR 1 (one) Chant, 1 (one) Stunt, 1 (one) Cheer Jump, 1 (one) Pyramid, 1 (one) Tumbling element and a Cheer dance section with arm motions must be performed in the routine.

The compulsory Cheer OR Chant must be performed without music.

All team members must start the routine with at least one foot on the ground.

#### Props allowed in Cheer

Banners, signs, megaphones, flags and pom-poms are the only props allowed.

Props that may puncture the performance surface must not be used.

### 2.10.2 Group Stunt

#### All age divisions

#### Compulsory Elements

Perform continuous Stunts of your choice in accordance with the Rules & Regulations.

All competitors must have at least one foot on the ground when they start the routine.

**Prohibited**  
Props

### 2.10.3 Partner Stunt

#### Junior All Female & Junior Mixed

Perform single-based partner Stunts of your choice in accordance with the Rules & Regulations.

All competitors must have at least one foot on the ground when they start the routine. **ADDED**

#### Senior All Female & Senior Mixed

Perform single-based partner Stunts of your choice in accordance with the Rules & Regulations.

All competitors must have at least one foot on the ground when they start the routine.

Each couple must bring their own external spotter. Their responsibility is to assist with cradling, but the external spotter may not help toss or support Stunts within the routine.

**Prohibited**  
Props

# DANCE ROUTINE OVERVIEW

## Minimum Requirement

	<b>Minis</b>	<b>Juniors</b>	<b>Seniors</b>	<b>Masters</b>
	<b>2:30 seconds</b>	<b>2:30 seconds</b>	<b>2:30 seconds</b>	<b>2:30 seconds</b>
<b>Cheer Dance</b>	<b>Technical Dance Skills</b>  <b>Single Pirouette</b> <b>1 Leap</b> <b>1 Split</b> <b>2 Cheer Jumps</b> <b>2 High Kicks</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props	<b>Technical Dance Skills</b>  <b>Single Pirouette</b> <b>1 Leap</b> <b>1 Split</b> <b>2 Cheer Jumps</b> <b>2 High Kicks</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props	<b>Technical Dance Skills</b>  <b>Double Pirouette</b> <b>2 Leaps</b> <b>1 Split</b> <b>2 Cheer Jumps</b> <b>2 High Kicks</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props	<b>N/A</b>
<b>Cheer Dance</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>
	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	
<b>Pom Dance</b>	<b>Entertaining/Creative</b>  <b>Arm Motions</b> <b>Cheer Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props	<b>Entertaining/Creative</b>  <b>Arm Motions</b> <b>Cheer Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props	<b>Entertaining/Creative</b>  <b>Arm Motions</b> <b>Cheer Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props	<b>Entertaining/Creative</b>  <b>Arm Motions</b> <b>Cheer Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts Pyramids Tumbling Additional Props
<b>Pom Dance</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>
	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above
<b>Street Cheer</b>	<b>Street Style Moves</b>  <b>Cheer/Chant or Rap Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Stunts Pyramids Additional Props	<b>Street Style</b>  <b>Cheer/Chant or Rap Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Stunts Pyramids Additional Props	<b>Street Style</b>  <b>Cheer/Chant or Rap Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Stunts Pyramids Additional Props	<b>Street Style</b>  <b>Cheer/Chant or Rap Jumps</b>  <b>Poms</b>  <b>Prohibited</b> Stunts Pyramids Additional Props
<b>Street Cheer</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>	<b>Doubles 1:10 seconds</b>
	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above

#### 2.10.4 Cheer Dance/Cheer Dance Doubles

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

##### **Minis and Juniors Compulsory elements**

Minimum 1 (one) pirouette, 1 (one) split, 1 (one) dance leap, 2 (two) Cheer Jumps and 2 (two) high-kicks have to be performed in the routine.

Poms (optional for males) must be used.

##### **Seniors Compulsory elements**

Minimum 1 (one) double pirouette, 1 (one) split, 2 (two) dance leaps, 2 (two) Cheer Jumps and 2 (two) high kicks have to be performed in the routine.

Poms (optional for males) must be used.

All compulsory elements have to be performed by all participants at the same time or in a ripple.

Uniform/costume must be worn.

##### **Props allowed in Dance**

Only poms can be used in the Dance division.

Hats will not be considered a prop if they are kept on the head throughout the performance.

##### **Prohibited**

Cheers, Chants, Stunts, Pyramids, Tumbling and additional props.

#### 2.10.5 Pom Dance/Pom Dance Doubles

##### **All age divisions**

Perform a routine, which should be entertaining and creative.

The routine does not require technical dance skills.

##### **Compulsory elements**

Arm Motions

Cheer Jumps

Poms (optional for males) must be used.

All compulsory elements have to be performed by all participants at the same time or in a ripple.

Uniform/costume must be worn.

##### **Props allowed in Dance**

Only poms can be used in the Dance division.

Hats will not be considered a prop if they are kept on the head throughout the performance.

##### **Prohibited**

Cheers, Chants, Stunts, Pyramids, Tumbling and additional props.

### 2.10.6 Street Cheer/Street Cheer Doubles

#### **All age divisions**

Perform a routine which should include a variety of Street Dance moves and a Cheer, Chant or Rap.

The routine should have the 'Wow Factor' and may include weight bearing skills that are fluid and continuous in movement.

It will be performed on a wooden dance floor

#### **Compulsory elements**

Cheer or Chant or rap

Jumps

Poms (optional for males) must be used.

All compulsory elements have to be performed by all participants at the same time or in a ripple.

Uniform/costume must be worn.

#### **Props allowed in Dance**

Only poms can be used in the Dance division.

Hats will not be considered a prop if they are kept on the head throughout the performance.

#### **Prohibited**

Stunts

Pyramids

Additional props

### 3. SAFETY RULES

#### 3.1 MINIS CHEER DIVISIONS

##### 3.1.1 General

- Bases must have at least one foot on the ground.
- Bases cannot assume a back-bend position.
- Pendulums may be performed if there is constant contact between a flyer and at least one base.
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2 high
- **Prohibited:** Single based Stunts above 2.0 high
- **Prohibited:** Rotations
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus

##### 3.1.2 Tumbling

- **Allowed:** Skills up to and including front and back handsprings

##### 3.1.3 Tosses

- **Allowed:** Straight ride only

##### 3.1.4 Dismounts

- All cradle dismounts must have 3 catchers
- **Allowed:** Flyers at 2 high or below dismounting in a direct drop (bear hug)
- **Prohibited:** Prone cradles

#### 3.2 JUNIOR CHEER DIVISIONS

##### 3.2.1 General

- Bases must have at least one foot on the ground.
- Bases cannot assume a back-bend position.
- Pendulums may be performed if there is constant contact between a flyer and at least one base.
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2.5 high
- **Allowed:** 2.5 high/3 layer transitional movements that do not stop
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus

##### 3.2.2 Tumbling

- **Allowed:** Skills up to and including front and back somersaults

##### 3.2.3 Tosses

- A basket toss must be cradled by at least two of the original bases, plus a spotter in place at the head and shoulder area
- A toss should be directed vertically
- A basket toss must be executed from ground level with the main bases' feet on the performing surface
- **Allowed:** A single vertical twist or a single head over hips rotation if performed separately
- **Prohibited:** A toss over/under or through any Pyramid or Stunt

### 3.2.4 Dismounts

- All cradle dismounts must have 3 catchers
- Flyers higher than shoulder stand level (2 high) must dismount into a cradle except in Partner Stunt
- All twisting dismounts, head over hips rotations or dismounts involving a Jump or gymnastic skill must be cradled
- **Allowed:** Up to two vertical rotations (twists, etc.)
- **Allowed:** A single 'head-over-hip' rotation
- **Allowed:** Flyers at 2 high or below dismounting in a direct drop (bear hug)
- **Prohibited:** Prone cradles

## 3.3 SENIOR CHEER DIVISIONS

### 3.3.1 General

- Bases must have at least one foot on the ground.
- Bases cannot assume a back-bend position.
- Pendulums may be performed if there is constant contact between a top person and at least one base.
- In a double based Stunt above 2 high, no spotter is required.
- In a single based Stunt, every flyer above 2 high requires a spotter.
- At least one person must spot each 3rd layer flyer above 2 high.
- All cradle dismounts must have at least 2 catchers
- **Allowed:** 3 high/3 layer transitional movements that do not stop
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus

### 3.3.2 Tumbling

- No restriction

### 3.3.3 Tosses

- A basket toss must be cradled by at least two of the original bases plus a spotter in place at the head and shoulder area.
- A basket toss must be executed from ground level with the main bases' feet on the performing surface.
- A toss should be directed vertically.
- **Prohibited:** Tosses over/under or through any Pyramid or Stunt
- **Prohibited:** Rotations exceeding two vertical twists
- **Prohibited:** Rotations exceeding double head over hips

### 3.3.4 Dismounts

- Flyers higher than shoulder stand level (2 high) must dismount into a cradle except in Partner Stunt
- Flyers at 2 high or below are allowed to dismount in a direct drop (bear hug)
- **Prohibited:** Prone cradles are
- **Prohibited:** Twisting dismounts from Stunts/Pyramids exceeding 2 (two) twists

#### 2nd layer

- All twisting dismounts or dismounts involving a Jump or gymnastic skill or a head-over- hips rotation (e.g. a tuck, somersault) require 2 catchers to cradle except in the Partner Stunt category where 1 base plus the designated spotter are needed

#### 3rd layer

- All cradle dismounts require two (2) catchers.
- Pop down dismounts require at least two (2) catchers
- All twisting dismounts, head over hips rotations or dismounts involving a Jump or gymnastic skill must be cradled
- **Prohibited:** Backward somersaults (without suspension) in dismounts

### 3.4 MASTERS CHEER DIVISIONS

#### 3.4.1 General

- Bases must have at least one foot on the ground.
- Bases cannot assume a back-bend position.
- Pendulums may be performed if there is constant contact between a flyer and at least one base.
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2.5 high
- **Allowed:** 2.5 high/3 layer transitional movements that do not stop
- **Prohibited:** Single based Stunts above 2 high
- **Prohibited:** Toe flips
- **Prohibited:** All hanging Pyramids ('Diamond Head' etc.)
- **Prohibited:** Mini-tramps, springboards or any height increasing apparatus

#### 3.4.2 Tumbling

- **Allowed:** Skills up to and including front and back somersaults

#### 3.4.3 Tosses

- A basket toss must be cradled by at least two of the original bases, plus a spotter in place at the head and shoulder area
- A toss should be directed vertically
- A basket toss must be executed from ground level with the main bases' feet on the performing surface
- **Allowed:** A single vertical twist or a single head over hips rotation if performed separately
- **Prohibited:** A toss over/under or through any Pyramid or Stunt

#### 3.4.4 Dismounts

- All cradle dismounts must have 3 catchers
- Flyers higher than shoulder stand level (2 high) must dismount into a cradle
- All twisting dismounts, head over hips rotations or dismounts involving a Jump or gymnastic skill must be cradled
- **Allowed:** Up to two vertical rotations (twists, etc.)
- **Allowed:** A single 'head-over-hip' rotation
- **Allowed:** Flyers at 2 high or below dismounting in a direct drop (bear hug)
- **Prohibited:** Prone cradles

### **3.5 DANCE DIVISIONS**

#### **3.5.1 Acrobatics in Dance**

Any move where the weight of the performer is on their hands and the hips rotate/come up straight over the head without the support of one or both feet.

**Allowed:**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

**Prohibited:**

- Handstands, cartwheels, handsprings or other Tumbling
- Dive rolls

#### **3.5.2 Dance Lifts/Stunting in Cheer Dance & Pom Dance**

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

**Allowed:**

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground.

**Prohibited:**

- Dance Lifts, Stunts

#### **3.5.3 Dance Lifts/Stunting in Street Cheer**

**Allowed:**

A weight bearing skill performed by 2 or more individuals that is fluid and continuous in movement.

**Prohibited:**

- Dance Lifts, Stunts

## 4. PENALTIES

### INCORRECT AGE

#### COPIED MATERIAL

Whole routine copied

#### MISSED COMPULSORY ELEMENTS

Any compulsory element not performed/included

Note: Except in the case of a significant injury to a competitor causing the competitor to leave the area or unable to perform

#### SAFETY VIOLATION

#### PROHIBITED ELEMENTS

#### UNSUITABLE MUSIC

#### JEWELLERY

No jewellery to be worn

#### HARD MEDICAL ITEMS

Not agreed with ECA Board

#### DRESS CODE VIOLATION

Tear away/Offensive clothing/Advertising

#### INCORRECT SHOES

#### DROPPED POMS

Choreographed throws will not be considered a drop

#### DROPPED ACCESSORIES

#### ADDITIONAL PROPS

#### PERFORMANCE TIME VIOLATION

#### SET UP TIME

After initial 20 sec set up –time

#### OUTSIDE AREA VIOLATION

Any step/fall/roll outside the marked area

### DISQUALIFICATION OF COMPETITOR

#### DISQUALIFICATION

#### 10 POINTS

For each element

#### 10 POINT

For each occurrence

#### 10 POINT

For each occurrence

#### 10 POINTS

#### 10 POINTS

For each item

#### 10 POINTS

For each item

#### 1 POINT

For each item of clothing

#### 1 POINT

For each item

#### 1 POINT

For each pom

#### 1 POINT

For each item

#### 1 POINT

For each item

#### 1 POINT

For each second

#### 1 POINT

For each second

#### 1 POINT

Per person

## 5. DEFINITIONS

<b>Acrobatics in Dance</b>	Any move where the weight of the competitor is on their hands and the hips rotate/ come up straight over the head without the support of one or both feet.
<b>Back bend</b>	Body in a 'back arched' position
<b>Base</b>	Person who provides primary support for a flyer
<b>Basket Toss</b>	A Vertical Toss where 2 bases use their hands to interlock wrists and make a platform for the Flyer
<b>Bear Hug</b>	A dismount method of assisting the flyer to the ground on their feet by hugging the flyer.
<b>Bird Flip</b>	Ariel position of a flyer with an arched back which progresses into a forward rotation
<b>Catcher</b>	A person responsible for the safe landing of a Flyer during a Stunt, Pyramid or Basket Toss
<b>Chant</b>	A short phrase repeated at least 3 times which encourages crowd participation
<b>Cheer</b>	A vocal routine that encourages crowd participation and tells a story
<b>Cheer Dance</b>	A technical style of dance, which includes splits, kicks, leaps, pirouettes and jumps
<b>Cheer Arm Motions</b>	High 'V', 'T', 'High Touchdown', etc.
<b>Cradle</b>	A method of catching where the flyer is caught in a pike position by one or more bases (base + spotter in partner Stunt) as required.
<b>Dance Lift</b>	A Stunt in a dance routine where a persons' weight is supported by another competitor, without the flyers foot/feet touching the ground
<b>Diamond Head</b>	A flyer standing on the shoulders of a base holding onto suspending another flyer in the air
<b>Dismount</b>	A movement from a Stunt or Pyramid to a cradle or directly to the performing surface
<b>Dive Roll</b>	A forward roll where both feet leave the ground before the hands reach the ground
<b>Doubles</b>	A couple/2 individuals dancing together
<b>Extension</b>	Where a base holds a flyer above head height with straight or bent arms
<b>Flyer (Top person)</b>	Person without direct contact to the ground
<b>Motions</b>	See 'Cheer Arm Motions'
<b>Pendulum</b>	A clock tick-tock motion in a Stunt where the flyer falls forward and backwards into the arms of catchers with a straight body position, swinging back and forth
<b>Pirouette</b>	A controlled 360° turn in either direction performed on one leg on the ball of the foot with the other leg lifted in the air in any position. Can have single or multiple rotations.
<b>Pom Dance</b>	An entertaining and creative style of dance that does not require technical dance skills
<b>Pop-down</b>	A dismount method of releasing the top person from contact with the Bases directly to the floor

<b>Pop-up</b>	A dismount method of releasing the top person from contact with the bases in a Stunt by pushing the top person with force off the bases' hands
<b>Prone Cradle</b>	A method of catching where the flyer is caught face down, lying on their front
<b>Pyramid</b>	Two or more Stunts connected together and any mount with 3 layers
<b>Ripple</b>	A flow of movement performed by one person or one line at a time quickly followed by another
<b>Spotter</b>	There are 2 types of spotters. Both must maintain visual contact with the flyer at all times.  <u>Internal Spotter</u> : Must be part of the competing team. A person primarily responsible for protecting the head-and-shoulders area of the flyer. Internal spotters may help control, but may not provide primary support for a Pyramid or Stunt. Active members of the competing team must fulfil all compulsory spotting requirements.  <u>External Spotter</u> : Cannot be part of the competing team. The external spotter must not participate in the routine by supporting Stunts and Pyramids but is responsible for the safety of the flyer. External spotters must wear proper sportswear, visibly different from the team, and sport shoes. No jewellery is allowed.
<b>Street Cheer</b>	A style of dance which includes a variety of Street Dance moves and a vocal Cheer, Chant or Rap. It may include weight bearing skills and should have the 'Wow Factor'
<b>Stunt</b>	Mount or lift with one or more flyer, maximum two layers
<b>Stunting in Dance</b>	Any move where the body weight is supported by another competitor, without the flyers foot/feet touching the ground.
<b>Toss</b>	Top person being free of continuous contact from the base(s). Does not include dismounts such as pop ups.
<b>Transitional Stunt</b>	A continuous movement from one Stunt into another; height/layer requirements may be exceeded momentarily during the transition
<b>Tumbling</b>	Cartwheels, handsprings and other gymnastics skills on the floor
<b>Toe flip</b>	A Stunt or mount method where bases use their hands as a stepping platform to toss the flyer resulting in head over heels rotation (somersault)
<b>Toe pitch</b>	A mount method where bases use their hands as a stepping platform to toss the flyer without rotation.
<b>'Wow Factor'</b>	Street Dance/Hip Hop tricks/elements/visual effects included in a Street Cheer routine that will surprise

# CHEER Score Sheet



Team name: \_\_\_\_\_

## **TECHNIQUE**

VOCAL EXPRESSION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
MOTIONS	1 - 2 - 3 - 4 - 5
DANCE	1 - 2 - 3 - 4 - 5
JUMPS	1 - 2 - 3 - 4 - 5
TUMBLING	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
STUNTS	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
PYRAMIDS	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 55

## **DIFFICULTY**

OVERALL DIFFICULTY	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
SPEED / TRANSITION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 20

## **OVERALL EVALUATION**

SYNCHRONIZATION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
OVERALL EVALUATION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
SPIRIT	1 - 2 - 3 - 4 - 5

/ 25

## **COMMENTS**

/ 100

Judge Number \_\_\_\_\_

# GROUP STUNT Score Sheet



Team name: \_\_\_\_\_

## 1. STUNTS - DIFFICULTY

number, continuity, variety

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 2. STUNTS - TECHNIQUE

mounts, dismounts, transitions

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 3. STUNTS – PERFORMANCE

timing, sharpness, stability, motions, power

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 4. COMPOSITION

balance, flow, visual effects, creativity, use of music

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 5. SPIRIT & OVERALL IMPRESSION

enthusiasm, crowd appeal, confidence

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

/ 50

## COMMENTS

Judge Number \_\_\_\_\_

# PARTNER STUNT Score Sheet



Team name: \_\_\_\_\_

## 1. STUNTS - DIFFICULTY

number, continuity, variety

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 2. STUNTS - TECHNIQUE

mounts, dismounts, transitions

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 3. STUNTS – PERFORMANCE

timing, sharpness, stability, motions, power

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 4. COMPOSITION

balance, flow, visual effects, creativity, use of music

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 5. SPIRIT & OVERALL IMPRESSION

enthusiasm, crowd appeal, confidence

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

/ 50
------

## COMMENTS

Judge Number \_\_\_\_\_

# CHEER DANCE Score Sheet



Team name: \_\_\_\_\_

## **TECHNIQUE**

DANCE EXPRESSION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
MOTIONS	1 - 2 - 3 - 4 - 5
SPLIT	1 - 2 - 3 - 4 - 5
KICKS	1 - 2 - 3 - 4 - 5
PIROUETTES	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
LEAPS	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
JUMPS	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 55
------

## **DIFFICULTY**

OVERALL DIFFICULTY	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
SPEED / TRANSITION / EFFECTS	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 20
------

## **OVERALL EVALUATION**

SYNCHRONIZATION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
OVERALL EVALUATION	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
SPIRIT	1 - 2 - 3 - 4 - 5

/ 25
------

## **COMMENTS**

Judge Number \_\_\_\_\_

/ 100
-------

# POM DANCE Score Sheet



Team name: \_\_\_\_\_

## **TECHNIQUE**

DANCE EXPRESSION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

MOTIONS

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

JUMPS

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 30
------

## **DIFFICULTY**

OVERALL DIFFICULTY

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

SPEED / TRANSITION / EFFECTS

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 20
------

## **OVERALL EVALUATION**

ENTERTAINMENT & CREATIVITY

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

SYNCHRONIZATION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

SPIRIT & OVERALL EVALUATION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 30
------

## **COMMENTS**

/ 80
------

Judge Number \_\_\_\_\_

# STREET CHEER Score Sheet



Team name: \_\_\_\_\_

## **TECHNIQUE**

VOCAL EXPRESSION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

DANCE EXPRESSION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

JUMPS

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 30
------

## **DIFFICULTY**

OVERALL DIFFICULTY

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

SPEED / TRANSITION / EFFECTS

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 20
------

## **OVERALL EVALUATION**

'WOW FACTOR'

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

SYNCHRONIZATION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

SPIRIT & OVERALL EVALUATION

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

/ 30
------

## **COMMENTS**

Judge Number \_\_\_\_\_

/ 80
------

# DOUBLES Score Sheet



Team name: \_\_\_\_\_

## 1. COMPULSORY ELEMENTS

technique

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 2. Synchronization

unity

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 3. Composition

balance, flow, visual effects, creativity, use of music

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 4. Overall evaluation

Dance styles, working as a double

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

## 5. Spirit and overall impression

enthusiasm, crowd appeal, confidence

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

/ 50
------

## COMMENTS

Judge Number \_\_\_\_\_