

INTERNATIONAL FEDERATION OF CHEERLEADING

# Cheerleading World Championships

Competition Guidelines 2017



*In effect from June 2017*

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# 1 CHEERLEADING WORLD CHAMPIONSHIPS (GENERAL INFORMATION)

## 1.1 General

- These regulations shall apply to all **Cheerleading World Championships (CWC)** that are organized by the **International Federation of Cheerleading (IFC)**.
- These regulations shall be established by resolution of the IFC Executive Board.
- These regulations shall be thoroughly understood, respected and complied with by all concerned.
- All entry forms need to be dated, accompanied by the Agreement Form, Indemnity and the correct fees in the correct currency. **Bank Transfers or Money Orders only.**

## 1.2 Dates

The Cheerleading World Championships is a biennial event and takes place in the first two weeks of November.

## 1.3 Eligibility

- a) All countries have to register their teams in writing with the IFC 2 (two) months prior to the CWC.
- b) An Official Team Member List must also be submitted to the IFC 2 (two) months prior to the competition. This list must include the FULL NAME, DATE OF BIRTH, GENDER and NATIONALITY of each team member (including substitutes). The Official Team Member List must be signed by the country representative. There will be **no** exceptions.
- c) Only members and substitutes that have been registered on the original Team Member List are permitted to compete in the CWC. **No** additional members are permitted to participate.
- d) All members of IFC are eligible to participate.
- e) Only 1 (one) team from each country is eligible to compete in each of the following divisions;
  - i. Cheerleading Senior All Female
  - ii. Cheerleading Senior Mixed
  - iii. Cheerleading Junior 2
  - iv. Cheerleading Junior 1
  - v. Cheer Dance Senior
  - vi. Cheer Dance Junior 2
  - vii. Cheer Dance Junior 1
  - viii. Cheer Dance Doubles Senior
  - ix. Cheer Dance Doubles Junior 2
  - x. Cheer Dance Doubles Junior 1
- f) Up to 2 (two) teams from each country are eligible to compete in each of the following divisions;
  - i. Cheerleading Small Groups All Female
  - ii. Cheerleading Small Groups Mixed
  - iii. Cheerleading Doubles
- g) All participants (members and substitutes) must have the nationality of the country they represent and must be members of their official national cheerleading organization.
- h) A person with dual nationality may participate; however, this must be made known to the IFC **in writing** when registering for the CWC.
- i) Original passports must be available during registration and **throughout the competition**. If an original passport is not available upon request, **the team member will be disqualified**.
- j) Team members in Senior categories must have reached the age of 16 (sixteen) on the day of the competition to be

eligible.

- k) Team members in Cheerleading and Cheer Dance Junior 2 categories must have reached the age of 12 (twelve) on the day of the competition and not be older than 15 years + 364 days to be eligible.
- l) Team members in Cheerleading and Cheer Dance Junior 1 categories must have reached the age of 7 (seven) on the day of the competition and not be older than 12 (twelve) years + 364 days to be eligible.
- m) An eligible Cheerleading Senior and Junior 2 team should consist of at least 12 (twelve) members and may not exceed 16 (sixteen) members.
- n) An eligible Cheerleading Junior 1 team should consist of at least 12 (twelve) members and may not exceed 20 (twenty) members.
- o) An eligible Cheer Dance team (Senior, Junior 2 and Junior 1) should consist of at least 8 (eight) members and may not exceed 16 (sixteen) members. Male participants may enter but their number cannot exceed 50 % of the team.
- p) An eligible Cheerleading Small Groups team should consist of 5 (five) members.
- q) An eligible Cheerleading Doubles team should consist of 2 (two) members and 1 (one) male spotter.
- r) An eligible Cheer Dance Doubles team should consist of 2 (two) members (two females or one male and one female).
- s) Cheerleading Senior All Female, Cheerleading Junior 2 and Cheer Dance (Senior, Junior 2 and Junior 1) teams may register up to 19 (nineteen/3 substitutes), Cheerleading Senior Mixed team may register up to 20 (twenty, 2 male and 2 female substitutes) members, Cheerleading Junior 1 teams may register up to 23 (twenty three/3 substitutes), Cheerleading Small Groups team may register up to 7 (seven, 2 substitutes for all female, 1 male and 1 female substitutes for mixed), Cheerleading Doubles teams may register up to 5 (five, 1 male and 1 female substitutes, male spotter), Cheer Dance Doubles teams may register up to 4 (four, 1 male and 1 female substitutes, or 2 female substitutes).

Substitution is accepted under the condition that it is reported to the Championship Office at least 20 minutes before performance time. The substitute must comply with all the rules and regulations in the related category.

A sick/injured member who has been replaced is prohibited to re-enter the competition at any time.

## 1.4 Withdrawal

Countries who cannot participate at the championships should notify the IFC and the host as soon as possible. An official written withdrawal notification should also follow by postal mail.

All entry fees are **non-refundable**.

## 1.5 Insurance

Neither the Host country, the IFC, nor the competition officials will be responsible for injuries sustained during the event. It is the responsibility of each country participating to comply with all IFC rules, guidelines and safety standards.

**It is the responsibility of each member country to arrange appropriate insurance.**

Each team participant must have his/her own personal insurance and/or team insurance. This also applies to coaches. In addition each country is required to complete, and submit the IFC indemnity form prior to any practicing or performing.

## 1.6 IFC Rights and Broadcasting

The IFC exclusively owns the right to and name of the **Cheerleading World Championships**.

The IFC and hosting nation hold all broadcasting rights for the CWC. Only the IFC has the authority to sell the rights to a third party. Any privately obtained CWC material, intended for public broadcasting must have the written consent of the IFC.

The Host Country is responsible for informing participating countries whether their national television/cable stations will be filming the CWC.

## 1.7 Advertising and Sponsors

Teams may display a sponsor's logo/patch/name on their uniform provided it is no bigger than the size of a credit card (about 2x3 inches). Make sure you are aware of the Uniform Guidelines as performance uniforms will be checked by the IFC and are subject to penalties (see penalties).

A maximum of 3 (three) advertising or sponsors' banners, logos, etc may be visible and/or displayed directly in front or behind the performance area. Please consult with the IFC for advice on placement and size of banners, etc.

Only the **IFC logo** may be displayed on the competition mat.

## 1.8 Fees and Deadlines

### a) Membership Fees

In order to maintain membership to IFC and be eligible to compete in the CWC, each country member must be up to date on IFC membership fees.

The annual membership fee is due by the **31st January** of each year.

### b) Competition Fees

Countries are required to pay a CWC Entry Fee on a per team basis. Entry Fees are payable after confirmation from IFC that registration has been approved.

### All CWC Entry Fees are Non-Refundable

The Entry Fee includes the competition fee and admission to the CWC for teams and coaches.

- Maximum 2 (two) coaches per team (Cheerleading and Cheer Dance)
- Maximum 1 (one) coach per team (Cheerleading Small Groups All Female, Cheerleading Small Groups Mixed, Cheerleading Doubles and Cheer Dance Doubles)

Competitors may not be charged any other fees in conjunction with the competition.

Contact the IFC Head Office or the Treasurer for information on current fees, or questions regarding your financial standing.



## 2 COMPETITION GUIDELINES (GENERAL)

### 2.1 Code of Conduct

#### Coaches

- a) The safety of the athletes must come first.
- b) Together with officials, be jointly responsible for the conduct and control of team fans and spectators.
- c) Accept decisions of officials and judges in competitions as being fair and called to the best ability of said officials/ judges.
- d) Emphasize that winning is the result of teamwork.
- e) Emphasize that good athletes strive for good mental and physical health.
- f) Do not criticize athletes in front of spectators, but reserve constructive criticism for later, in private, or in presence of team members if others might benefit.
- g) Do not criticize opposing coaches, athletes or fans by word of mouth or gesture.
- h) Do not use abusive or profane language at any time.
- i) Do not incite un-sportsman like conduct.
- j) Abstain from the possession and smoking of tobacco in the presence of spectators, officials, judges and/ or other team members.
- k) Abstain from the possession and drinking of alcoholic beverages in the presence of spectators, officials, judges and/or team members.
- l) Shall comply with the IFC Anti-doping Rules.
- m) Be a role model by setting a positive example.
- n) **Adhere to all rules and regulations regarding the IFC.**

#### Athletes

- a) Do not criticize opposing coaches, athletes or fans by word of mouth or gesture.
- b) Do not use abusive or profane language at any time.
- c) Take the responsibility of providing positive leadership both when cheering and when not cheering.
- d) Always show respect and be courteous to officials, opposing coaches, cheerleaders and fans.
- e) Abstain from the possession and drinking of alcoholic beverages in the presence of spectators, officials, judges and/or other teams while wearing team uniform, tracksuits and/or jackets (representing their team/ country).
- f) Abstain from the possession and smoking of tobacco in the presence of spectators, officials, judges and/ or other teams while wearing team uniform, tracksuits, and/or jackets (representing their team/country).
- g) Abstain from the taking of drugs.
- h) Shall comply with the IFC Anti-doping Rules.
- i) Strive to promote good sportsmanship
- j) Strive to be modest in victory and gracious in defeat.
- k) **Be ambassadors of good will**

## 2.2 Performance Order

The starting order will be established through a draw conducted at the IFC head office in advance of the competition in the presence of the IFC president, the IFC General Director and the Championship Director (and/or assistant).

### DAY 1

All teams in all divisions will compete

### DAY 2

- Basically, only the **top 10 (ten) teams** in each division will be permitted to compete (IFC board members and championships committee will make the final decision).
- Teams will compete according to their score from day 1, competing in reverse order with the lowest scoring team competing first. If there are the teams which have the same score, teams will compete in alphabetical order.

## 2.3 Practice Time

Each squad will be given an assigned time for practice in the practice area. A squad failing to use their allotted time will have to request a new spot, which may be at the end of the day's rotation.

## 2.4 Official Rehearsal Time

- Official rehearsal for all categories and divisions may be held on the day before the competition commences (i.e. on Friday) instead of Saturday.
- The official rehearsal schedule will be informed after the number of teams in each category and division is determined.
- Official rehearsal for Cheerleading & Cheer Dance may still be held on Saturday but depends on the number of entries.
- There may be no official rehearsal time on Sunday.

### For official rehearsal on Friday or Saturday:

- Each Cheerleading and Cheer Dance team will be given 3 (three) minutes to run through their routine on the competition area.
- Each Cheerleading Small Groups, Cheerleading Doubles and Cheer Dance Doubles team will be given 1 and a half minutes (90 seconds) to run through their routine on the competition mats.
- The competition routine must be shown in full at least once. Judges will check for any violations or rule infractions.
- Uniforms must be worn.

### If official rehearsal is allocated on Sunday, the following may apply:

- Each squad will be given the same length of time as Friday or Saturday.
- Uniforms must be worn.
- If teams will not change the routine from the first day, teams will not have to show the full routine. (It is up to the teams what to do during the rehearsal time).

## 2.5 Interruption of Performance

In the event of an injury or any other unexpected event, the IFC Competition Director reserves the right to stop the routine. If this occurs, the team will be permitted to perform their routine again from the beginning. If the stoppage was due to AV equipment or the facility, the team will be allowed to perform their routine again from the beginning. The team will perform at the end of the division.

## 2.6 Music

All teams must bring at least 2 (two) copies of their music (one to compete and one for backup). The music must be “cued” before it is brought to the music table. Music should be of the highest quality for the best results. Music may be on CD or USB. Keep in mind that some “burned” CDs will not play on all sound systems. CDs must be labeled with the name of the team, country, coach and division.

### Team representative for music

- One representative from each team will be allowed at the music station.
- The representative must report to the music station 2 (two) teams ahead of their teams scheduled competition time and remain at the music station throughout the team’s performance.
- The representative must bring competition CD or USB and back up CD.
- The representative will be responsible for inserting, playing and stopping their music. IFC will not be responsible for this task.

Coaches should create routines that finish with enough time to ensure that the performance does not exceed the time limit. Penalty points will be deducted for time violations (See PENALTIES)

If technical difficulties occur as a result of audio equipment, your team will be allowed to start again. However, if problems occur as a result of your music or your representative’s fault, your team must continue their routine or withdraw from the competition.

The Host is **not responsible** for sound systems to be made available for informal practices.

## 2.7 IFC Spotters

As safety is of paramount importance, IFC will provide qualified “back-up” spotters for Cheerleading, Cheerleading Small Groups and Cheerleading Doubles divisions. However, all teams must have team members that are capable of spotting safely. Coaches must keep in mind when planning a routine by allowing the team to perform ONLY the skills that they are capable of performing safely and consistently. Teams cannot bring their own back-up spotters (See Safety Violation-SAFETY GUIDELINES).

### NUMBER OF SPOTTERS

- Cheerleading = 3-4 spotters
- Cheerleading Small Groups = 1-2 spotters
- Cheerleading Doubles = 1 spotter

### 3 COMPETITION GUIDELINES (CHEERLEADING)

#### 3.1 Divisions

##### 1) Cheerleading (Senior, Junior 2 and Junior 1)

Competition routine consisting of specific skills equated with the sport of cheerleading.

Under the safety rules and guidelines, the routine will consist of arm motions, jumps, gymnastic skills, stunts, pyramids and dance with cheer/sideline and music. Routines will consist of both compulsory skills and creative autonomy.

##### 2) Cheerleading Small Groups (Senior Only)

Under the safety rules and guidelines, the routine will consist of partner stunts and group stunts with music.

##### 3) Cheerleading Doubles (Senior Only)

Under the safety rules and guidelines, the routine will consist of partner stunts with music.

<SENIOR>

DIVISION	ALL FEMALE	MIXED
<b>CHEERLEADING</b>	*12-16 female members *3 substitutes	*12-16 male and female members *1 male minimum, 10 males maximum *4 substitutes (2 male & 2 female)
<b>CHEERLEADING SMALL GROUPS</b>	*5 female members *2 substitutes	*2 female and 3 male members If a team would like to participate with 2 males and 3 females, the team must contact IFC championship committee ( <b>NO OTHER EXCEPTIONS</b> ). *2 substitutes (1 male & 1 female)
<b>CHEERLEADING DOUBLES</b>		*1 male, 1 female and 1 male spotter *2 substitutes (1 male & 1 female)

- ◆ Every team member must have reached the age of 16 (sixteen) on the day of the competition.
- ◆ Every team member has to have proof of nationality.
- ◆ Every team needs the proof of insurance.
- ◆ Maximum 2 (two) coaches per team (Cheerleading All Female and Cheerleading Mixed)
- ◆ Maximum 1 (one) coach per team (Cheerleading Small Groups All Female/Mixed and Cheerleading Doubles)

<JUNIOR 2 (Age 12 to 15)>

DIVISION	
<b>CHEERLEADING</b>	*12-16 members *3 substitutes *Male and female can enter

- ◆ Every team member must have reached the age of 12 (twelve) to 15 (fifteen) on the day of the competition.
- ◆ Every team member has to have proof of nationality.
- ◆ Every team needs the proof of insurance.
- ◆ Maximum 2 (two) coaches per team.

## &lt;JUNIOR 1 (Age 7-12)&gt;

DIVISION	
CHEERLEADING	*12-20 members *3 substitutes *Male and female can enter

- ◆ Every team member must have reached the age of 7 (seven) to 12 (twelve) on the day of the competition.
- ◆ Every team member has to have proof of nationality.
- ◆ Every team needs the proof of insurance.
- ◆ Maximum 2 (two) coaches per team.

Athletes that are 12 years old cannot compete in both Junior 2 and Junior 1; they must choose either Junior 2 or Junior 1.

## 3.2 Entry

## &lt;SENIOR&gt;

- ◆ A Senior athlete is eligible to compete in all of the following;
  - Cheerleading (All Female or Mixed, but not both)
  - Cheerleading Small Groups (All Female or Mixed, but not both)
  - Cheerleading Doubles
  - Cheer Dance
  - Cheer Dance Doubles

## &lt;JUNIOR 2&gt;

- ◆ A Junior 2 athlete is eligible to compete in all of the following;
  - Cheerleading
  - Cheer Dance
  - Cheer Dance Doubles

## &lt;JUNIOR 1&gt;

- ◆ A Junior 1 athlete is eligible to compete in all of the following;
  - Cheerleading
  - Cheer Dance
  - Cheer Dance Doubles

If an athlete competes in more than 1 (one) of the above, please inform IFC head office

## 3.3 Apparel

Appropriate uniforms and shoes are essential to secure not only the cheerleaders own and also accompanied cheerleaders from injuries. Uniforms and shoes must be appropriate for cheerleading.

Uniforms and shoes worn in the official championships must meet the requirements of the **“International Championships Standards for Uniforms and Shoes”** and/or have been examined and approved by the IFC.

Injuries and accidents caused by uniforms and/or shoes will be the responsibility of the team. Neither the IFC nor the host country will be held responsible.

Teams may display a sponsor's logo/patch/name on their uniform provided it is no bigger than the size of a credit card (about 2x3 inches).

In case of uncertainty, please contact the IFC **before** ordering your team's uniform and shoes.

(Dress code violation-see PENALTIES)

## **BASIC UNIFORMS**

The basic competition apparels are shown in the table below.

APPAREL	MALE	FEMALE
Uniform (Top and Bottom)	<input type="radio"/>	<input type="radio"/>
Shoes	<input type="radio"/>	<input type="radio"/>
Socks	<input type="radio"/>	<input type="radio"/>
Brief		<input type="radio"/>
Body suits*		<input type="radio"/>

\*Body suit or midriff can be worn under the uniform if necessary.

- ◆ No pockets, no hoods, no see through materials, no tear-away uniforms or removal of clothing are allowed.
- ◆ Cheerleaders should not overexpose their body by wearing indecent uniform
- ◆ Cheerleaders should not wear uniforms out of size. Baggy uniforms are not allowed.
- ◆ Underwear must not be visible

## **SHOES**

All athletes must wear proper, non-marking cheerleading shoes. Shoes that the IFC has temporarily permitted can be worn as an exception. Everyone must wear the same shoe color.

### **Regulations for Uniform and Shoes for Competitive Cheerleading (Summary)**

#### **Standard for Uniform and Shoes for Competitive Cheerleading**

The following standards are installed to assure cheerleading uniforms to be designed to prevent cheerleaders from inflicting bodily injury. They are in place to avoid damaging competition mats, uniforms, and shoes, all equipment that is supposed to secure safety for cheerleaders.

#### **UNIFORMS**

Cheerleading uniform should be designed for beauty as well as elasticity and protection so as not to cause any injury. The material should stretch and fit, and breathe well. It should also have the durability to withstand to the strong movements in cheerleading.

Uniform with the following designs are strictly prohibited: uniform with removable parts, part of the uniform is torn, uniform designed so that the underwear shown.

#### **<Uniform Standards>**

<b>Material</b>	<ul style="list-style-type: none"> <li>⊙ There should be enough elasticity in the following ratio, and except for material used to cover the back, it should not exceed; stretch: shrink = 3: 1</li> <li>⊙ Material generally used for sweaters, which has rough stitches and has transparency, cannot be used for cheerleading uniforms.</li> <li>⊙ Do not use hard material with a rough surface, as it may cause scratches from friction.</li> <li>⊙ Do not use slippery materials.</li> <li>⊙ Hooks, buttons, and fasteners should be as strong as possible; but made with soft material.</li> <li>⊙ Spangles and any material attached that moves with the movement of the athletes are prohibited.</li> </ul>
<b>Tops</b>	<ul style="list-style-type: none"> <li>⊙ The following designs are prohibited: Huge V-necked uniform, uniform with collar, uniform that needs to have the bodice buttoned up.</li> <li>⊙ Button, hook, Velcro should not be used to open and close the shoulder parts.</li> <li>⊙ The shoulder part should be tightly fixed and not to be in the way while doing stunts.</li> <li>⊙ There should be some space under both arms when the athlete raises them up. It should not be too tight.</li> <li>⊙ The cuffs should not cover the hands when the arms are stretched out.</li> <li>⊙ The shell top should not be baggy, and should totally cover the chest, the sides, and the underwear.</li> <li>⊙ Wearing oversized or undersized uniform is prohibited.</li> </ul>

<b>Bottoms</b>	<ul style="list-style-type: none"> <li>⊙ Uniform should not have pockets.</li> <li>⊙ Buttons, hooks, zippers used to support the waist should be firmly fixed so as not to be in the way while performing stunts.</li> <li>⊙ Buttons, hooks, zippers should not be used anywhere else besides the waist part.</li> <li>⊙ Long skirts or any apparel that is inappropriate for competitive cheerleading is prohibited. The length of the skirt should be around 8 to 10 centimeters below the hip. For male cheerleaders, the pants should neither be too long nor be over decorated.</li> <li>⊙ In general, the waist part should not have stretching material such as elastic rubber, but should have a fixed design.</li> </ul>
<b>Logo</b>	<ul style="list-style-type: none"> <li>⊙ Material that is too thick, or too hard, such as hard plastic and metals are strictly prohibited. The logo should be tightly fixed to the uniform.</li> </ul>

### **SHOES**

Shoes for cheerleading competition should be designed to reduce strain on legs and knees. It should also diminish the load given to the base person from the top person's legs. It should be resistant to strong movements going back and forth, sideways, and heavy landing impacts. It is required to have ample hardness and strength, especially while doing stunts. Good Examples: Shoes with small finger guide on the heel part makes it easier for the base person to adjust the balance while performing stunts.

#### **<Shoes Standards>**

<b>Fitness</b>	⊙ Check the toe or the instep and see if it is too tight or not. Choose the design with right width and shape.
<b>Elasticity</b>	⊙ It should absorb strong impact from landing. However, by thickening the sole, it should not be made unstable.
<b>Flexibility /Support</b>	⊙ It is necessary to react towards landing pressure, rapid cheerleading movements forward, backwards, and sideways.
<b>Traction</b>	⊙ It should tolerate quick movements and heavy loads.
<b>Ventilation</b>	⊙ Use material and a design to release moisture from the shoes, to assure ventilation.
<b>Durability</b>	⊙ Use strong material that will not wear out easily.
<b>Design</b>	<ul style="list-style-type: none"> <li>⊙ Be extra careful with the sole. Make sure it is flat.</li> <li>⊙ Do not use shoes with metal or hard plastic sole.</li> </ul>

#### **Examples of non- recommended Uniform & Shoes**



**HAIR**

All athletes whose hair is longer than a bob have to tie it back from the face. It should be arranged so as not to block their view. Only flat hairpins may be worn. Color: Natural looking hair color.

**ACCESSORIES & JEWELRY**

Watches, necklaces, earrings, body pierced, and any other jewelry that might not only hurt wearer but also other athletes is strictly prohibited.

**OTHER**

- ◆ Fingernails should be cut short.
- ◆ Athletes are not allowed to wear stockings, hats, and gloves.

**MEDICAL EQUIPMENT & ATHLETIC SUPPORTER**

Generally, medical items may not be worn during the performance. However, if there is an athlete that has difficulties to perform without a medical item such as a hearing aid, it may be allowed. When the athlete needs to use any medical items, approval from IFC is required before the start of the competition.

Basically, glasses may not be worn during the performance. However, flexi-glass may be allowed. If the athlete needs to use flexi-glass, the item should be tightened to avoid coming off during the performance.

The cheerleaders' will to continue and actually being well enough to perform are totally different. Therefore, the injured cheerleader, the coach, and the team member should be consulted by doctors and specialists to determine the cheerleader's fitness. Also avoid using medical equipment and athletic supporter with hard material or metal, as there are risks of hurting the athlete as well as the co-performer. When using an athletic supporter with Velcro, fix it to the body well to prevent it from coming off. Usage of wrist band and tape only to avoid slipping are prohibited.

Please check with Competition Organizing Committee (COC) Chairperson prior to the CWC for exemptions. **Participants needing to wear such items must apply in writing to COC, and must have WRITTEN approval to do so.**

**Preparing oneself to become a competitive cheerleader**

Always focus on preparing yourself to give a healthy and positive image as an athlete. Excessive make up, body painting (drawing letters or patterns on in face and body), immoderate nail polish and hair dye are considered inappropriate as an athlete, and are strictly prohibited.

**3.4 Props**

In cheerleading competitions, it is accepted to use equipment that meets certain standards. Props allowed are pompons, signs, flags, banners and megaphones. Audience participation is encouraged. Make sure they are used safely including when picking them up and putting them down after the usage.

Umbrellas, batons (baton twirling), material with metal, glass, plastics are prohibited. As for newly developed tools, make sure they are safe in shapes and materials. Also before executing the performance, they should be checked and be approved by the competition organization committee.

**PROPS STANDARDS**

Teams cannot bring any other props applied following standards.

- ◆ The size and the weight does not interfere the performance.
- ◆ It is safe.
- ◆ The aim of its usage is to show the team color, name, or its image.



## **BASIC FORMS**

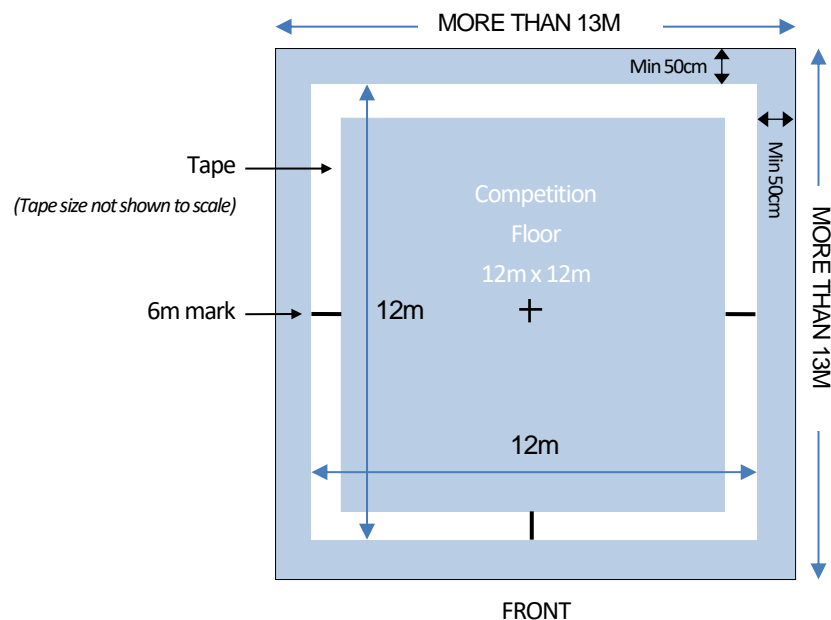
Pompon, sign board & megaphone.



## **3.5 Performance Area**

In cheerleading competitions, it is accepted to use equipment that meets certain standards. Props allowed are pompons,

The competition mat is a more than 13m × 13m (thirteen meters by thirteen meters) with the **performance area are taped off at 12m × 12m square (twelve meters by twelve meters)**. The outer line of the tape shall be the boundaries and the width of the tape shall be set within the competition area. There will be center marking both at the front and in the center of the mat. You are not allowed to step outside the marked 12m × 12m area once your routine has started.



## 3.6 Definition of Cheerleading Skills

### 1. CHEER

The purpose of a cheer is to gain better communication with the crowd. Cheers always include words for the crowd to yell. Cheers basically begins with the captain's "Ready!" or "1, 2, 3, 4!" Cheers are mainly used during half times or time outs at sports games.

### 2. SIDELINE

Sidelines are a repetition of short phrases. These phrases are repeated until the flow of the game changes (defense to offense). A sideline starts with the yelling of the whole phrase or the last half. Everyone joins in from the next repetition. To end, the captain says "last time" and the team does one repetition.

#### Cheer/Sideline supplement

In cheer, you must include the words which the crowd can yell with the cheerleaders.

For sidelines, you must repeat the same short phrase more than 2 times. The phrase should have more than 8 counts.

#### Cheer example

1234

Tiger fans let's yell it now GO GO

Tiger fans let's yell it now FIGHT FIGHT

Tiger fans let's yell it now WIN WIN

Put it all together yell GO FIGHT WIN GO FIGHT WIN

\*   are the words for crowd yelling

#### Sideline example

Let's go tigers go fight win

Let's go tigers go fight win

### 3. ARM MOTION

Strong and sharp movements using the arms. Basically arm motions are used with cheers and/or sidelines.

### 4. PARTNER STUNTS / GROUP STUNTS / PYRAMIDS

Partner stunts are stunts performed by 2 cheerleaders. Group stunts are stunts performed by about 3 to 5 cheerleaders.

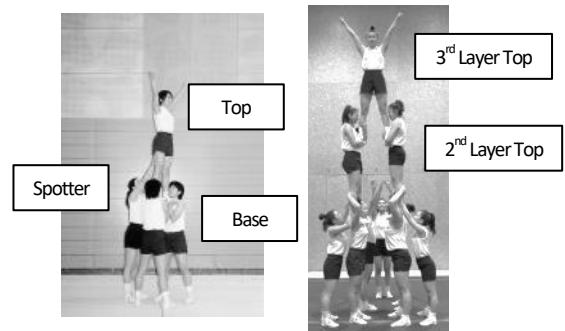
Pyramids are large stunts where some partner stunts and/or group stunts gather.

#### 1) Position

BASE: A person on the bottom layer of a stunt or pyramid

TOP: A person that climbs on top of another individual

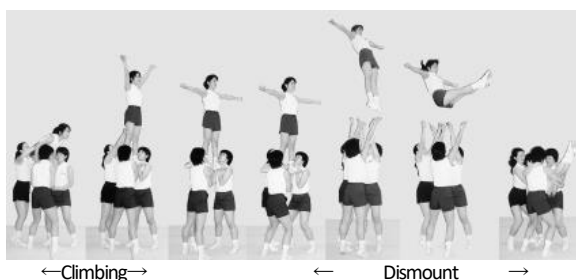
SPOTTER: A person whose role is to protect the top person



#### 2) Typical terms

CLIMBING: An act of building a stunt or pyramid to the pose position

DISMOUNT: An act of bringing the stunt or pyramid down from the pose to the landing or catching



**SPOTTING:** An act of the spotter to protect the top person

#### Hands-on Spotting

The spotter is in constant contact with the top person. If the spotter cannot touch the top person, he/she has to hold as high as possible.



#### Cradle Catching

A catching skill where the base(s) and the spotter catch the top person in a cradle.

<Double Base Cradle Catching>

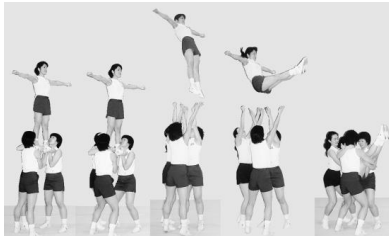


<Single Base Cradle Catching>

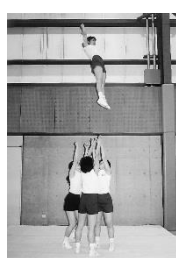


2 (two) bases/catchers and a spotter for the top person's head and shoulders  
Top person must be in a pike position.

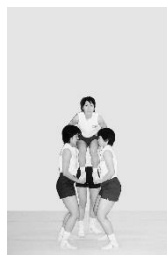
**TOSS:** A movement in which the base(s) stretch(s) their arm(s) and throw(s) a top person into the air. Only a movement which makes the top person go into an aerial body position will be defined as a "toss".



<Basket Toss>



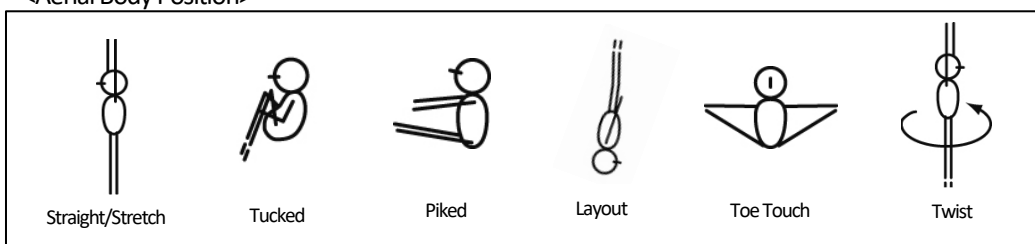
<Toss from Prep>



<Toe Pitch>

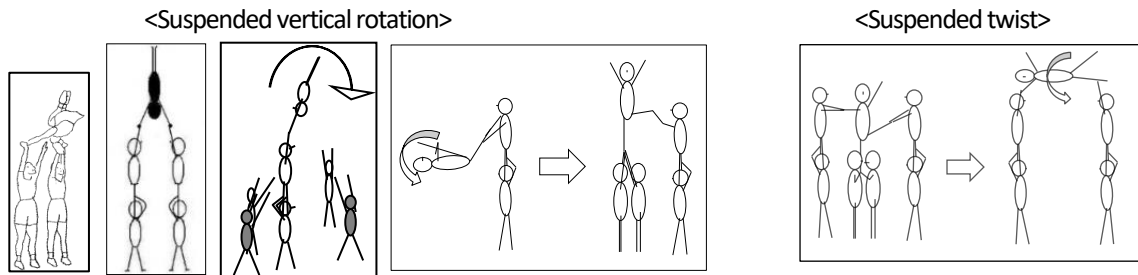


<Aerial Body Position>



Note: Movement in which a top person performs a somersault in the air without any embrace is called a "flip"

**SUSPENDED ROTATION:** A movement in which the top person rotate in vertical and/or twist with the support of other(s)



### 3) Layer and Height of Partner Stunts/Group Stunts and Pyramids

**LAYER:** A unit to express the number of layers there is to a partner stunt or pyramid

1 layer = a person standing with at least one foot stationed on the ground

2 layers = a stunt with performers having more than 1/2 of their weight on the 1<sup>st</sup> layer

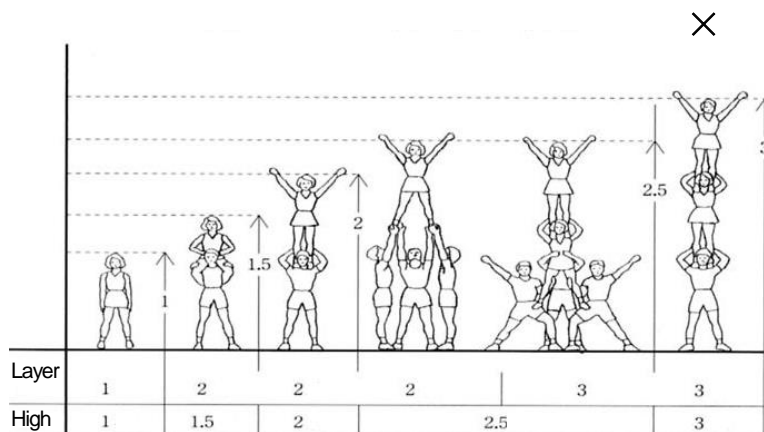
3 layers = a stunt with performers having more than 1/2 of their weight on the 2<sup>nd</sup> layer

**HIGH:** A unit to express the height of pyramids and partner stunts

1 high = height of one person standing straight

0.5 high = half the height of one person standing straight

As height increases, the skill is expressed 1.5 – 2 – 2.5



## 5. TUMBLING

Gymnastic skills performed on the floor. Aerial positions include various flips and twists- forward, backward, and side-ways.

Cheerleaders are allowed to combine with 2 twists and a flip in cheerleading.

## 6. JUMP

Jump skills unique to cheerleading. Aerial positions include dynamic positions expressing joy, excitement, and vitality.

## 7. DANCE

Dance in cheerleading is performed to express joy and power.

The series of high kicks in a line (ex) Line dances, cancan-dances etc.) are prohibited in cheerleading competition as it expresses an inappropriate image.

**CHEERLEADING**  
**CHEERLEADING SMALL GROUPS**  
**CHEERLEADING DOUBLES**  
**SENIOR**

## 4 GENERAL RULES (CHEERLEADING SENIOR)

### 4.1 Performance Area

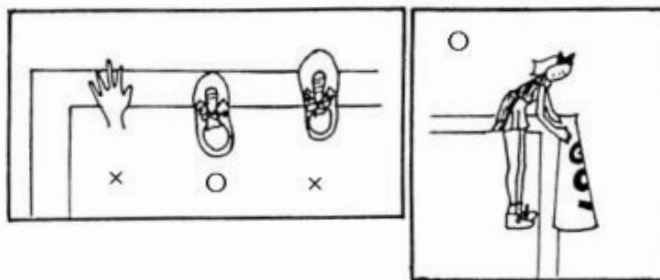
Performance area is **12m × 12m square (twelve meters by twelve meters)**.

It is prohibited to put the marks except allowed props.

●**Area Violation**● (5 points deducted-see PENALTY)

Any body parts contact with floor outside of the designated area during performance.

You may reach out the taped area to get approved props by hand(s).



### 4.2 Performance Time

Routine minimum time **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds).

Routine must consist with Cheer/Sideline part and music part.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- In general, all team members must start the routine with at least one foot on the ground. Top persons may start a routine without her/his foot/feet on the ground as long as her/his entire weight is not supported by the base or spotter. For example, the top person may start by lying horizontal on the ground.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music, or the first vocal command, or the first movement, or when both feet of the top person leave the mats.
- The timing will be stopped at the both on the last note of the music and the end of the last movement.

\*The finishing pose of a stunt can be considered as the end of the routine. In that case, the dismount from that stunt will not be regarded as part of the routine.

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, an entrance and exit violation penalty will be assessed for any skill performed before or after the allotted routine time (No cheer, sideline, chant, tumbling, or jumps upon entrance & exiting).

●**Time Violation**● (10 points deducted-see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

●**Entrance and Exit Violation**● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

\*In case that cheerleaders perform any cheerleading skills before or after the performance.

### 4.3 Routine Elements

The routine must include a minimum 1 (one) cheer and 1 (one) sideline in which all members execute a continuation of at least 4 (four) different arm motions simultaneously/at the same time (Claps, clasps, hand on hips/thigh are not acceptable).

The compulsory cheer/sideline must be performed without music. There are no restrictions as to what language is used for cheering.

The routine must include at least 1 (one) partner stunt/group stunt or 1 (one) pyramid.

Although these are the only required elements, there are other criteria on the score sheet that be considered when creating the routine.

High kick performance done in a line often called as “line dance (or chorus line dance)” is prohibited.

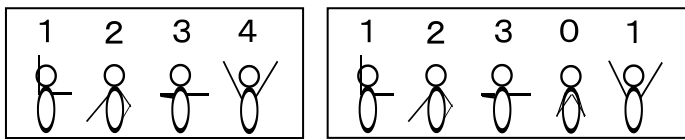
#### Compulsory elements

- ◆ at least 1 cheer
- ◆ at least 1 sideline
- ◆ at least 4 different arm motions in cheer or sideline
- ◆ at least 1 partner stunt/group stunt and 1 pyramid

#### 4 motions supplement

Claps, clasps, hands on hips/thigh are not acceptable.

The way to count the arm motions:



## 5 GENERAL RULES (CHEERLEADING SMALL GROUPS)

### 5.1 Performance Area

Performance area is the same as cheerleading division.

### 5.2 Performance Time

Routine minimum time **60** (sixty) seconds, maximum time limit is **65** (sixty five) seconds.

The entire routine should be performed **with music**.

#### The Beginning and the Ending of the Routine

- a) The routine must begin within the marked competition area.
- b) In general, all team members must start the routine with at least one foot on the ground. Top persons may start a routine without her foot/feet on the ground as long as her entire weight is not supported by the base or spotter. For example, the top person may start by lying horizontal on the ground.
- c) All team members must come to a complete standstill before beginning their routine.
- d) Timing will begin with the first note of music. It is prohibited to start any skills before the music starts.
- e) Timing will be stopped at the both on the last note of the music and the end of the last movement. In case that the cheerleader(s) yell the word(s) and/or execute arm motion(s) as the finishing pose after the music stops, it is considered the part of the routine.

\* The finishing pose of a stunt can be considered as the end of the routine. In that case, the dismount from that stunt will not be regarded as the part of the routine.

#### Entrance and Exit

You have **30** (thirty) seconds to get set. Although teams are allowed to show spirits briefly to crowd during entrance and exit, an entrance and exit violation penalty will be assessed for any skill performed before or after the allotted routine time (No cheer, sideline, chant, tumbling, or jumps upon entrance & exiting).

Teams must prepare for the performance as quickly as possible, and must also exit the floor immediately after the performance.

#### ●Time Violation● (2 points deducted see-PENALTY)

\*In case that routine time is shorter than 60 seconds, or longer than 65 seconds.

\*In case that the music time is shorter than 60 seconds, or longer than 65 seconds.

\*In case that the cheerleader(s) start any skills before the music starts.

#### ●Entrance and Exit Violation● (2 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

\*In case that cheerleaders perform any cheerleading skills before and/or after the performance.



### 5.3 Routine Elements

Under the IFC safety rules, the routine must consist of stunts. Teams violating the following rule would be penalized according to the "COMPULSORY ELEMENT VIOLATION". (see-PENALTY for more detail)

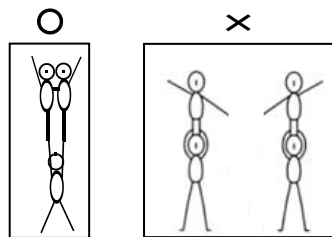
- ◆ All stunts are limited to up to 2 (two) layers and 2.5 (two and a half) high.
- ◆ The routine must have the following stunts:

#### Compulsory element ... 「Basket Toss」

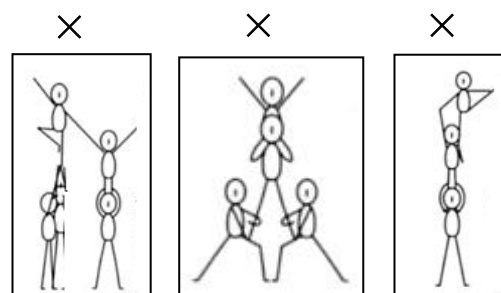
- Teams should have at least 2 (two) basket tosses in the routine.
- The top person may be done in any aerial position at any time of the routine.
- Teams may have transitions and other movement before/after the tosses.

**Note: All basket tosses must be caught in a double base cradle catching.**

- ◆ Besides the special cases below, teams may have only one top person during the whole routine. (The team must not change their top person during the routine.)
- ◆ The routine must **NOT** have 2 (two) separate partner stunts at the same time. As a special exception, 2 (two) top persons may pose on a stunt if it is on a single base stunt.  
Example: Double cupie is **OK**.



- ◆ The routine must not have pyramids.



- ◆ The members must not execute jumps or tumbling unless these elements are part of building a stunt.  
Examples:

- Rewind (flip/somersault mounting into stunts) is **OK**
- Backward handspring → landing and directly jumping into a cradle/stunt is **OK**
- Backward handspring → landing → stopping the movement once and going into a stunt is **NOT OK**.

- ◆ The routine must not have dance, cheer, sideline, or arm motion.  
(Cheerleaders may yell the words or execute arm motions only for the pose position.)
- ◆ Props are not allowed.
- ◆ Only cheerleaders can be on the competition mats. Team spotter and/or coaches may not go onto the competition mats.

## 6 GENERAL RULES (CHEERLEADING DOUBLES)

### 6.1 Performance Area

Performance area is the same as cheerleading division.

### 6.2 Performance Time

Routine minimum time **55** (fifty five) seconds, maximum time limit is **60** (sixty) seconds.

The entire routine should be performed **with music**.

#### The Beginning and the Ending of the Routine

- a) The routine must begin within the marked competition area.
- b) In general, all team members must start the routine with at least one foot on the ground. Top persons may start a routine without her foot/feet on the ground as long as her entire weight is not supported by the base or spotter. For example, the top person may start by lying horizontal on the ground.
- c) All team members must come to a complete standstill before beginning their routine.
- d) Timing will begin with the first note of music. It is prohibited to start any skills before the music starts.
- f) Timing will be stopped at the both on the last note of the music and the end of the last movement. In case that the cheerleader(s) yell the word(s) and/or execute arm motion(s) as the finishing pose after the music stops, it is considered the part of the routine.

\* The finishing pose of a stunt can be considered as the end of the routine. In that case, the dismount from that stunt will not be regarded as the part of the routine.

#### Entrance and Exit

You have **30** (thirty) seconds to get set. Although teams are allowed to show spirits briefly to crowd during entrance and exit, an entrance and exit violation penalty will be assessed for any skill performed before or after the allotted routine time (No cheer, sideline, chant, tumbling, or jumps upon entrance & exiting).

Teams must prepare for the performance as quickly as possible, and must also exit the floor immediately after the performance.

#### ●Time Violation● (2 points deducted see-PENALTY)

\*In case that routine time is shorter than 55 seconds, or longer than 60 seconds.

\*In case that the music time is shorter than 55 seconds, or longer than 60 seconds.

\*In case that the cheerleader(s) start any skills before the music starts.

#### ●Entrance and Exit Violation● (2 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

\*In case that cheerleaders perform any cheerleading skills before and/or after the performance.

## 6.3 Routine Elements

Under the IFC safety rules, the routine must consist of partner stunts. Teams violating the following rule would be penalized according to the "COMPULSORY ELEMENT VIOLATION". (see-PENALTY for more detail)

- ◆ All stunts are limited to up to 2 (two) layers and 2.5 (two and a half) high.
- ◆ The routine must have the following stunt:

### Compulsory element ... 「Twist Dismount from Extension Heel Stretch」

- Teams should have **at least 1 (one) Twist Dismount from Extension Heel Stretch** in any part of the routine.
- The top person may climb up to the extension heel stretch by any climbing skill.
- The top person may dismount with full twisting or double twisting skill.

**Note: If the top person dismounts with 2 (two) twists, the top person must be caught in a cradle catching by original base and team spotter.**

- ◆ The members must not execute jumps or tumbling unless these elements are part of building a stunt.  
Examples:
  - Rewind (flip/somersault into stunts) is **OK**
  - Backward handspring → landing and directly jumping into a cradle/stunt is **OK**
  - Backward handspring → landing → stopping the movement once and going into a stunt is **NOT OK**.
- ◆ The routine must not have dance, cheer, sideline, or arm motion.  
(Cheerleaders may yell the words or execute arm motions only for the pose position.)
- ◆ Props are not allowed.
- ◆ Only cheerleaders and 1 (one) team spotter can be on the competition mats. Team spotter and/or coaches may not go onto the competition mats.

## TEAM SPOTTER

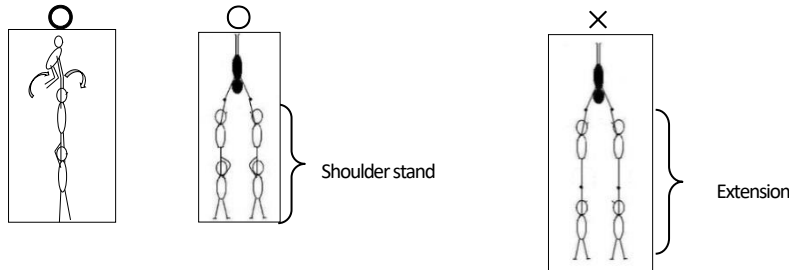
- ◆ In addition to the team spotter, a competition spotter will be provided during the rehearsal and the competition.
- ◆ Team spotter may not assist any part of the routine besides cradle catching.
  - \*In executing 2 (two) twists or 3/4 (three quarter) forward flip with a twist, the team spotter must catch the top person in a cradle catching.
  - \*In executing 3/4 (three quarter) forward flip, team spotter must catch the top person.
  - \*Team spotter may not assist in further transition after the cradle catching.
- ◆ If the team spotter would assist stunt in any other case, the stunt would be regarded as failure; therefore would get the following deductions:
  - \*1.0 point: assisting after the completion of a stunt
  - \*1.5 points: assisting before the completion of a stunt
- ◆ If the team spotter would assist the climbing in any other case, the team would be regarded as incapable of climbing the stunt; therefore would get deduction of -1.5 points.

## 7 SAFETY RULES (CHEERLEADING SENIOR)

Teams violating the following rule would be penalized according to the "SAFETY GUIDELINE VIOLATION".  
(see-PENALTY for more detail)

### <PARTNER STUNTS/GROUP STUNTS and PYRAMIDS>

- All stunts and pyramids are limited to 2.5 (two and a half) high and 3 (three) layers.  
<Exception> During a transition in direct physical contact with brace, a top person may pass above 2.5 (two and a half) high. The brace(s) may stand on 2 (two) high or below.

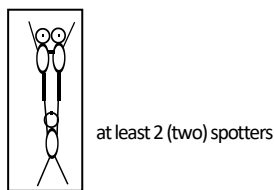


- The base must have at least one foot on the ground. The base may not hold the top person with hand stand, back bent posture etc.
- Any stunts over/under or through any stunt/pyramid are prohibited.
- Any tumbling, jumps over/under or through any stunt/pyramid or a person are prohibited.

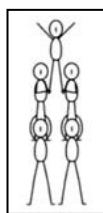
### <SPOTTING>

- Spotters must be active performing members of your team.
- If the number of the top person on the extended stunt (stunts in which the base has its arms fully extended) is over the number of base, there must be a spotter for each top person.

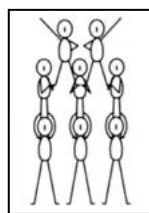
<Example> Double cupie



- All pyramids over 2 (two) high must have at least 1(one) spotter for each top person on the 3<sup>rd</sup> layer.  
\*Spotters must always be ready to catch the 3<sup>rd</sup> layer top person.  
\*You may place the spotter in any area as long as the spotter can protect the 3<sup>rd</sup> layer top person in any time.



at least 1 (one) spotter



at least 2 (two) spotters

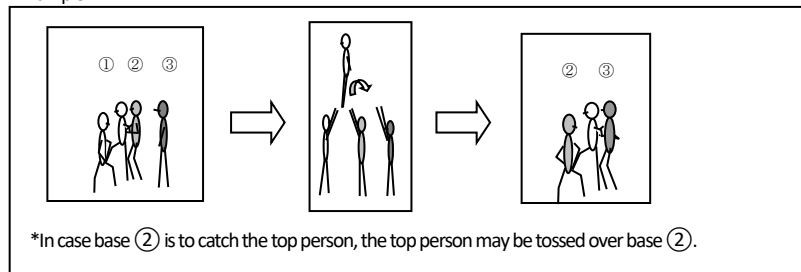
## &lt;TOSSES&gt;

**Note:** As for tosses involved in climbing, dismounting, and transitions, please refer to the corresponding section.

1. Only the 1<sup>st</sup> layer base(s) can toss a top person.
2. Any tosses over/under or through any stunt/pyramid or a person are prohibited.

<Exception> If a top person is to be caught by an original base, the top person may be tossed over that base.

<Example>



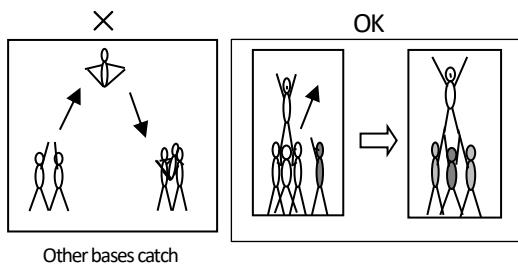
3. Any toss where the top person is not caught in the pose/stationary position must be caught by the original base(s).

**Toss Skill** (Toss → aerial body position → catch)

All toss skills must be caught by the original base(s)

**Toss Up Skill** (Toss up → pose position → dismount → catch)

When a top person is tossed up to a stunt, the top person may dismount or transit into another set of bases after a pose position.



\*For safety, when the top person is being tossed into a stunt/pyramid with traveling distance, teams must have a spotter at the arrival point of the top person. And also it is suggested that the traveling distance of the top person should not exceed 3 (three) meters.

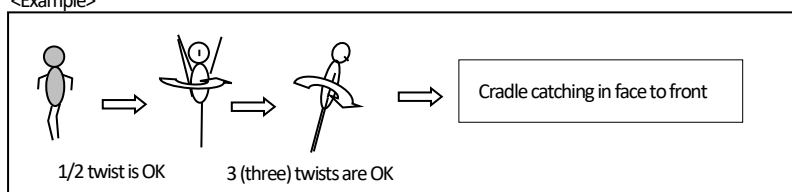
4. Exceeding 2 (two) twists from any type of toss except basket toss and/or toss from prep is prohibited.
5. In executing 2 (two) twists from any type of toss except basket toss and/or toss from prep, the top person must be caught in a cradle catching by at least 2 (two) original bases. In case of singled base stunts, by the original base and an additional spotter.
6. Flip from toe pitch is prohibited.

### ●Basket Toss and Toss from Prep●

1. It must be performed by no more than 4 (four) bases including a spotter.
2. Exceeding 1 (one) and 1/4 (one quarter) backward flip, 3/4 (three quarter) forward flip, 1 (one) side-way flip are prohibited.
3. Exceeding 3 (three) twists are prohibited. If combined with flip, exceeding 2 (two) twists are prohibited.

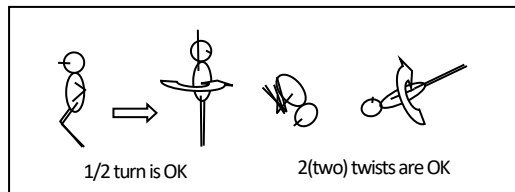
<Exception> In executing 3 (three) twists, it is possible to turn up to 1/2 (one half) for beginning of the aerial movement.

<Example>



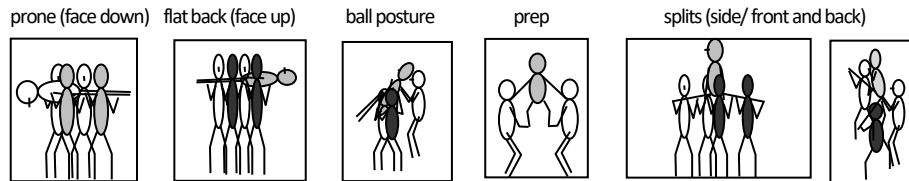
<Exception> In executing the combination skill of 3/4 (three quarter) forward flip and 2 (two) twists, it is possible to turn up to 1/2 (one half) for beginning of the aerial movement.

<Example>



4. Basket toss must be caught in a double base cradle catching by the original bases and a spotter.

**Prohibited Example** From basket toss, if the top person is caught by the following posture, it would be safety rule violation.



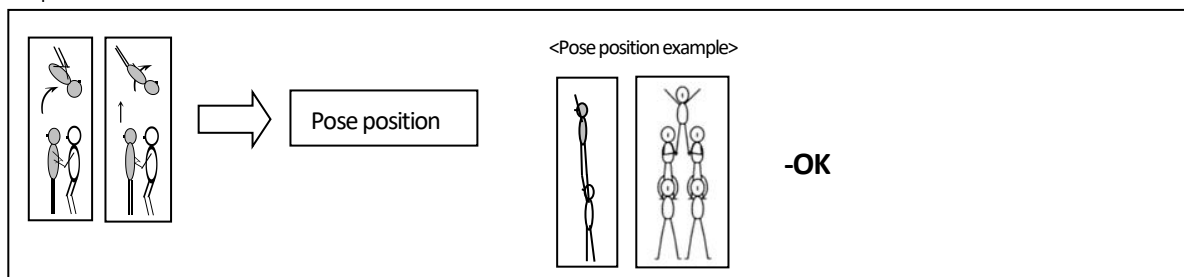
Note: Although split postures could be seen as a posing position in some cases, they will be regarded as an illegal catching position if executed right after basket tosses.

5. In executing 2 (two) or over 2 (two) twists, backward and/or side-way flip, combination skill of flip and twist(s) from toss from prep, the top person must be caught in a double base cradle catching by the original bases and a spotter.
6. In executing the skills other than above 5 from toss from prep, the top person must be caught by at least 2 (two) original bases. The top person may be caught in any catching style as long as he/she does not land directly on the ground.

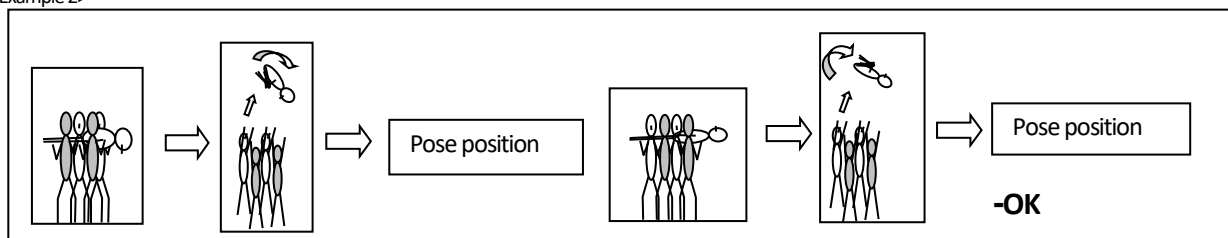
### <CLIMBING / the movement to pose position>

- Free twisting climbing into stunts/pyramids exceeding 2 (two) twists are prohibited.
- Free flipping climbing into stunts/pyramids are allowed, however they must meet ALL of the following rules:
  - \*Flipping climbing exceeding 1 (one) rotation is prohibited. If combined with twist, exceeding 1 (one) twist is prohibited.
  - \*The top person may not flip to climb into stunts/pyramids by having their foot/feet thrown.
 (Example: flipping climbing from prep, elevator, basket toss, toe pitch, splits position etc — X)
- \*When the top person climb into the 2 layer stunt/pyramid, the original base must be included the next stunt base.

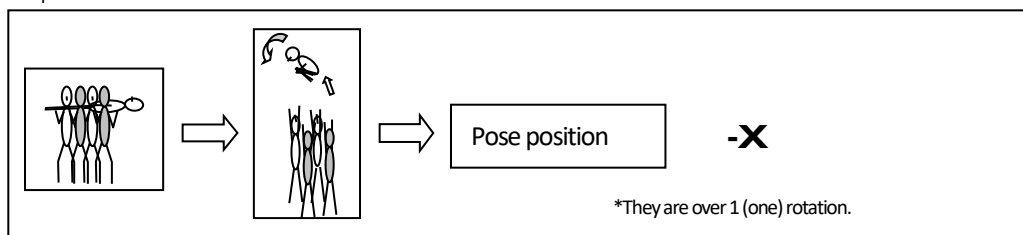
<Example 1>



<Example 2>



&lt;Example 3&gt;



NOTE: "Pose position" described in the examples above implies that they are standing vertically.

### <TRANSITION>

1. Free flipping transition into stunts are allowed, however they must meet ALL of the following rules:

\*Flipping transition exceeding 1 (one) rotation is prohibited. If combined with twist, exceeding 1 (one) twist is prohibited.

\*The top person may not combine twist and flip from the stunts in which the base uses only one arm for support.

\*The top person may not flip to transit into stunts by having their foot/feet thrown.

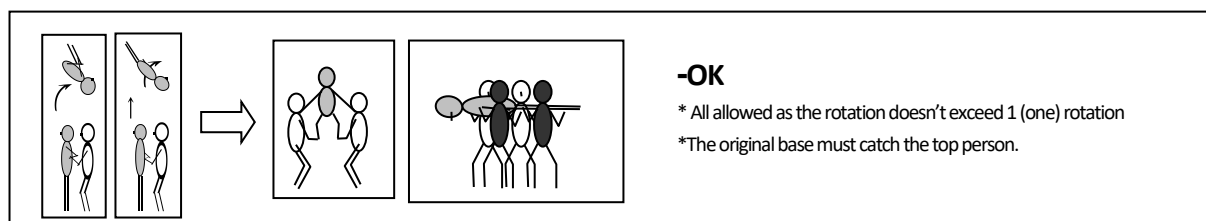
(Example: flipping climb from prep, elevator, basket toss, toe pitch, splits position etc — X)

\*The original base(s) must catch the top person.

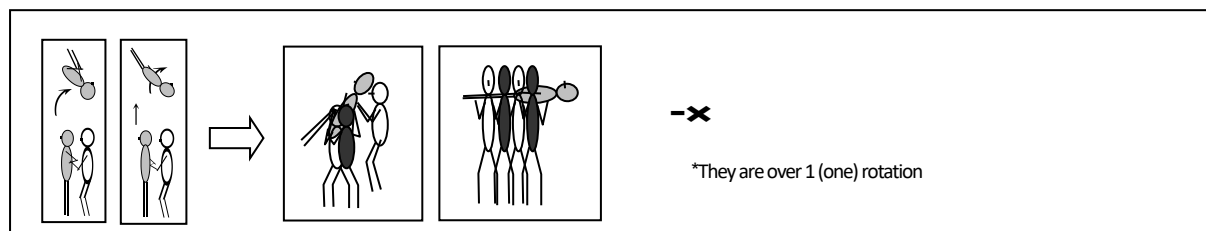
\*In executing the combination skill of a flip and a twist, the top person must not land with any body parts directly touching the ground.

(Prohibited Example: combination with a flip and a twist → set position for toe pitch)

<Example 1> Flipping into the hang drill position, prone, split posture — OK



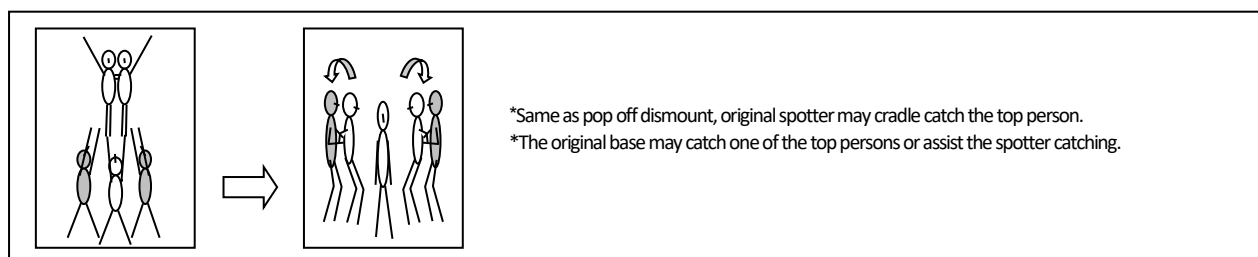
<Example 2> Flipping into a cradle catching, ball up posture, flat back — X



2. Besides the following exceptions 1), 2) and 3), the top person must be caught by the original base(s).

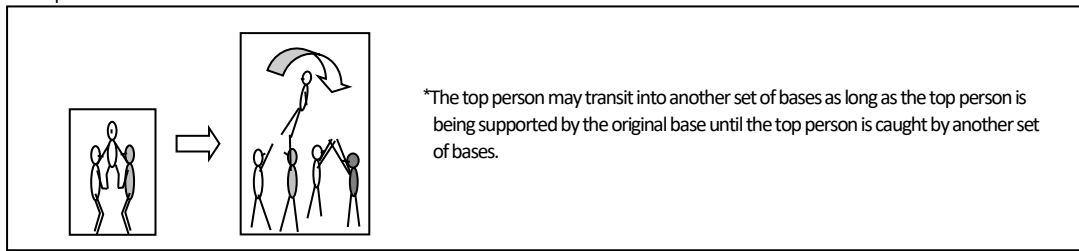
1) In dismounting from a stunt which has more number of top person than the number of base, the original spotter(s) may catch the top person.

<Example> Dismount from double cupie

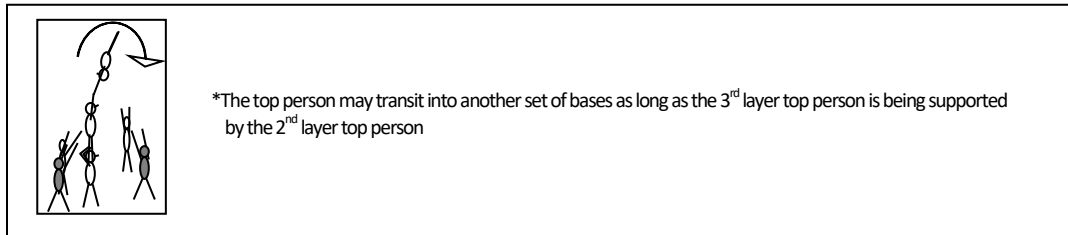


- 2) The top person may transit into another set of bases as long as the top person has some physical contact either with the original base, the brace or the spotter during the entire skill series.

&lt;Example 1&gt;

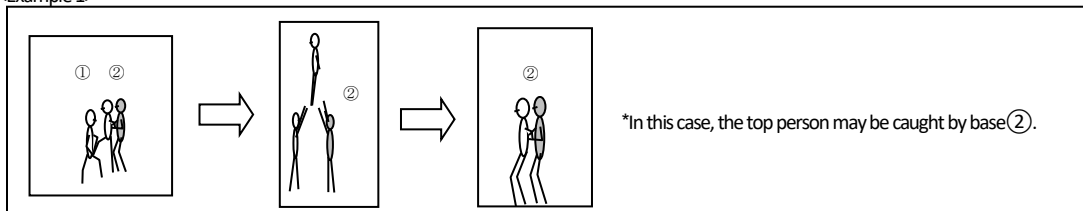


&lt;Example 2&gt;



- 3) In executing a transition in which a top person moves in all directions, the top person may be caught only by the original base, brace, or spotter. <Example 1>

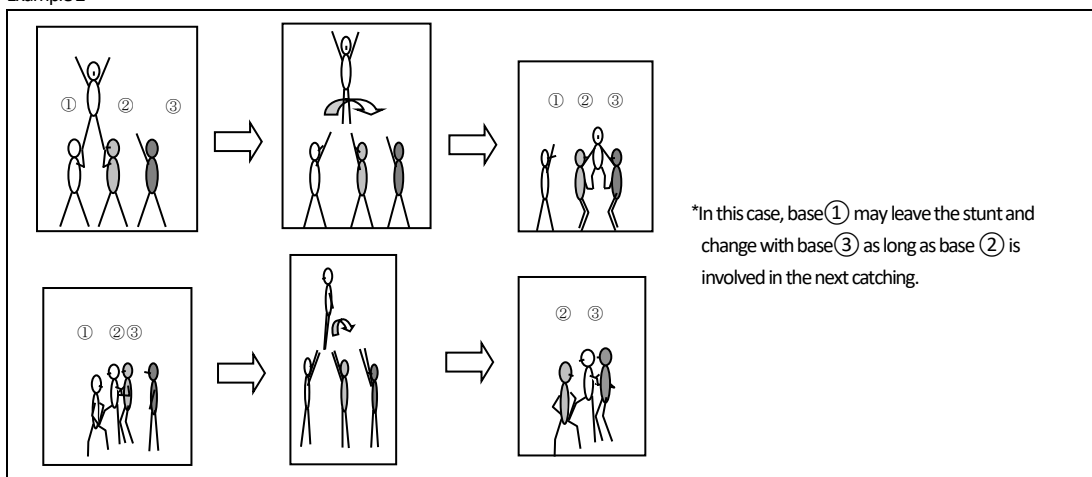
&lt;Example 1&gt;



As long as the original base or a spotter takes a role in the catching, the top person may transit into a new base.

&lt;Example 2&gt;

&lt;Example 2&gt;



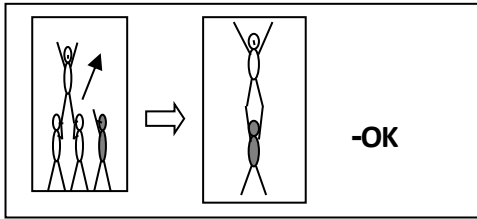
## &lt;NOTE&gt;

- \*In this case<Example 1 & 2>, the top person may execute the aerial body position except 2 (two) twists or a flip.
- \*For safety, it is suggested that the traveling distance of the top person should not exceed 3 (three) meters.



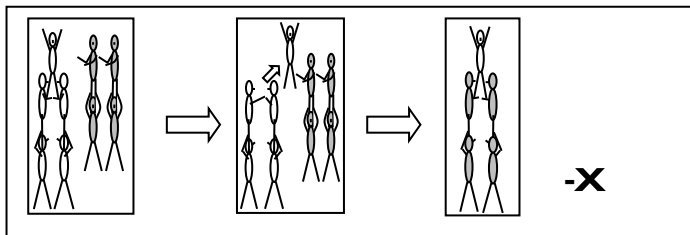
### ●Transition from pose position to pose position without support/Free transition●

1. Exceeding 2 (two) twists are prohibited.
2. Flipping is prohibited. (1/2 forward rotation into a downward inversion is accepted. See below for more detail.)
3. The top person may transit from a stunt (or a 2 layer pyramid) into a new set of bases and a spotter(s). (seen as in "toss up" skill)



4. Transition from the 3<sup>rd</sup> layer pyramids to another stunts/pyramids are prohibited.

<Example>



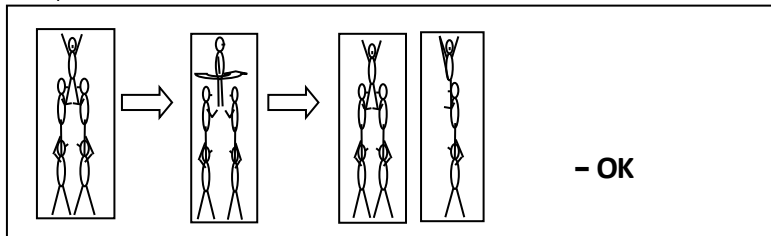
5. If the original 2<sup>nd</sup> layer top person(s) hold the next pose position, the 3<sup>rd</sup> layer top person may transit another pose position. However, they must meet ALL of the following rules:

\*Flipping is prohibited.

\*Exceeding 2 (two) twists are prohibited.

\*The 2<sup>nd</sup> layer top person must not throw the 3<sup>rd</sup> layer top person in the air with stretched her/his arm(s).

<Example>

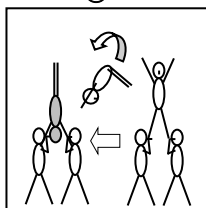


### ●Downward Inversion/Suspended Rotation and Inversion●

1. In executing a free transition into an inverted stunt or dismounting in an inverted position from upright position, backward rotation is prohibited.

<Example 1>

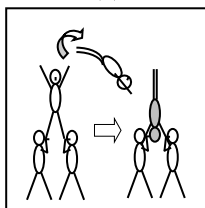
○



Forward rotation

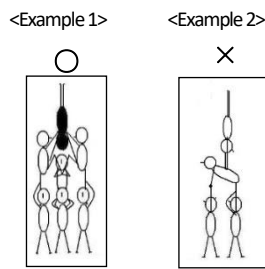
<Example 2>

X



Backward rotation

2. In executing an inverted pose position on the 3 layer pyramid, the 3<sup>rd</sup> layer top person must be supported by at least 1 (one) person on the 2<sup>nd</sup> layer or below.



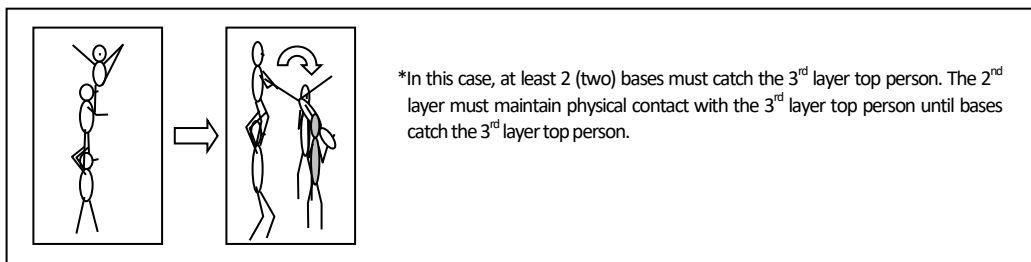
3. The brace(s) to support suspended rotation and/or inverted stunts/pyramids may stand on 2 (two) high or below.

**Prohibited Example**

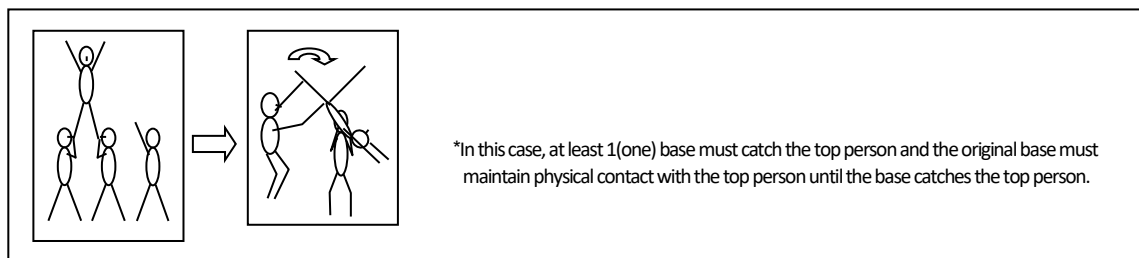
\*The top person on an extension supports suspended rotation.

\*The 3<sup>rd</sup> layer top person supports suspended rotation.

4. In executing a suspended twist, exceeding 2 (two) twists are prohibited.
5. In executing a suspended vertical rotation, exceeding 1 (one) and 1/4 (quarter) backward rotation, 1 (one) forward or side-way rotation are prohibited. If combined with twist, exceeding 1 (one) twist is prohibited.
6. In executing a downward inversion, exceeding 2 (two) twists are prohibited.
7. In executing a downward inversion from a 3 layer pyramid, the top person must be caught by at least 2 (two) bases. The original base(s) / the 2<sup>nd</sup> layer top person must maintain physical contact with the top person until the next bases catch the top person. The 3<sup>rd</sup> layer top person must not land by their own hands without supporting and stopping her/his weight from 2 (two) bases prior landing.



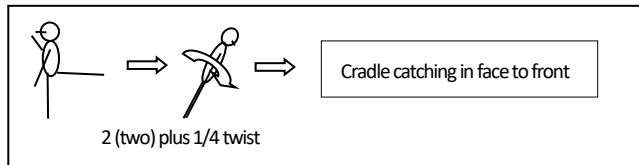
8. In a suspended stunt supported by the base(s) on the ground, if the top person would execute 2 (two) suspended twists or a combination of a flip and a twist, he/she may not land with any body parts directly touching the ground. (Top person executing such techniques may NOT land on their feet, even if they were supported by bases and a spotter(s).)
9. In executing a downward inversion from a 2 layer stunt, the top person must be caught by at least 1 (one) base. The original base(s) must maintain physical contact with the top person until the next base(s) catch the top person. The top person may land by her/his hands as long as the catcher absorbs the landing impact adequately.



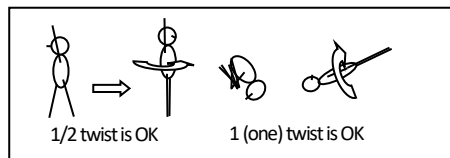
10. In executing a downward inversion with 2 (two) twists from a 2 layer stunt, the top person may not land with any body parts directly touching the ground.

## &lt;DISMOUNTS&gt;

1. Landing must be done with the bottom of the feet. The top person may not land from any other body parts of their body.  
<Exception> Downward inversion; see above more detail.
2. Top person may not land on the ground directly from 2 (two) high or over without any support.
3. Exceeding 3/4 (three quarter) forward flip is prohibited. Backward and side-way flips are prohibited.
4. Exceeding 2 (two) twists are prohibited. If combined with 3/4 (three quarter) forward flip, exceeding 1 (one) twist is prohibited.  
<Exception> In executing 2 (two) twists from the pose position where the top person faces to side, it is possible to add 1/4 (quarter) twist.



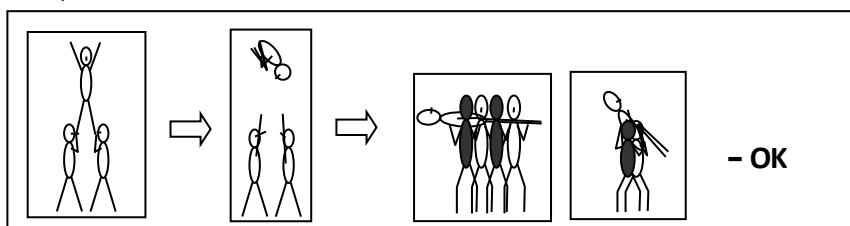
<Exception> In executing the combination skill of 3/4 (three quarter) forward flip and 1 (one) twist, the top person may add up to 1/2 (half) twist in order to begin the aerial movement.



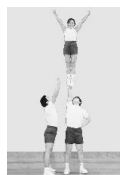
## ●Dismount from the 2 layer stunt/pyramid●

1. The original base(s) must catch the top person.  
<Exception> In dismounting from a stunt which has more number of top person than the number of base, the original spotter(s) may catch the top person.  
<Example> Dismount from double cupie
2. In dismounting in an inverted position without any support, the top person may not land with any body parts directly touching the ground.
3. In executing 2 (two) twists or the combination of 3/4 (three quarter) forward flip and a twist, the top person must be caught in a cradle catching by at least 2 (two) original bases. In case of singled base stunt, by the original base and an additional spotter.
4. In executing 3/4 (three quarter) forward flip, the top person must be caught by at least 2 (two) original bases. In case of singled base stunt, by the original base and an additional spotter. The top person may be caught in any catching style as long as his/her body does not touch the ground directly.

<Example>



5. The top person may not combine with twist and flip from the stunt in which the base uses only one arm for support (means that top person may twist or flip for dismount).

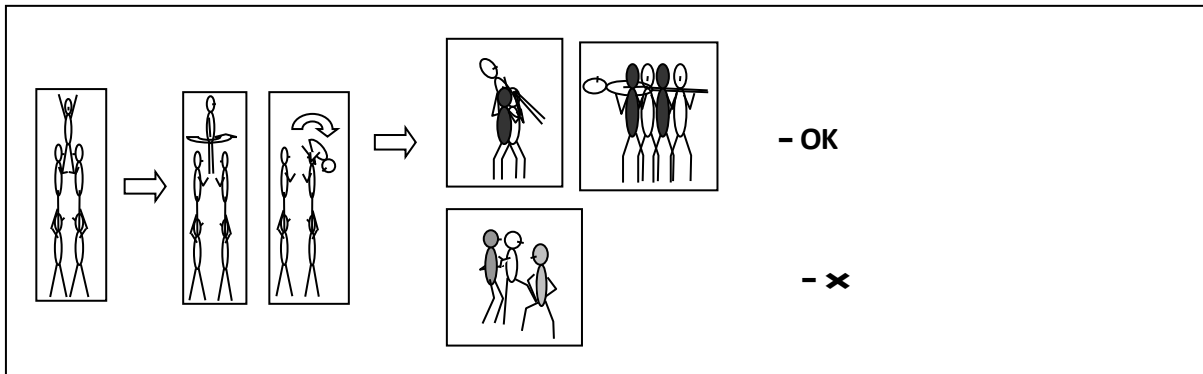


Example: one arm supporting stunt

### ●Dismount from the 3 layer pyramid●

1. The 3<sup>rd</sup> layer top person may not dismount in an inverted position without any support of the 2<sup>nd</sup> layer.
2. In executing 2 (two) twists or the combination of 3/4 (three quarter) forward flip and a twist, the top person must be caught in a cradle catching by at least 2 (two) bases.
3. In executing any skills except above 2, the top person must be caught by at least 2 (two) catchers. The top person may be caught in any catching style as long as his/her body does not touch the ground directly.

<Example>



### <TUMBLING>

1. Any tumbling over or under any stunts/pyramid or person are prohibited.
2. Tumbling while holding any prop besides pompons is prohibited.
3. Tumbling skills are limited to 1 (one) flip and 2 (two) twists.
4. No tumbling skill should be attempted until mastered through proper progression. Dangerous landing would be counted as a violation of the safety rule.

### <LANDING>

1. Landing on the ground with any part of the body other than the feet is prohibited.
- <Exception> Refer to "Downward Inversion/Suspended Rotation and Inversion".

### <OTHER PROHIBITIONS>

1. Use of mini tramps, spring boards, or any apparatus to increase height are prohibited.
  2. Teams are to use all props on the mat. Do not bring in any props that are unnecessary for the routine.
  3. Props allowed are pompons, signs, flags, banners and megaphones. The aim of its usage is to show the team color, name, or its image.
  4. High kick performance done in a line (often called as "line dance" or "chorus line dance") is prohibited.
  5. Only cheerleaders can be on the competition area.
- Team spotters and/or coaches may not go onto the competition mats.

## &lt;Cheerleading Senior General &amp; Safety Rules SUMMARY&gt;

Number of athletes	12-16
Compulsory Elements	<ul style="list-style-type: none"> <li>◆ At least 1 cheer</li> <li>◆ At least 1 sideline</li> <li>◆ At least 4 different arm motions in cheer or sideline</li> <li>◆ At least 1 partner stunt/group stunt and 1 pyramid</li> </ul>
Layer	3 (three)
Height	2.5 (two and a half)
Spotter Required	<p>*All 3 layer and 2.5 high pyramids</p> <p>*In case the number of top person are more than the base(s)</p>
Basket Toss	<p>*3 (three) twists</p> <p>*1 (one) and 1/4 (one quarter) backward flip, 3/4 (three quarter) forward flip, 1 (one) side-way flip</p> <p>*Combination of 1 (one) flip and 2 (two) twists</p>
Climbing/Transition	<p>*2 (two) twists</p> <p>*1 (one) flip</p> <p>-must not throw the top person's foot/feet</p> <p>*Combination of 1 (one) flip and 1 (one) twist</p>
Dismount	<p>&lt;from 2<sup>nd</sup> layer&gt;</p> <p>*2 (two) twists / Combination of 3/4 (three quarter) forward flip and 1 (one) twist</p> <p>-must be caught in a cradle catch by at least 2 bases</p> <p>*3/4 (three quarter) forward flip</p> <p>-must be caught by at least 2 bases (cradle catching -not required).</p> <p>-must not land on the ground directly.</p> <p>*Backward and side-way flips are prohibited.</p> <hr/> <p>&lt;from 3<sup>rd</sup> layer&gt;</p> <p>*2 (two) twists / Combination of 3/4 (three quarter) forward flip and 1 (one) twist</p> <p>-must be caught in a cradle catch by at least 2 bases</p> <p>*3/4 (three quarter) forward flip</p> <p>-must be caught by at least 2 bases (cradle catching -not required).</p> <p>-must not land on the ground directly.</p> <p>*Backward and side-way flips are prohibited</p> <p>In executing an aerial position, the top person must be caught by at least 2 bases (cradle catching -not required).</p> <p>must not land on ground directly.</p>
Tumbling	1(one) flip and 2 (two) twists

**CHEERLEADING**  
**JUNIOR 2**  
(Age 12 to 15)  
&  
**JUNIOR 1**  
(Age 7 to 12)

## 8 GENERAL RULES (CHEERLEADING JUNIOR 2 & JUNIOR 1)

### 8.1 Performance Area

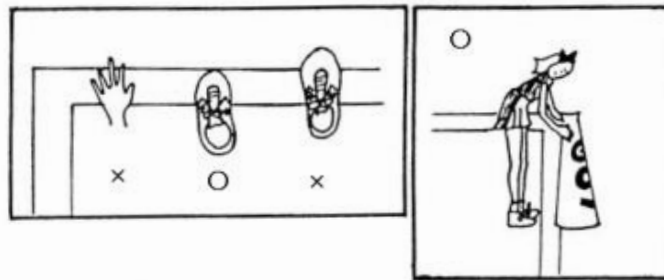
Performance area is **12m × 12m square (twelve meters by twelve meters)**.

It is prohibited to put the marks except allowed props.

●**Area Violation**● (5 points deducted-see PENALTY)

Any body parts contact with floor outside of the designated area during performance.

You may reach out the taped area to get approved props by hand(s).



### 8.2 Performance Time

Routine minimum time **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds).

Routine must consist with Cheer/Sideline part and music part.

**The Beginning and the Ending of the Routine**

- The routine must begin within the marked competition area.
- In general, all team members must start the routine with at least one foot on the ground. Top persons may start a routine without her/his foot/feet on the ground as long as her/his entire weight is not supported by the base or spotter. For example, the top person may start by lying horizontal on the ground.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music, or the first vocal command, or the first movement, or when both feet of the top person leave the mats.
- The timing will be stopped at the both on the last note of the music and the end of the last movement.

\*The finishing pose of a stunt can be considered as the end of the routine. In that case, the dismount from that stunt will not be regarded as part of the routine.

**Entrance and Exit**

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, an entrance and exit violation penalty will be assessed for any skill performed before or after the allotted routine time (No cheer, sideline, chant, tumbling, or jumps upon entrance & exiting).

●**Time Violation**● (10 points deducted-see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

●**Entrance and Exit Violation**● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

\*In case that cheerleaders perform any cheerleading skills before and/or after the performance.

## 8.3 Routine Elements

The routine must include a minimum 1(one) cheer and 1(one) sideline. The compulsory cheer/sideline must be performed without music. There is no restriction as to what language is used for cheering.

All members must execute at least 2 sets of 4 (four) different arm motions in compulsory cheer or sideline. Each set of 4 (four) arm motions must not be the same at all. Though teams must execute each set of 4 (four) arm motions simultaneously/at the same time, teams may execute 2 sets of 4 (four) arm motions separately.

The routine must include at least 1 (one) partner stunt/group stunt and 1 (one) pyramid.

Although these are the only required elements, there are other criteria on the score sheet that be considered when creating the routine.

High kick performance done in a line often called as "line dance (or chorus line dance)" is prohibited.

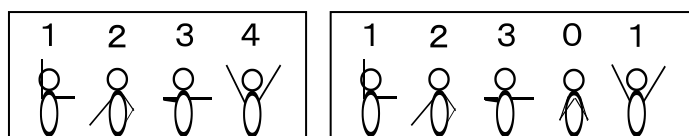
### Compulsory elements

- ◆ At least 1 cheer
- ◆ At least 1 sideline
- ◆ At least 2 sets of 4 different arm motions in cheer or sideline
- ◆ At least 1 partner stunt/group stunt and 1 pyramid

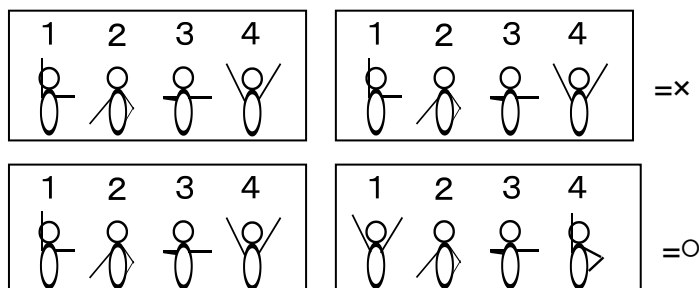
### 4 motions supplement

Claps, clasps, hands on hips/thigh are not acceptable.

The way to count the arm motions:



2 sets of 4 arm motions:



\*2 sets of completely same flow of 4 arm motions are prohibited.



## 9 SAFETY RULES (CHEERLEADING JUNIOR 2)

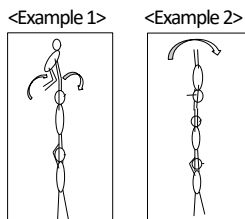
Teams violating the following rule would be penalized according to the "SAFETY GUIDELINE VIOLATION".  
(see-PENALTY for more detail)

### <PARTNER STUNTS/GROUP STUNTS and PYRAMIDS>

1. All stunts and pyramids are limited to 2.5 (two and a half) high and 2 (two) layers. Pyramids with 3 (three) layer are prohibited.

<Exception> Under appropriate conditions, the top person(s) on the 2<sup>nd</sup> layer may support another top person who is executing twisting or rotating movement. (For more details, please refer to the suspended rotation and the inversion section)

**Prohibited Examples** The top person being supported may not go over the head of the brace/supporting top person.



2. The base must have at least one foot on the ground. The base may not hold the top person with hand stand, back bent posture etc.
3. Any stunts over/under or through any stunt/pyramid are prohibited.
4. Any tumbling, jumps over/under or through any stunt/pyramid or a person are prohibited.

### <SPOTTING>

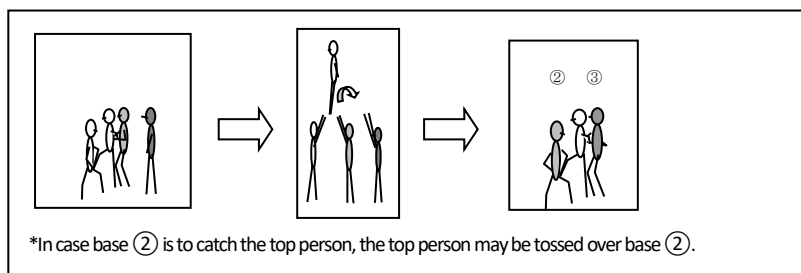
1. Spotters must be active performing members of your team.
2. All 2.5 (two and a half) high and 2 (two) layer stunts/pyramids must have at least 1 (one) hands-on spotter for each top person. In case the spotter cannot reach the top person, he/she should spot by holding the highest place possible.

### <TOSSES>

**Note:** As for tosses involved in climbing, dismounting, and transitions, please refer to the corresponding section.

1. Only the 1<sup>st</sup> layer base(s) can toss a top person.
  2. Any tosses over/under or through any stunt/pyramid or a person are prohibited.
- <Exception> If a top person is to be caught by an original base, the top person may be tossed over that base.

<Example>



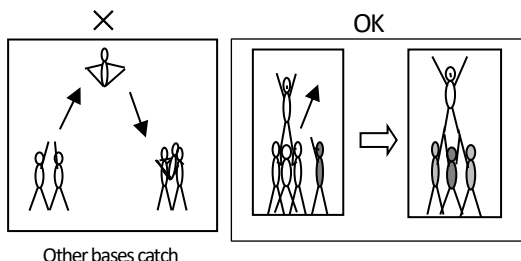
3. Any toss where the top person is not caught in the pose/stationary position must be caught by the original base(s).

**Toss Skill** (Toss → aerial body position → catch)

All toss skills must be caught by the original base(s)

**Toss Up Skill** (Toss up → pose position → dismount → catch)

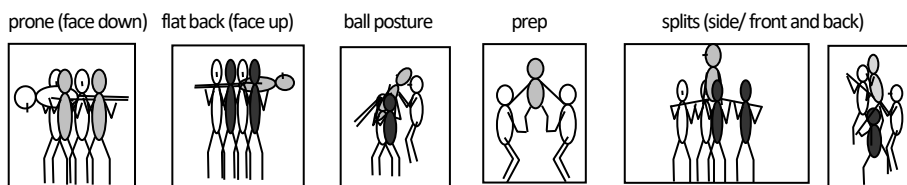
When a top person is tossed up to a stunt, the top person may dismount or transit into another set of bases after a pose position.



\*For safety, when the top person is being tossed into a stunt/pyramid with traveling distance, teams must have a spotter at the arrival point of the top person. And also it is suggested that the traveling distance of the top person should not exceed 3 (three) meters.

4. Basket toss and toss from prep must be performed by no more than 4 (four) bases including a spotter.  
5. Basket toss must be caught in a double base cradle catching by the original bases and a spotter.

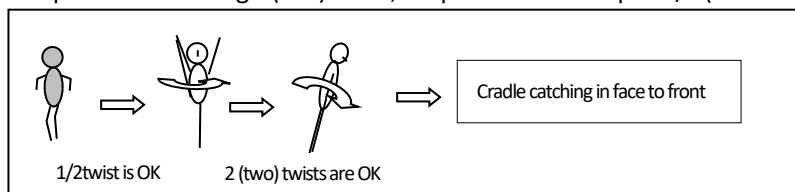
**Prohibited Example** From basket toss, if the top person is caught by the following posture, it would be safety rule violation.



Note: Although split postures could be seen as a posing position in some cases, they will be regarded as an illegal catching position if executed right after basket tosses.

6. Exceeding 2 (two) twists from any type of toss is prohibited.

<Exception> In executing 2 (two) twists, it is possible to turn up to 1/2 (one half) for beginning of the aerial movement.



7. In executing 2 (two) twists from any type of toss, the top person must be caught in a double base cradle catching by the original bases and a spotter.  
8. With the exception of certain parts leading in “climbing” & “transition”, flipping from any type of toss is prohibited.

### <CLIMBING / the movement to pose position>

- When the top person is being tossed into a stunt/pyramid with some traveling distance, teams must have a spotter at the arrival point of the top person. It is suggested that the traveling distance of the top person should not exceed 3 (three) meters.
- Free twisting climbing into stunts/pyramids exceeding 2 (two) twists are prohibited.
- Free flipping climbing into pyramids is prohibited.

4. Free flipping climbing into stunts are allowed, however they must meet ALL of the following rules:

\*The top person may not flip 360 degrees or more (Number of rotation must be under 1 (one) rotation). The top person may not combine with free twisting and free flipping.

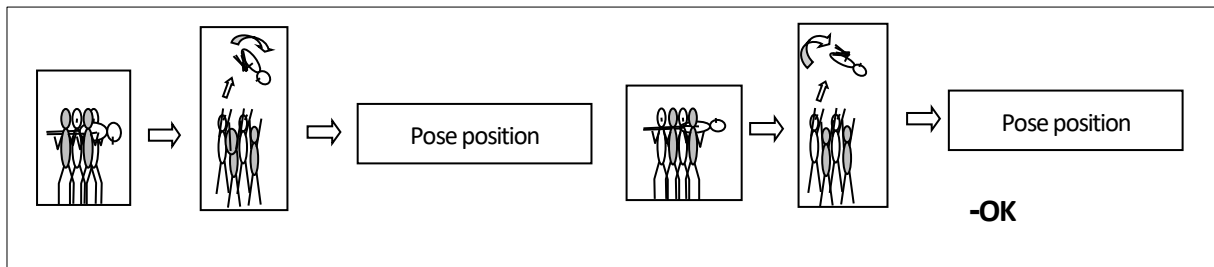
\*The top person may not flip to climb into a stunt by having their foot/feet thrown.

(Example: flipping climbing from prep, elevator, basket toss, toe pitch, splits position etc — ×)

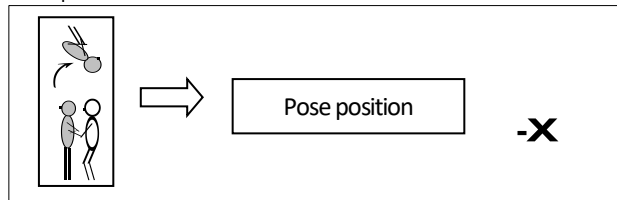
\*The original base must be included the next stunt as a base(s).

\*Team should have a spotter from the climbing to pose position.

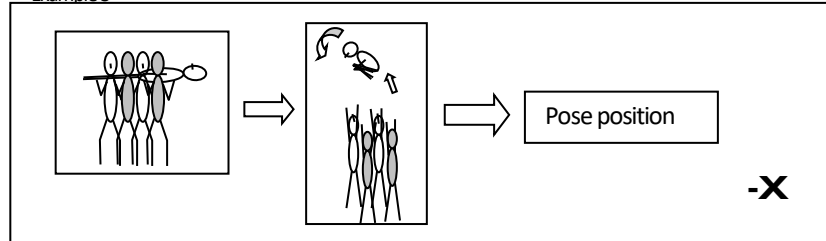
<Example 1>



<Example 2>



<Example 3>



Note: "Pose position" described in the examples above implies that they are standing vertically.

### <TRANSITION>

1. Free flipping transition into stunts are allowed, however they must meet ALL of the following rules:

\*The top person may not flip 360 degrees or more (Number of rotation must be under 1 (one) rotation). The top person may not combine free twisting and free flipping.

\*The top person may not flip from stunts in which the base uses only one arm for support.

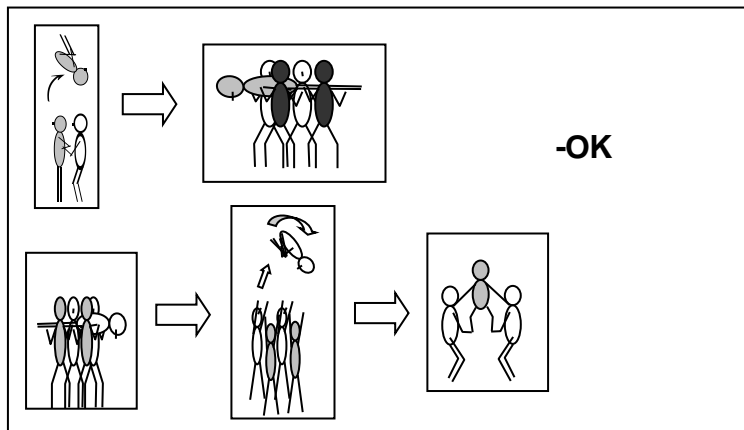
\*The top person may not flip to transit into a stunt by having their foot/feet thrown.

(Example: flipping transition from prep position, elevator, basket toss, toe pitch or split position etc — ×)

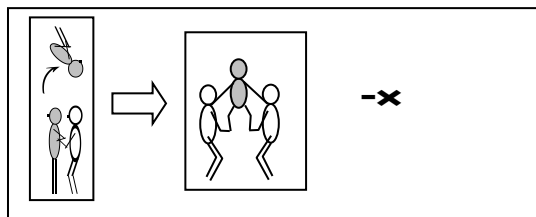
\*The original base must catch the top person.

\*Team should have a spotter until the next base catches the top person.

&lt;Example 1&gt;

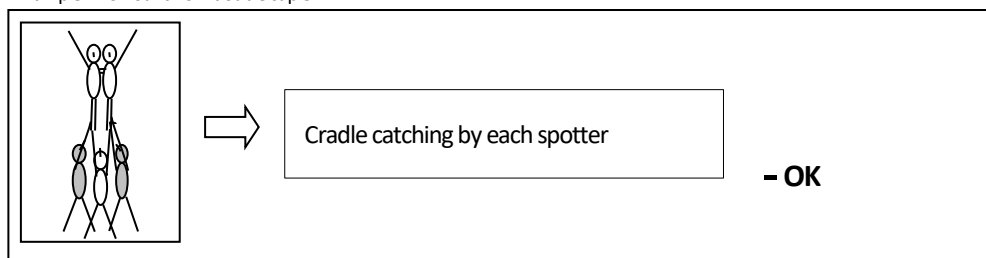


&lt;Example 2&gt;



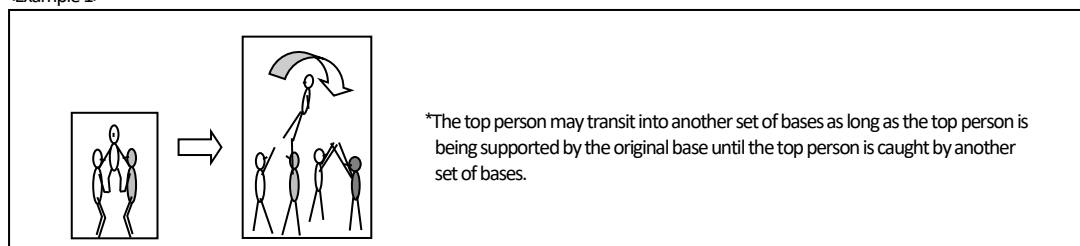
2. Besides the following exceptions 1), 2) and 3), the top person must be caught by the original base(s).
- 1) In dismounting from a stunt which has more number of top person than the number of base, the original spotter(s) may catch the top person.

&lt;Example&gt; Dismount from double cupie



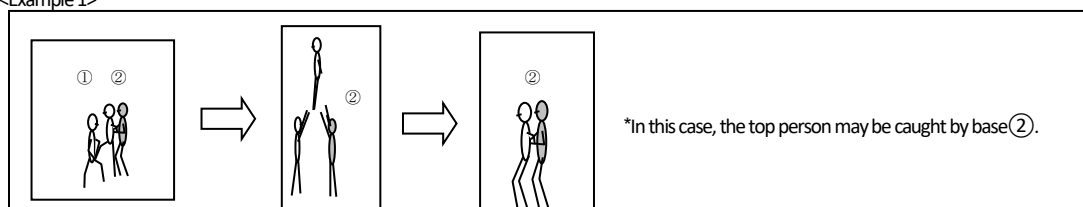
- 2) The top person may transit into another set of bases as long as the top person has some physical contact either with the original base, the brace or the spotter during the entire skill series.

&lt;Example 1&gt;



- 3) In executing a transition in which a top person moves in all directions, the top person may be caught only by the original base, brace, or spotter. <Example 1>

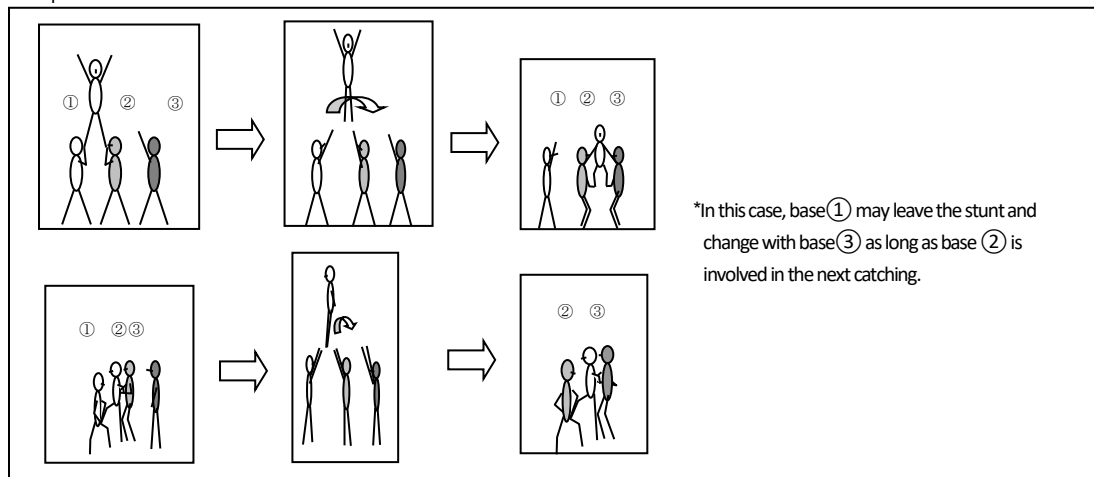
&lt;Example 1&gt;



As long as the original base or a spotter takes a role in the catching, a top person may transit into a new base.

<Example 2>

<Example 2>



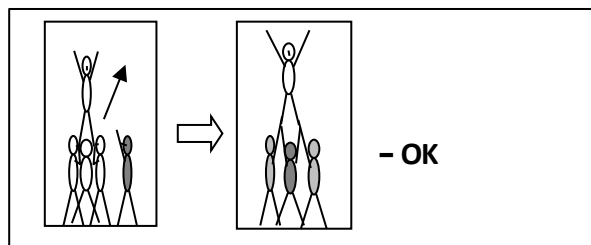
<NOTE>

\*In this case<Example 1 & 2>, the top person may execute the aerial body position except 2 (two) twists or a flip.

\*For safety, it is suggested that the traveling distance of the top person should not exceed 3 (three) meters.

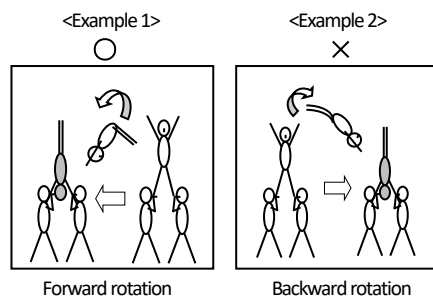
### ●Transition from pose position to pose position without support/Free transition●

1. Exceeding 2 (two) twists are prohibited.
2. Flipping is prohibited. (1/2 forward rotation into a downward inversion is accepted. See below for more detail.)
3. The top person may transit from a stunt (or a 2 layer pyramid) into a new set of bases and a spotter(s). (seen as in “toss up” skill)



### ●Downward Inversion/Suspended Rotation and Inversion●

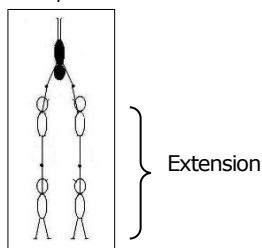
1. In executing a free transition into an inverted stunt from upright position, backward rotation is prohibited.



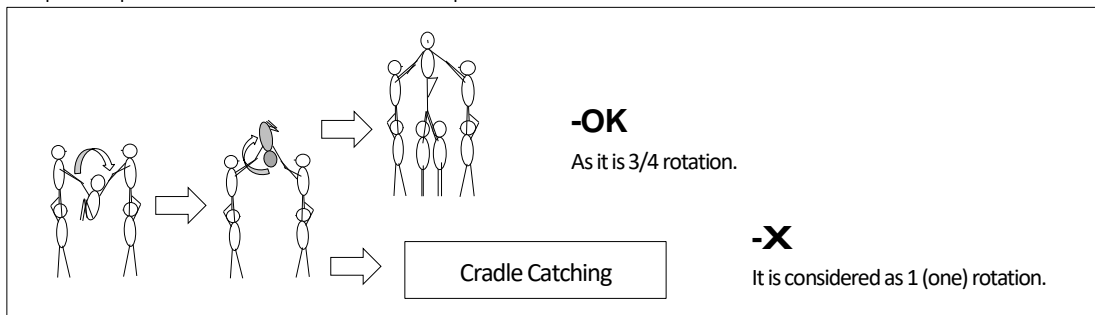
2. The suspended rotation supported by another top person(s) are regarded as illegal 3 layer pyramids, however, if the transition or climbing movement meets ALL of the following rules, it will be allowed.
- \*The top person may not go over the head of the brace/the top person supporting.
  - \*The brace(s)/the top person supporting may stand on 2 (two) high or below.
  - \*Exceeding 2 (two) twists are prohibited.
  - \*Under 1 (one) vertical rotation is allowed. 1 (one) vertical rotation is prohibited.
  - \*Combination of twist and vertical rotation is prohibited.
  - \*The brace(s)/the top person supporting must maintain physical contact with the top person until he/she is caught.
  - \*The top person must be caught by at least 2 (two) bases. The top person may be caught in any catching style as long as he/she does not land directly on the ground. (Top person executing such techniques may NOT land on their feet, even if they were supported by bases and a spotter(s).)
  - \*In case the top person executes 2 (two) twists, the top person must be caught in a double base cradle catching.

**Prohibited Examples** The brace(s)/the supporting top person may not stand on over 2 (two) high.

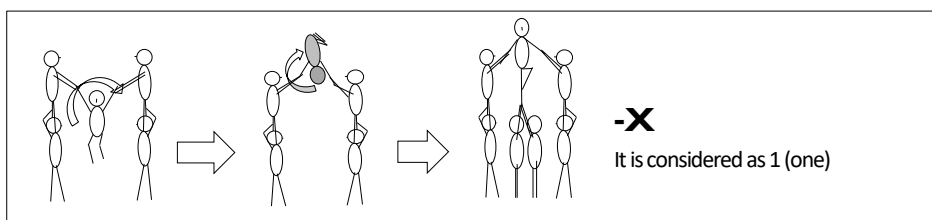
<Example 1>



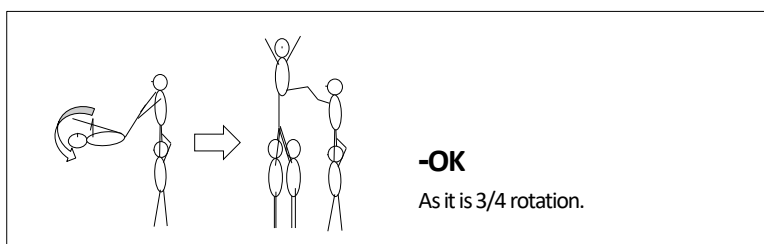
<Example 2> Suspended backward vertical rotation from ball position



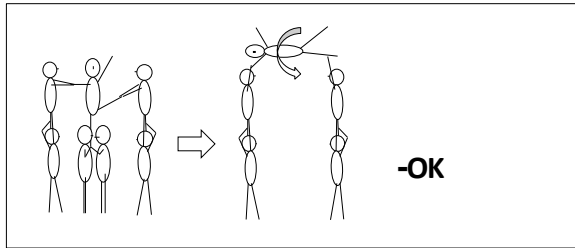
<Example 3> Suspended backward vertical rotation from prep position into extension liberty is prohibited.



<Example 4> Suspended backward vertical rotation from flat-back position into extension stag is allowed



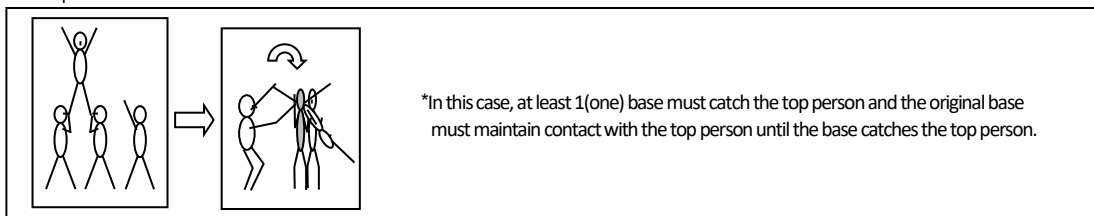
<Example 5> Suspended twist from elevator is allowed.



### ●Suspended Rotation in 2 layer stunts/Downward Inversion (Supported stunts by the person on the ground)

1. In executing a suspended twist, exceeding 2 (two) twists are prohibited.
2. In executing a suspended vertical rotation, exceeding 1 (one) rotation is prohibited. If combined with a twist, exceeding 1 (one) twist is prohibited.
3. In executing a suspended rotation, the brace(s) must maintain physical contact with the top person until the top person is safely caught. The top person must be caught by at least 2 bases.
4. If the top person would execute 2 (two) suspended twists or a combination of a flip and a twist, he/she may not land with any body parts directly touching the ground. (Top person executing such techniques may NOT land on their feet, even if they were supported by bases and a spotter(s).)
5. In executing a downward inversion, exceeding 2 (two) twists are prohibited.
6. In executing a downward inversion with 2 (two) twists, the top person may not land with any body parts directly touching the ground.
7. In executing a downward inversion, the top person must be caught by at least 1 (one) base. The original base(s) must maintain physical contact with the top person until the next base(s) catch the top person. The top person may land by her/his hands as long as the catcher absorbs the landing impact adequately.

<Example>



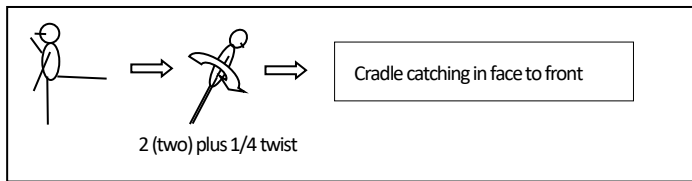
### <DISMOUNTS>

1. Landing must be done with the bottom of the feet. The top person may not land from any other body parts of their body.  
<Exception> Downward inversion; see above for more detail.
2. The top person may not land on the ground directly from 2 (two) high or over without any support.
3. The top person may not land on the ground directly from 2.5 (two and a half) high.  
**Prohibited Example** Pop off dismount from an extension
4. The top person may not dismount in an inverted position without any support.
5. The original base(s) must catch the top person.  
<Exception> In dismounting from a stunt which has more number of top person than the number of base, the original spotter(s) may catch the top person.

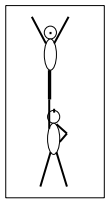
<Example> Dismount from double cupie

- Exceeding 2 (two) twists are prohibited.

<Exception> In executing 2 (two) twists from the pose position where the top person faces to side, it is possible to add 1/4 (quarter) twist.



- In executing 2 (two) twists, the top person must be caught in a double base cradle catching by including original base(s) and a spotter.
- Flipping is prohibited.
- The top person may not execute twist or flip from stunt in which the base uses only one arm for support.



Example: one arm supporting stunt

### <TUMBLING>

- Any tumbling over or under any stunts/pyramid or person are prohibited.
- Tumbling while holding any prop besides pompons is prohibited.
- Tumbling skills are limited to 1 (one) flipping and 2 (two) twisting.
- No tumbling skill should be attempted until mastered through proper progression. Dangerous landing would be counted as a violation of the safety rule.

### <LANDING>

- Landing on the ground with any part of the body other than feet is prohibited.  
<Exception> Refer to "Suspended Rotation from 2 layer stunts/Downward Inversion (Supported stunts by the person on the ground)"

### <OTHER PROHIBITIONS>

- Use of mini tramps, spring boards, or any apparatus to increase height are prohibited.
- Teams are to use all props on the mat. Do not bring in any props that are unnecessary for the routine.
- Props allowed are pompons, signs, flags, banners and megaphones. The aim of its usage is to show the team color, name, or its image.
- High kick performance done in a line (often called as "line dance" or "chorus line dance") is prohibited.
- Only cheerleaders can be on the competition area.  
Team spotters and/or coaches may not go onto the competition mats.



## &lt;Cheerleading Junior 2 (Age 12 to 15) General &amp; Safety Rules SUMMARY&gt;

Number of athletes	12-16
Compulsory Elements	<ul style="list-style-type: none"> <li>◆ At least 1 cheer</li> <li>◆ At least 1 sideline</li> <li>◆ At least 2 sets of 4 different arm motions in cheer or sideline</li> <li>◆ At least 1 partner stunt/group stunt and 1 pyramid</li> </ul>
Layer	2 (two)
Height	2.5 (two and a half)
Spotter Required	Need hands-on spotter for each top person on 2.5 high.
Basket Toss	<ul style="list-style-type: none"> <li>*2 (two) twists</li> <li>*No flips</li> </ul>
Climbing/Transition	<ul style="list-style-type: none"> <li>*2 (two) twists</li> <li>*Under 1 (one) rotation into partner stunt/group stunt</li> <li>*No flips into pyramid</li> </ul>
Dismount	<ul style="list-style-type: none"> <li>*2 (two) twists</li> <li>- must be caught in a double base cradle catching (with 2 bases and 1 back spotter).</li> <li>*No flips</li> <li>*must not land on the ground directly from 2.5 (two and half) high</li> </ul>
Tumbling	1(one) flip and 2 (two) twists

## 10 SAFETY RULES (CHEERLEADING JUNIOR 1)

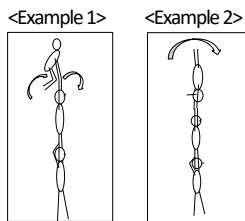
Teams violating the following rule would be penalized according to the "SAFETY GUIDELINE VIOLATION".  
(see-PENALTY for more detail)

### <PARTNER STUNTS/GROUP STUNTS and PYRAMIDS>

1. All stunts and pyramids are limited to 2.5 (two and a half) high and 2 (two) layers. Pyramids with 3 (three) layer are prohibited.

<Exception> Under appropriate conditions, the top person(s) on the 2<sup>nd</sup> layer may support another top person who is executing a twist. (For more detail, please refer to the inversion section)

**Prohibited Examples** The top person being supported may not go over the head of the brace/supporting top person.



2. The 2.5 (two and a half) high single base stunts are prohibited.  
All 2.5 (two and a half) high stunts require more than 3 (three) bases and/or spotter.
3. The base must have at least one foot on the ground. The base may not hold the top person with hand stand, back bent posture etc.
4. Any stunts over/under or through any stunt/pyramid are prohibited.
5. Any tumbling, jumps over/under or through any stunt/pyramid or a person are prohibited.

### <SPOTTING>

1. Spotters must be active performing members of your team.
2. All 2 (two) high and 2.5 (two and a half) high stunts/pyramids must have at least 1 (one) hands-on spotter for each top person. In case the spotter cannot reach the top person, he/she should spot by holding the highest place possible.

### <TOSSES>

**Note:** As for tosses involved in climbing, dismounting, and transitions, please refer to the corresponding section.

1. Only the 1<sup>st</sup> layer base(s) can toss a top person.
2. Any tosses over/under or through any stunt/pyramid or a person are prohibited.
3. Basket toss and toss from prep must be performed by no more than 4 (four) bases including a spotter.
4. Any toss where the top person is not caught in the pose/stationary position must be caught in a double base cradle catching by original bases and a spotter.

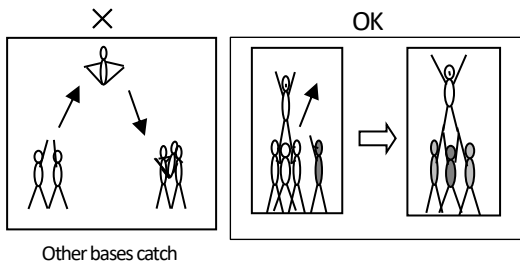
<Example> In executing "pop up cradle" and "basket toss", the top person must be caught in a double base cradle catching, except when the top person goes to pose position.

**Toss Skill** (Toss → aerial body position → catch)

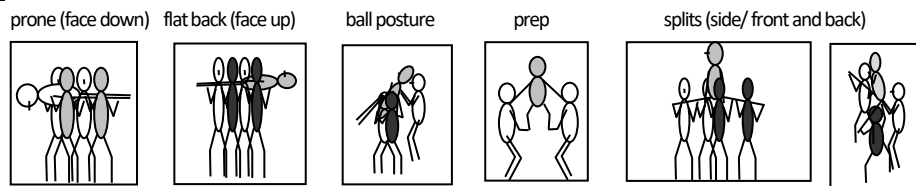
All toss skills must be caught in a double base cradle catching by original base(s) and spotter

**Toss Up Skill** (Toss up → pose position → dismount → catch)

When a top person is tossed up to a stunt, the top person may dismount or transit into another set of bases after a pose position.



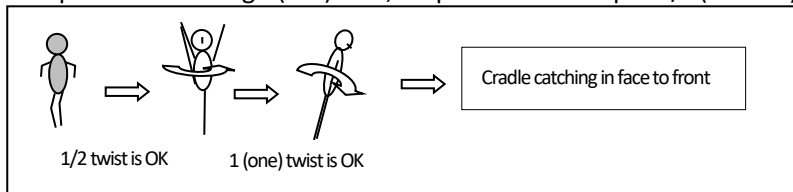
\*For safety, when the top person is being tossed into a stunt/pyramid with traveling distance, teams must have a spotter at the arrival point of the top person. And also it is suggested that the traveling distance of the top person should not exceed 3 (three) meters.

**Prohibited Example** From any type of toss, if the top person is caught by the following posture, it would be safety rule violation.

Note: Although split postures could be seen as a posing position in some cases, they will be regarded as an illegal catching position if executed right after basket tosses.

## 5. Exceeding 1 (one) twist from any type of toss is prohibited.

<Exception> In executing 1 (one) twist, it is possible to turn up to 1/2 (one half) for beginning of the aerial movement.



## 6. Flipping from any type of toss is prohibited.

**<CLIMBING / the movement to pose position TRANSITION>**

1. When the top person is being tossed into a stunt/pyramid with the traveling distance, teams must have a spotter at the arrival point of the top person. It is suggested that the traveling distance of the top person should not exceed 3 (three) meters.

2. When the top person climb or transits into stunt/pyramid, exceeding 1 (one) twist is prohibited.

<Example> \*Up to 1 (one) twist for toss up climbing.

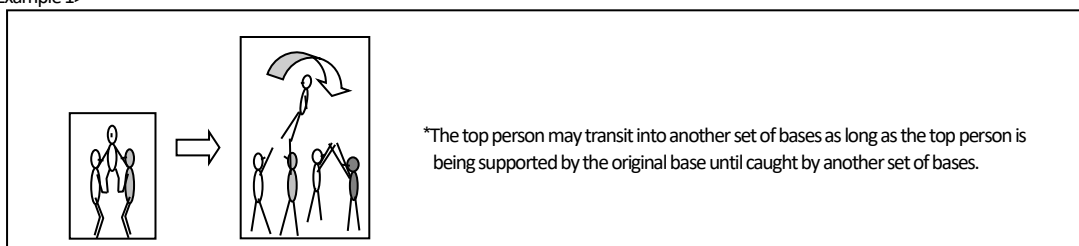
\*Up to 1(one) twist for twist up climbing. Twist up means base(s) support(s) the top person during climbing.

3. Free flipping climbing into stunt/pyramid is prohibited.

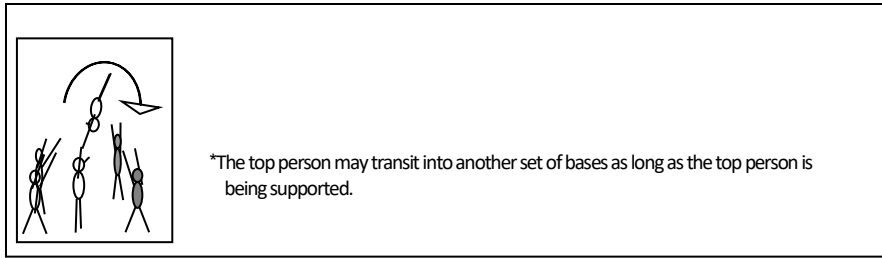
4. Besides the following exceptions, the top person must be caught by the original base(s).

\*The top person may transit into another set of bases as long as the top person has some physical contact either with the original base, the brace or the spotter during the entire skill series.

<Example 1>

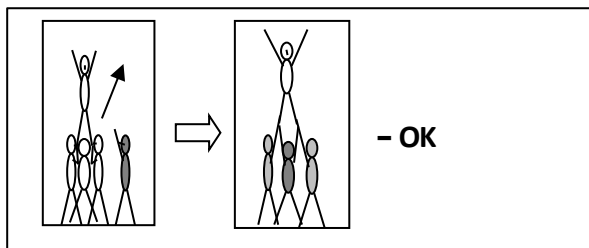


&lt;Example 2&gt;



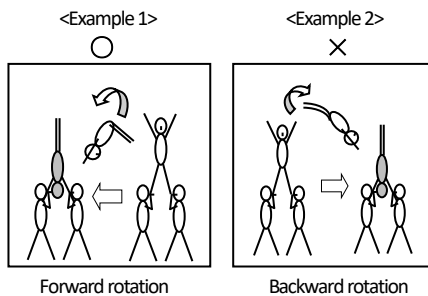
### ●Transition from pose position to pose position without support/Free transition●

1. Exceeding 1 (one) twist is prohibited.
2. Flipping is prohibited. (1/2 forward rotation into a downward inversion is accepted. See below for more detail.)
3. The top person may transit from a stunt (or a 2 layer pyramid) into a new set of bases and a spotter(s). (seen as in “toss up” skill)



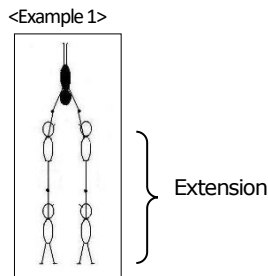
### ●Downward Inversion/Suspended Rotation and Inversion●

1. In executing a free transition into an inverted stunt from upright position, backward rotation is prohibited.

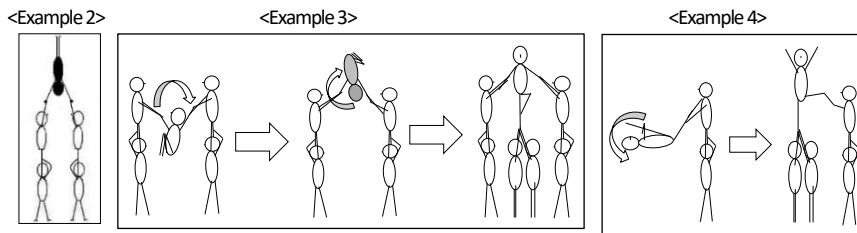


2. The suspended rotation supported by another top person(s) are regarded as illegal 3 layer pyramids, however, if the transition or climbing movement meets ALL of the following rules, it will be allowed.
  - \*The top person may not go over the head of the brace(s)/the top person supporting.
  - \*The brace(s)/the top person supporting may stand on 2 (two) high or below.
  - \*Exceeding 1 (one) twist is prohibited.
  - \*Vertical rotation is prohibited.
  - \*The brace(s)/the top person supporting must maintain physical contact with the top person until he/she is caught.
  - \*The top person must be caught by at least 3 (three) catchers. The top person may be caught in any catching style as long as he/she does not land directly on the ground. (Top person executing such techniques may NOT land on their feet, even if they were supported by bases and a spotter(s).)

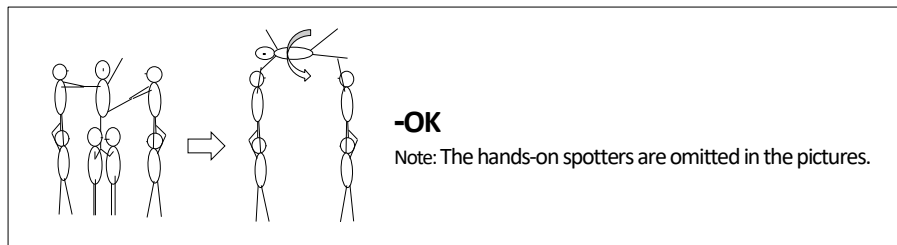
**Prohibited Example** \*The brace(s)/the top person supporting may not stand on over 2 (two) high. <Example 1>



**Prohibited Example** \*The following vertical rotations are prohibited. <Example 2.3.4>



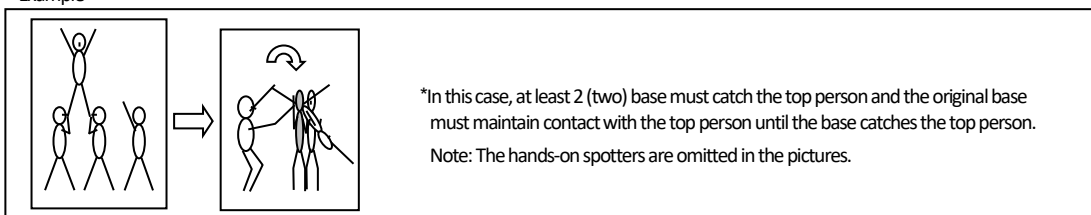
<Example 5> Suspended twist from an elevator is allowed.



### ●Suspended Rotation in 2 layer stunts/Downward Inversion (Supported stunts by the person on the ground)

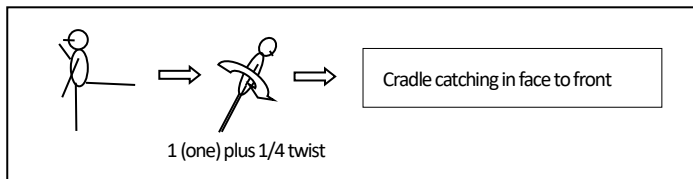
1. In executing a suspended twist, exceeding 1 (one) twist is prohibited.
2. In executing a suspended vertical rotation, exceeding 1 (one) rotation is prohibited. The top person may combine 1 (one) vertical rotation and 1 (one) twist.
3. In executing a suspended rotation, the brace(s) must maintain physical contact with the top person until the top person is safely caught. The top person must be caught by at least 2 bases. The top person may be caught in any catching style as long as he/she does not land directly on the ground. (Top person executing such techniques may NOT land on their feet, even if they were supported by bases and a spotter(s).)
4. In executing a downward inversion, exceeding 1 (one) twist is prohibited.
5. In executing a downward inversion with 1 (one) twist, the top person may not land with any body parts directly touching the ground.
6. In executing a downward inversion, the top person must be caught by at least 2 (two) bases. The original base(s) must maintain physical contact with the top person until the next bases catch the top person. The top person may land by her/his hands as long as the catchers absorb the landing impact adequately.

<Example>



**<DISMOUNTS>**

1. Landing must be done with the bottom of the feet. The top person may not land from any other body part of their body.  
<Exception> Downward inversion; see above for more detail.
2. The top person may not land on the ground directly from 2 (two) high or over without any support.
3. The top person may not land on the ground directly from 2.5 (two and a half) high.  
**Prohibited Example** Pop off dismount from an extension
4. The top person may not dismount in an inverted position without any support.
5. The original base(s) must catch the top person.
6. Exceeding 1 (one) twist is prohibited.  
<Exception> In executing 1 (one) twist from the pose position where the top person faces to side, it is possible to add 1/4 (quarter) twist.



7. Flipping is prohibited.
8. All tosses must be caught in a double base cradle catching by original bases and a spotter.

**<TUMBLING>**

1. Any tumbling over or under any stunts/pyramid or person are prohibited.
2. Tumbling while holding any prop besides pompons is prohibited.
3. Tumbling skills are limited to 1 (one) flip and 2 (two) twist.
4. No tumbling skill should be attempted until mastered through proper progression. Dangerous landing would be counted as a violation of the safety rule.

**<LANDING>**

1. Landing on the ground with any part of the body other than feet is prohibited.  
<Exception> Refer to "Suspended Rotation in 2 layer stunts/Downward Inversion (Supported stunts by the person on the ground)"

**<OTHER PROHIBITIONS>**

1. Use of mini tramps, spring boards, or any apparatus to increase height are prohibited.
2. Teams are to use all props on the mat. Do not bring in any props that are unnecessary for the routine.
3. Props allowed are pompons, signs, flags, banners and megaphones. The aim of its usage is to show the team color, name, or its image.
4. High kick performance done in a line (often called as "line dance" or "chorus line dance") is prohibited.
5. Only cheerleaders can be on the competition area.  
Team spotters and/or coaches may not go onto the competition mats.

## &lt;Cheerleading JUNIOR 1 (Age 7 to 12) General &amp; Safety Rules SUMMARY&gt;

Number of athletes	12-20
Compulsory Elements	<ul style="list-style-type: none"> <li>◆ At least 1 cheer</li> <li>◆ At least 1 sideline</li> <li>◆ At least 2 sets of 4 different arm motions in cheer or sideline</li> <li>◆ At least 1 partner stunt/group stunt and 1 pyramid</li> </ul>
Layer	2 (two)
Height	2.5 (two and a half)
Spotter Required	Needs hands-on spotter for each top person on 2 high and 2.5 high.
Basket Toss	<ul style="list-style-type: none"> <li>*1 (one) twist</li> <li>*No flips</li> </ul>
Climbing/Transition	<ul style="list-style-type: none"> <li>*1 (one) twist</li> <li>*No flip</li> </ul>
Dismount	<ul style="list-style-type: none"> <li>*from any type of toss, the top person must be caught in a double base cradle catching (with 2 bases and 1 back spotter).</li> <li>*1 (one) twist</li> <li>*No flips</li> <li>*must not land on the ground directly from 2.5 (two and half) high</li> </ul>
Tumbling	1(one) flip and 2 (two) twists

## 11 JUDGING (CHEERLEADING)

### 11.1 Judging Sheet (Cheerleading Senior)

#### TECHNIQUE

1. Expression	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
2. Arm Motion	0 · 1 · 2 · 3 · 4 · 5
3. Dance	0 · 1 · 2 · 3 · 4 · 5
4. Jumps	0 · 1 · 2 · 3 · 4 · 5
5. Tumbling	0 · 1 · 2 · 3 · 4 · 5
6. Partner Stunts	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
7. Pyramids	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/50

#### DIFFICULTY

8. Overall Difficulty	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
9. Speed/Transition	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/20

#### OVERALL EVALUATION

10. Synchronization	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
11. Overall Evaluation	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
12. Perfection	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/30

/100



## 11.2 Judging Sheet (Cheerleading Junior 2 and Junior 1)

### TECHNIQUE

1. Expression	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
2. Arm Motion	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
3. Dance	0 · 1 · 2 · 3 · 4 · 5
4. Jumps	0 · 1 · 2 · 3 · 4 · 5
5. Tumbling	0 · 1 · 2 · 3 · 4 · 5
6. Partner Stunts	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
7. Pyramids	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/55

### DIFFICULTY

8. Overall Difficulty	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
9. Speed/Transition	0 · 1 · 2 · 3 · 4 · 5

/15

### OVERALL EVALUATION

10. Synchronization	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
11. Overall Evaluation	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
12. Perfection	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/30

/100

## 11.3 Judging Standards and Rating Guidelines (Cheerleading)

### 1) EXPRESSION (10 points)

**CRITERIA:** Judge the squad's ability to attract the crowd and grasp their hearts by expressing cheerfulness, vitality, courage and power, which are cheerleading's characteristics. Although this category has only 10 points, if the squad does not smile, or cannot express cheerfulness throughout their entire performance, this will also affect other categories. This is because bored, strenuous, scary expressions, meaningless words and props cannot attract the crowd.

#### **POINTS TO BE AWARE OF:**

##### [Facial Expression]

- Expressions should be natural and cheerful.
- Look for good crowd appeal.
- Do the performers' eyes show cheerfulness and spirit?
- The cheerleaders should not look bored, and should not be looking at the floor, etc.

##### [Voice Inflection]

- Are words successfully communicated to the crowd?
- Words must be loud, clear, and natural.

##### [Props] – signboards, pompons, etc. -

- Are props used effectively?
- Are props not giving the opposite effect, distracting the crowd?
- Does the squad use props safely?
- Does the squad clear their props up after use?

##### [Cheer]

- Are the words clear and easy to comprehend?
- Is communication with the crowd successful, meaning: is the cheer practical?

##### [Sideline]

- Is the same short phrase repeated?
- Are the words clear and practical?

### 2) ARM MOTIONS (5/10 points)

**CRITERIA:** Judge the sharpness, powerfulness, speed, and accuracy of motions. An important part of the judgment is whether everyone is synchronized.

#### **POINTS TO BE AWARE OF:**

##### [Motions]

- Is motion placement correct? Are they in the correct angles?
- Are motions quick, sharp, and powerful?
- Do the cheerleaders use their lower bodies as well as upper bodies?
- Are their movements synchronized?

### 3) DANCE (5 points)

**CRITERIA:** Judge the sharpness, strength, cheerfulness, speed, accuracy, and synchronization. Dances in cheerleading must basically be able to attract the crowd, and must be fun, powerful, and have a variety of moves. Therefore, dances that contain too many graceful or lithe moves are not suitable for cheerleading. Judgment is based on synchronization and accuracy, but another criterion is seeing how much the center of gravity can be lowered. It is very difficult to fully use the toes, knees, and legs. (Therefore, dances with a high center of gravity, dances that are not powerful or enjoyable, and dances in which movements are not distinct and not synchronized, will be judged as poor.)

**POINTS TO BE AWARE OF:**

- Are movements accurate?
- Is the entire squad well synchronized?
- Are there a variety of movements that are energetic and enjoyable, attracting the crowd?
- Does the squad have the ability to fully lower their center of gravity?
- Are moves clean?

### 4) JUMPS (5 points)

**CRITERIA:** Judge accuracy of technique, height, and cleanness, including the landing. Also consider synchronization and difficulty of the jumps. Jumps are mainly used as visual effects.

**POINTS TO BE AWARE OF:**

- Is each skill accurate and clean?
- Are the jumpers flexible and powerful?
- Are the arms and legs stretched, with knees and other joints straight?
- Is there height?
- Is the landing quiet and stable?
- Are the jumps done by only a few jumpers, or by the entire squad, and how many times?
- Are the jumps visually effective?
- What is the difficulty level of the jumps?

### 5) TUMBLING (5 points)

**CRITERIA:** judge accuracy of technique, height, cleanness, and difficulty. Just like jumps and dances, tumbling is also used as visual effects in cheerleading. Its role in cheerleading is very different from its role in gymnastics competitions. However, the skills are the same, as well as the criteria for good technique. The only differences would be that in cheerleading; most of the time, a skill is done by many cheerleaders simultaneously; the purpose is to express vitality; and an "individual" skill is done within a team performance, aiming for a visual effect. Judge on difficulty, accuracy, cleanness, sharp skill and visual effect. Tumbling by the entire squad and series tumbling should be highly credited.

**POINTS TO BE AWARE OF:**

- Is each skill accurate and clean?
- Are the knees, arms, and body not bent too far?
- Is there height, and is the posture good?
- Is the landing done on both feet, together, and stable for more than 2 seconds?
- Is the tumbling done by only a few tumblers, or by the entire squad, and how many times?
- Is the tumbling visually effective?
- What is the difficulty level of the tumbling?

## 6) PARTNER STUNTS (10 points)

**CRITERIA:** Judge on accuracy of technique, timing, cleanness, stableness, height, smoothness and sharpness of movements, and difficulty. Partner stunts can be said to be a specialized skill in the sport of cheerleading. Partner stunts were originally invented for cheerleaders to gain height in order to appeal to the crowd far up in the stands at a game field.

### POINTS TO BE AWARE OF:

- The perfection of partner stunts can be judged by the cleanness of the skill.
- Are there no shakiness, unsteadiness, or bent arms, knees, and bodies in the skills?
- Are the base, top and spotters in their correct positions, and are their hands, arms, and feet in the correct positions?
- Can power and strength be seen in the skills?
- Are the skills well controlled?
- Are the skills executed individually, or in transitions? (Difficulty)
- Are the skills toss-up, or step-up? (Difficulty)
- Are landings in dismounts quiet and stable, with both feet together?
- Are catches high, cushioned, and well controlled?
- When several partner stunts are done simultaneously, is it clear whether they are synchronized, or in ripples, and are the transitions clear?
- Are partner stunts not crowded, making the performance look messy?
- Do the performers have their timing together?
- Does each pose in each skill have stability (at least 2 seconds)? At the same time, the audience should not feel too much time in between skills.
- Can cleanness, power, height, difficulty be seen overall?

## 7) PYRAMIDS (10 points)

**CRITERIA:** Judge on accuracy of technique, timing, cleanness, stableness, height, smoothness and sharpness of movements, and difficulty. "Pyramid" is the general term for large stunts that are made by combining several partner stunts together. The more the performers have their timing together, and the higher the perfection of the squad, the more powerful a pyramid will look. This power plus speed make cheerleading the magnificent sport it is. Just like partner stunts, pyramids are a characteristic technique, and a compilation of skill, proving that cheerleading is a sport. There are many different pyramid forms and names, and the popularity of these forms change. Therefore, as long as safety rules are not violated, pyramids can be uniquely invented and given names. Judges must constantly be aware of and study these new forms.

### POINTS TO BE AWARE OF:

### RATING GUIDELINES

} same as partner stunts

## 8) OVERALL DIFFICULTY (10 points)

**CRITERIA:** Judge difficulty according to the standards established for each skill. In any element, difficulty can be said to be the ultimate goal. We must also be aware that the pursuit of high standards brings progress and development. As a competitive sport and expressive sport, difficulty must be accredited, for this also seems to be the demands of the performers and the times.

### **POINTS TO BE AWARE OF:**

- Is the performance constructed with many difficult skills?
- Are transitions continued much?
- Is there speed?
- Are there many toss-up skills?
- Are there many skills with height, and many skills that are difficult to keep balance?
- Are individual skills, partner stunt skills, tumbling skills, etc., done simultaneously, with many performers?
- Are there obviously more skills that are more difficult compared to other squads?

## 9) SPEED/TRANSITIONS (10 /5 points)

**CRITERIA:** In the characteristic flow of cheerleading, judgment of the squad's speed moving from skill to skill, and transitional movements, is demanded. The continuation of transitional movements with speed produces power and force, as well as beauty and magnificence, which attract the crowd. This can also be judged as the squad's actual ability.

### **POINTS TO BE AWARE OF:**

[Speed]

- Squads that have no stalling in between skills and perform smooth transitions, and squads that execute one skill after another, creating a sense of power and force, give the audience a sense of speed. This can also be expressed as the sharpness of skills, which is an element of judgment, as well as the demonstration of that squad's ability.
- This does not mean that it is best to have speed in every single element. There should be contrast as well as smoothness. Formation changes that are too fast are not clean. Be careful not to misinterpret the "sense of speed" that should be expressed.
- Speed does not mean to compare how fast the squads move.

[Transitions]

- Performing transitions one after another, in continuation, is very difficult, and requires much ability. However, there should be no more than 4 seconds in moving to the next formation in order to judge that there is continuity there. It is also important to be able to feel that there is a smooth flow overall.
- Speed and transitions are inseparable. However, be aware that there are cases where speed can be sensed, but not continuation.
- Depending on the choreography, continuity can be acknowledged even after a dismount.

## 10) SYNCHRONIZATION (10 points)

**CRITERIA:** In team sports, synchronization is a very important factor in overall judgment. Synchronization also becomes an addition to the judgment of cleanness. All moves, spacing and height must be synchronized.

### **POINTS TO BE AWARE OF:**

- Are the placements (directions, height) of the hands, feet, etc. the same when all or a certain number of members perform the same movements?
- When overlooking the entire squad, are the knees, elbows, body, etc. not bent when they should not be?
- Are the timings of movements together, as well as timing overall?
- When movements are done at an angle, are the angles together?
- Are toes and fingers pointed?
- Is the performance well balanced?
- Does the synchronization have originality?
- How is the synchronization in ripples?
- Is there synchronization within contrasting movements; expansion and contraction, high and low, different motions, etc.?

## 11) OVERALL EVALUATION (10 points)

### **CRITERIA:**

Judge the overall visual effects presentation throughout the entire routine and the precision of the squad's moves as a whole. Two (or several) squads with the same skills may perform similar routines but have vastly different impressions based on how they are choreographed and presented. This is the most important factor in judging a performance.

Cheerleading is a sport based on how much a squad is able to express themselves and attract the crowd with their precise and intricate routines. Synchronization of words and music with motions/moves, multiple formations, and overall rhythm is a great factor in the squad's ability to express themselves in a creative and exciting manner.

In order for a routine to be performed with precision, formation changes and transitions must be clean. Spacing and positioning problems make the routine appear poorly executed and have a negative visual impact. Continuity and transition problems undermine the squad's ability to perform their best and results in a slow and poorly executed performance.

### **POINTS TO BE AWARE OF:**

#### **[Choreography]**

- Does the routine properly reflect the squad's ability and "cheerleading spirit"?
- Is the routine executed with flexibility and variety?
- Is the routine exciting and crowd-appealing?
- Is the overall routine precise and well thought out?
- How is the overall rhythm?
- Are there visual impacts in the skills executed?
- Are words and music synchronized to the moves?

#### **[Formation]**

- Are spacing and transitions clean? Are they safe?
- Are all squad members' motions/moves clean?
- Is there variety in the formations?
- Do the formations match the skills that are executed?

#### **[Spacing]**

- Is there enough space to execute the skills being performed?
- Is the spacing even?
- Does the entire routine appear disordered, or is it executed to perfection?

## 12) PERFECTION (10 points)

**CRITERIA:** Judge the entire performance from an overall standpoint.

Both perfection and difficulty must be taken into account and routines executed as such are highly evaluated.

Routines that are poorly executed will not be highly evaluated even if it includes high level skills, as falls and incompleteness will be subject to point deduction. Further, there is a difference between just executing the skills and executing them properly. Properly executed skills are performed with speed and accuracy and can be defined as beautiful. The team members must all have and share a clear image of when and how to perform the skills.

### **POINTS TO BE AWARE OF:**

- Can overall perfection be accredited?
- Is the overall choreography well done?
- Can the performers' abilities, squad's abilities be accredited?
- Does the squad maintain balance?
- Is there speed, continuity, difficulty, and height?
- Are voices loud and clear? Are props, such as pompons and sign boards used effectively?
- Are landings accurate?
- Is there cleanness, power, balance, and attractiveness in skills?

### Deduction Guidelines for Falls in Partner Stunts, Group Stunts and 2 layer Pyramids

Deduction	
0.5 point	Very Shaky/ Incomplete stunt or pyramid Extremely lack of rotation for climbing or dismount Failed to catch correctly
1.0 point	Fell after a pose position (the team member(s) caught the top person safely) Extremely lack of perfection
1.5 points	Fell before a pose position After falling, the team member(s) caught the top person safely as planned
3.0 points	Extremely dangerous fall

### Deduction Guidelines for Falls in 3 layer Pyramids

Deduction	
0.5 point	Very Shaky/Incomplete pyramid Failed to catch correctly
1.0 point	Fell after a pose position (the team member(s) caught the top person safely) Extreme lack of perfection Extreme lack of rotation for climbing
1.5 points	Fell before the pose position After falling, the team member(s) caught the top person safely caught as planned
3.0 points	Both the 2 <sup>nd</sup> and 3 <sup>rd</sup> layer of a pyramid fell, but were able to maintain safety.
5.0 points	Extreme dangerous fall

## 11.4 Judging Sheet (Cheerleading Small Groups and Cheerleading Doubles)

### TECHNIQUE

1. Compulsory Stunts 0 · 1 · 2 · 3 · 4 · 5
2. Height 0 · 1 · 2 · 3 · 4 · 5
3. Accuracy/Technique Level 0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/20

### DIFFICULTY

4. Continuation/Speed/Transition 0 · 1 · 2 · 3 · 4 · 5
5. Difficulty 0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/15

### OVERALL EVALUATION

6. Overall Evaluation 0 · 1 · 2 · 3 · 4 · 5
7. Perfection 0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/15

/50

### Deduction Guidelines for falls of Partner Stunts, Group Stunts

Deduction	
0.5 point	Very Shaky/ Incomplete stunt or pyramid Extremely lack of rotation for climbing or dismount Failed to catch correctly
1.0 point	Fell after a pose position (the team member(s) caught the top person safely) Extremely lack of perfection
1.5 points	Fell before a pose position After falling, the team member(s) caught the top person safely as planned
3.0 points	Extremely dangerous fall



## 11.5 Judging Guidelines (Cheerleading Small Groups and Cheerleading Doubles)

### 1. COMPULSORY STUNTS

Points to be aware of: Skill level of compulsory stunt, Difficulty

### 2. HEIGHT

Points to be aware of: Height of the stunts

### 3. ACCURACY/TECHNIQUE LEVEL

Points to be aware of: Level of skills, Accuracy of each stunt, Strength, Power, Timing to use the body, Variety of skills

### 4. CONTINUATION/SPEED/TRANSITION

Points to be aware of: Number of skills, Continuation of each stunt, Speed of the routine

### 5. DIFFICULTY

Points to be aware of: Level of difficulty cheerleaders tried to execute, Variety of skills,

### 6. OVERALL EVALUATION

Points to be aware of: Flow of the routine, Usage of the music, Visual effect

### 7. PERFECTION

Points to be aware of: Stability, Cleanness, Accuracy of each technique Safety

## 11.6 Penalties

### ALL DIVISIONS

**a) WITHDRAWAL**

Failure to notify the COC chairperson and the Host of withdrawal from competing in the CWC prior to the championships in writing will result in the country having to pay a penalty.

Any vulgar, racist, suggestive language or movements could result in disqualification.

**b) AGE**

Any violation against the stated age will be penalized with the **disqualification of the TEAM** concerned.

**c) DRESS CODE**

Any violation against the dress code will be penalized with the **disqualification of the TEAM** concerned.

Performing with jewelry and accessories will result in **TEAM disqualification**.

Performing with a medical item not agreed on by the COC Officer prior to the CWC will result in **TEAM disqualification**.

### CHEERLEADING

**a) TIME VIOLATION**

A **penalty of 10 (ten) points** will be deducted from the final score for a time violation.

**b) ENTRANCE and EXIT VIOLATION**

A **penalty of 5 (five) points** will be deducted from final score.

**c) AREA VIOLATION**

A **penalty of 5 (five) points** will be deducted from final score for any line violation (A penalty will be taken for **each athlete every time the line is crossed**).

**d) SAFETY GUIDELINE VIOLATION**

A **penalty of 10 (ten) points** will be deducted from final score for every time a violation of the Safety Guideline occurs.

**e) COMPULSORY ELEMENTS VIOLATION**

A **penalty of 10 (ten) points** will be deducted from final score for failure to perform any of compulsory exercises. (If the athlete cannot do the compulsory exercises because of injury during the performance, it will not be considered a violation.)

### CHEERLEADING SMALL GROUPS/CHEERLEADING DOUBLES

**a) TIME VIOLATION**

A **penalty of 2 (two) points** will be deducted from the final score for a time violation.

**b) ENTRANCE and EXIT VIOLATION**

A **penalty of 2 (two) points** will be deducted from final score.

**c) AREA VIOLATION**

A **penalty of 2 (two) points** will be deducted from final score for any line violation (A penalty will be taken for each cheerleader every time the line is crossed).

**d) SAFETY GUIDELINE VIOLATION**

A **penalty of 2 (two) points** will be deducted from final score for every time a violation of the Safety Guideline occurs.

**e) COMPULSORY ELEMENT VIOLATION**

A **penalty of 2 (two) points** will be deducted from final score for failure to perform compulsory exercise. (If the cheerleader cannot do the compulsory exercises because of injury during the performance, it will not be considered a violation.)

# **CHEER DANCE**

## **CHEER DANCE DOUBLES**

### **SENIOR**

**(16 and over)**

### **JUNIOR 2**

**(Age 12-15)**

### **JUNIOR 1**

**(Age 7-12)**

## 12 COMPETITION GUIDELINES (CHEER DANCE)

### 12.1 Categories and Divisions

Cheer Dance in IFC is a unique style of Cheerleading activity that incorporates:

- A combination of dance styles with compulsory elements included to create Cheer Dance.
- Cheer spirit, power, energy, positive personality.
- Effective use of pompons.

DIVISION	SENIOR	JUNIOR 2	JUNIOR 1
<b>CHEER DANCE</b>	*8-16 members (over 16 years old) *3 substitutes *Male and female can enter (the number of males cannot exceed 50 % of the team)	*8-16 members (12 to 15 years old) *3 substitutes *Male and female can enter (the number of males cannot exceed 50 % of the team)	*8-16 members (7 to 12 years old) *3 substitutes *Male and female can enter (the number of males cannot exceed 50 % of the team)
<b>CHEER DANCE DOUBLES</b>	*2 members (over 16 years old) *2 substitutes *Male and female can enter	*2 members (12 to 15 years old) *2 substitutes *Male and female can enter	*2 members (7 to 12 years old) *2 substitutes *Male and female can enter

**Notes:** 12-15 years old means 12-15 years + 364 days

7-12 years old means 7-12 years + 364 days

- ◆ Every team member in Senior must have reached the age of 16 (sixteen) on the day of the competition.
- ◆ Every team member in Junior 2 must have reached the age of 12 (twelve) to 15 (fifteen) on the day of the competition.
- ◆ Every team member in Junior 1 must have reached the age of 7 (seven) to 12 (twelve) on the day of the competition
- ◆ Every team member has to have proof of nationality.
- ◆ Every team needs the proof of insurance.
- ◆ Maximum 2 (two) coaches per team (Cheer Dance)
- ◆ Maximum 1 (one) coach per team (Cheer Dance Doubles)

Athletes that are 12 years old cannot compete in both Junior 2 and Junior 1; they must choose either Junior 2 or Junior 1.

### 12.2 Entry

- ◆ Athletes can compete in CHEER DANCE, CHEER DANCE DOUBLES, CHEERLEADING (All Female or Mixed, but not both), CHEERLEADING SMALL GROUPS (All Female or Mixed, but not both) and CHEERLEADING DOUBLES.
- ◆ If an athlete competes in more than 1 (one) of the above, please inform IFC head office

### 12.3 Apparel

Appropriate uniforms and shoes are essential to secure not only the athletes own but also accompanying athletes from injuries. Uniforms and shoes must be appropriate for Cheer Dance.

Uniforms and shoes worn in the official championships must meet the requirements of the **“International Championships Standards for Uniforms and Shoes”** and/or have been examined and approved by the IFC.

Injuries and accidents caused by uniforms and/or shoes will be the responsibility of the team. Neither the IFC nor the host country will be held responsible.

Teams may display a sponsor's logo/patch/name on their uniform provided it is no bigger than the size of a credit card (about 2x3 inches).

In case of uncertainty, please contact the IFC **before** ordering your team's uniform and shoes.

(Dress code violation-see PENALTIES)

**a) Uniform**

Uniform or Costumes must be appropriate for dance. No see through material may be worn, but parts of uniform/costume may be flesh colored. Underwear may not be visible. No tear-away uniforms or removal of clothing is allowed. The uniform or costume must not too revealing.

**b) Shoes**

All athletes must wear proper, non-marking dance shoes (jazz shoes, ballet shoes, textile shoes or normal sports shoes). Everyone must wear the same shoe color.

**c) Hair**

All athletes whose hair is longer than a bob have to tie it back from the face. It should be arranged so as not to block their view. Only flat hairpins may be worn.

Color: Natural looking hair color and/or uniform color for the whole team.

**d) Accessories & Jewelry**

Watches, necklaces, earrings, body pierced and any other jewelry that might not only hurt wearer but also other athletes is strictly prohibited.

**e) Other**

- Fingernails should be cut short.
- Athletes are not allowed to wear stockings, hats, and gloves.

**f) Medical Equipment & Athletic Supporter**

Generally, medical items may not be worn during the performance. However, if there is an athlete that has difficulties to perform without a medical item such as a hearing aid, it may be allowed. When the athlete needs to use any medical items, approval from IFC is required before the start of the competition.

Basically, glasses may not be worn during the performance. However, flexi-glass may be allowed. If the athlete needs to use flexi-glass, the item should be tightened to avoid coming off during the performance.

The cheerleaders' will to continue and actually being well enough to perform are totally different. Therefore, the injured cheerleader, the coach, and the team member should be consulted by doctors and specialists to determine the cheerleader's fitness. Also avoid using medical equipment and athletic supporter with hard material or metal, as there are risks of hurting the athlete as well as the co-performer. When using an athletic supporter with Velcro, fix it to the body well to prevent it from coming off. Usage of wrist band and tape only to avoid slipping are prohibited.

Please check with Competition Organizing Committee (COC) Chairperson prior to the CWC for exemptions.

**Participants needing to wear such items must apply in writing to COC, and must have WRITTEN approval to do so.**

**Preparing oneself to become a competitive athlete**

Always focus on preparing yourself to give a healthy and positive image as an athlete. Excessive make up, body painting (drawing letters or patterns on in face and body), immoderate nail polish and hair dye are considered inappropriate as an athlete, and are strictly prohibited.

## 12.4 Props

In Cheer Dance competitions the only allowed props are pompons.

## 12.5 Performance Area

Competition area will be a 12m × 12m (twelve meters by twelve meters), taped off area. The dance floor should be made of parquet, laminate, professional dance floor or any other sort of wood.

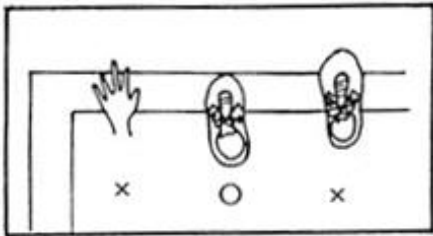
No mats are allowed.

Cheerdancers are not allowed to step outside the marked area once the routine has started.

### ●Area Violation●

Any body parts contact with floor outside of the designated area during performance.

You may reach out the taped area to get approved props by hand(s).



## 13 GENERAL RULES (CHEER DANCE SENIOR)

### 13.1 Performance Time

Minimum time for the routine is **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 13.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 2:30 minutes, teams must use pompons for more than 50 seconds.)

Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited.

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

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements

- ◆ Minimum 2 (two) different pirouettes of which 1 (one) must be a double
- ◆ Minimum 3 (three) different high kicks
- ◆ Minimum 1 (one) split front or side
- ◆ Minimum 3 (three) different jumps (all team members must show the same jumps)
- ◆ Minimum 2 (two) different leaps (all team members must show the same leaps)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts

### 13.3 Safety Rules

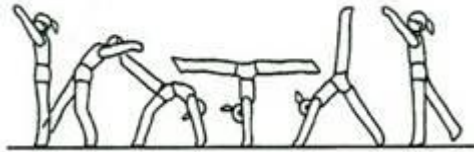
#### a) Acrobatics in Dance

##### **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
- Modified hand stand where hips rotate over the shoulder(s) (as below)



#### b) Dance Lifts/Stunting

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

#### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

#### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.



## 14 GENERAL RULES (CHEER DANCE JUNIOR 2)

### 14.1 Performance Time

Minimum time for the routine is **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 14.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 2:30 minutes, teams must use pompons for more than 50 seconds.) Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s)) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements

- ◆ Minimum 1 (one) double pirouette
- ◆ Minimum 2 (two) high kicks
- ◆ Minimum 1 (one) split front or side
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)
- ◆ Minimum 2 (two) leaps (all team members must show the same leaps)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts

## 14.3 Safety Rules

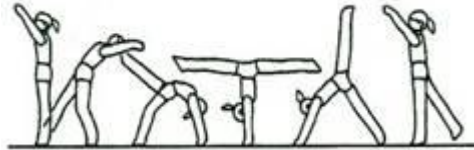
### a) Acrobatics in Dance

#### **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
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

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

### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 15 GENERAL RULES (CHEER DANCE JUNIOR 1)

### 15.1 Performance Time

Minimum time for the routine is **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 15.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 2:30 minutes, teams must use pompons for more than 50 seconds.) Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s)) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements

- ◆ Minimum 1 (one) single pirouette
- ◆ Minimum 2 (two) high kicks
- ◆ Minimum 1 (one) split front or side
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)
- ◆ Minimum 1 (one) leap (all team members must show the same leap)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts

## 15.3 Safety Rules

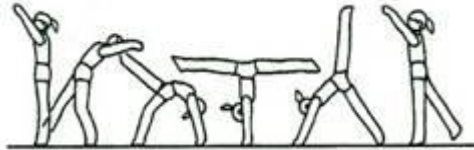
### a) Acrobatics in Dance

#### **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
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

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

#### **Prohibited:**

- Dance Lifts, Stunts

### c) Jumps

#### **Prohibited:**

- It is forbidden to jump (leap) over any part of the body of another athlete.
- It is prohibited to land after jumps in a split or a knee position.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 16 GENERAL RULES (CHEER DANCE DOUBLES SENIOR)

### 16.1 Performance Time

Minimum time for the routine is **1:15** (one minute fifteen seconds), maximum time limit is **1:30** (one minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (2 points deducted see PENALTY)

\*In case that routine time is shorter than 1:15, or longer than 1:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (2 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 16.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements

- ◆ Minimum 2 (two) different pirouettes of which 1 (one) must be a double
- ◆ Minimum 3 (three) different high kicks
- ◆ Minimum 1 (one) split front or side
- ◆ Minimum 3 (three) different jumps (all team members must show the same jumps)
- ◆ Minimum 2 (two) different leaps (all team members must show the same leaps)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts

## 16.3 Safety Rules

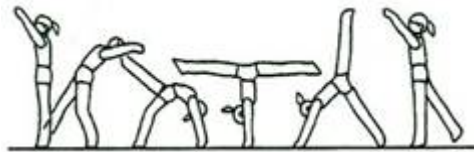
### a) Acrobatics in Dance

#### **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
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

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

### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 17 GENERAL RULES (CHEER DANCE DOUBLES JUNIOR 2)

### 17.1 Performance Time

Minimum time for the routine is **1:15** (one minutes fifteen seconds), maximum time limit is **1:30** (one minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least  $\frac{1}{3}$  (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (2 points deducted see PENALTY)

\*In case that routine time is shorter than 1:15, or longer than 1:30.

\*In case that pompon time is shorter than  $\frac{1}{3}$  (one third) of the routine.

#### ●Entrance and Exit Violation● (2 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 17.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for  $\frac{1}{3}$  (one third) of the routine time**. Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements

- ◆ Minimum 1 (one) double pirouette
- ◆ Minimum 2 (two) high kicks
- ◆ Minimum 1 (one) split front or side
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)
- ◆ Minimum 2 (two) leaps (all team members must show the same leaps)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts

## 17.3 Safety Rules

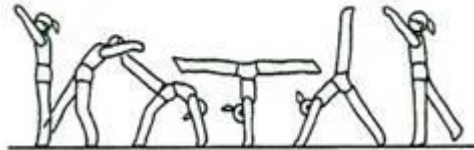
### a) Acrobatics in Dance

#### **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
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

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

### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.



## 18 GENERAL RULES (CHEER DANCE DOUBLES JUNIOR 1)

### 18.1 Performance Time

Minimum time for the routine is **1:15** (one minute fifteen seconds), maximum time limit is **1:30** (one minute thirty seconds).

The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 1:15, or longer than 1:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 18.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 1:30 minutes, teams must use pompons for more than 43 seconds.) Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements

- ◆ Minimum 1 (one) single pirouette
- ◆ Minimum 2 (two) high kicks
- ◆ Minimum 1 (one) split front or side
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)
- ◆ Minimum 1 (one) leap (all team members must show the same leap)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts

## 18.3 Safety Rules

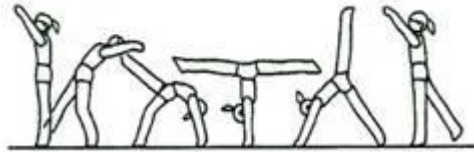
### a) Acrobatics in Dance

#### **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
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

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

#### **Prohibited:**

- Dance Lifts, Stunts

### c) Jumps

#### **Prohibited:**

- It is forbidden to jump (leap) over any part of the body of another athlete.
- It is prohibited to land after jumps in a split or a knee position.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 19 JUDGING (CHEER DANCE)

### 19.1 Judging Sheet (Cheer Dance Senior, Junior 2 and Junior 1)

#### TECHNIQUE

1. Dance Expression	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
2. Pirouette	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
3. Flexibility / Kicks & Splits	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
4. Cheer Jumps	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
5. Leaps	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
6. Dance Arm Motions	0 · 1 · 2 · 3 · 4 · 5

/55

#### CHOREOGRAPHY

1. Difficulty	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
2. Visual Effects	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
3. Flow of Routine	0 · 1 · 2 · 3 · 4 · 5

/25

#### EXECUTION

1. Formation / Transition	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
2. Synchronization	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/20

/100

## 19.2 Judging Guidelines (Cheer Dance)

### TECHNIQUE

#### 1. DANCE EXPRESSION (10 points)

Points to be aware of: Dance technique of different styles. Eye contact, Facial expression, Enthusiasm, Spirit, Crowd appeal

#### 2. PIROUETTES (10 points)

Points to be aware of: Stability, Sharpness, Perfection, Difficulty, Combination, Tempo

#### 3. FLEXIBILITY / KICKS & SPLITS (10 points)

Points to be aware of: Flexibility, Technique, Body control, Sharpness, Difficulty, Combination, Use in routine, Variety

#### 4. CHEER JUMPS (10 points)

Points to be aware of: Height, Power, Speed, Technique, Difficulty, Combination

#### 5. LEAPS (10 points)

Points to be aware of: Variety, Technique, Difficulty, Combination

#### 6. DANCE ARM MOTIONS (5 points)

Points to be aware of: Sharpness, Speed, Accuracy, Creativity, Synchronization, placement

### CHOREOGRAPHY

#### 1. DIFFICULTY (10 points)

Points to be aware of: Degree of difficulty, Consistency of standards, Skill of members, Intensity, Speed. Use of many difficult skills and dance elements, difficulty of connected elements, speed and intensive routine, rhythm changes, it is appropriate for all members of team.

#### 2. VISUAL EFFECTS (10 points)

Points to be aware of: Variety of dance styles, Effectiveness of style changes, Creativity, Originality, Use of poms, ripples, levels, groups

#### 3. FLOW OF ROUTINE (5 points)

Points to be aware of: Flow, Speed, Energy, Spacing, Transitions, Appropriateness of dance styles, use of music

### EXECUTION

#### 1. FORMATIONS / Transition (10 points)

Points to be aware of: Spacing, Variety, Perfection, Level changes, Easy of transition, Seamless

#### 2. SYNCHRONIZATION (10 points)

Points to be aware of: Accuracy, Consistency, Perfection, Difficulty level, Unity, Power, Timing.

### 19.3 Judging Sheet (Cheer Dance Doubles Senior, Junior 2 and Junior 1)

1. Dance Expression	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
2. Compulsory Elements (Technique)	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
3. Compulsory Elements (Difficulty)	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
4. Choreography	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10
5. Overall Evaluation	0 · 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

/50

### 19.4 Judging Guidelines (Cheer Dance Doubles)

#### 1. DANCE EXPRESSION (10 points)

Points to be aware of: dance technique of different styles, eye contact, facial expression

#### 2. COMPULSORY ELEMENTS (TECHNIQUE)

Points to be aware of: technique

#### 3. COMPULSORY ELEMENTS (DIFFICULTY)

Points to be aware of: difficulty

#### 4. CHOREOGRAPHY

Points to be aware of: flow, use of music and space, visual effects

#### 5. OVERALL EVALUATION

Points to be aware of: energy, confidence, synchronization, crowd appeal

### 19.5 Penalties

#### ALL CATEGORIES/DIVISIONS

##### a) **WITHDRAWAL**

Failure to notify the COC chairperson and the Host of withdrawal from competing in the CWC prior to the championships in writing will result in the country having to pay a penalty.

Any vulgar, racist, suggestive language or movements could result in disqualification.

##### b) **AGE**

Any violation against the stated age will be penalized with the **disqualification of the TEAM** concerned.

##### c) **DRESS CODE**

Any violation against the dress code will be penalized with the **disqualification of the TEAM** concerned.

Performing with jewelry and accessories will result in **TEAM disqualification**.

Performing with a medical item not agreed on by the COC Officer prior to the CWC will result in **TEAM disqualification**.

##### d) **MUSIC**

Inappropriate, obscene words & language (including derogative slang words) in music used will result in **TEAM disqualification**.

**CHEER DANCE****a) TIME VIOLATION**

A **penalty of 10 (ten) points** will be deducted from the final score for a time violation.

**b) POMPON GUIDELINES VIOLATION**

A **penalty of 10 (ten) points** will be deducted from the final score for a pompon time violation.

A penalty of 1 point will be deducted from the final score for each dropped pompon. Choreographed throws will not be considered a drop.

**c) ENTRANCE and EXIT VIOLATION**

A **penalty of 5 (five) points** will be deducted from the final score **for time violation** and/or for **any skill performed before or after the allotted routine time**.

**d) AREA VIOLATION**

A **penalty of 5 (five) points** will be deducted from the final score for any line violation (A penalty will be taken for each line over, each time).

**e) SAFETY RULES VIOLATION**

A **penalty of 10 (ten) points** will be deducted from the final score for **each prohibited element** (stunts, dance lifts, acrobatics and tumbling).

**For Senior and Junior 2, a penalty of 10 (ten) points** will be deducted from the final score for **unsafe choreography**.

**For Junior 1, a penalty of 2 (two) points** will be deducted from the final score for **unsafe choreography**.

A **penalty of 1 (one) point** for each **dropped accessory** will be deducted from the final score.

**f) COMPULSORY ELEMENTS VIOLATION**

A **penalty of 10 (ten) points** will be deducted from the final score for failure to perform any of compulsory elements.

A **penalty of 5 (five) points** will be deducted from the final score for lacking number of compulsory elements.

**CHEER DANCE DOUBLES****a) TIME VIOLATION**

A **penalty of 2 (two) points** will be deducted from the final score for a time violation.

**b) POMPON TIME VIOLATION**

A **penalty of 2 (two) points** will be deducted from the final score **for a pompon time violation**.

A **penalty of 1 point** will be deducted from the final score **for each dropped pompon**. Choreographed throws will not be considered a drop.

**c) ENTRANCE and EXIT VIOLATION**

A **penalty of 2 (two) points** will be deducted from the final score **for time violation** and/or for **any skill performed before or after the allotted routine time**.

**d) AREA VIOLATION**

A **penalty of 2 (two) points** will be deducted from the final score for any line violation (A penalty will be taken for each line over, each time).

**e) SAFETY RULES VIOLATION**

A **penalty of 5 (five) points** will be deducted from the final score for **each prohibited element** (stunts, dance lifts, acrobatics and tumbling).

A **penalty of 5 (five) points** will be deducted from the final score for **unsafe choreography**.

A **penalty of 1 (one) point** for each **dropped accessory** will be deducted from the final score.

**f) COMPULSORY ELEMENTS VIOLATION**

A **penalty of 2 (two) points** will be deducted from the final score for failure to perform compulsory elements.

A **penalty of 5 (five) points** will be deducted from the final score for lacking number of compulsory elements.

## 20 JUDGING INFORMATION

### 20.1 Qualification

- Only IFC qualified judges are eligible judge at the CWC.
- Judges must be present during the official rehearsal.
- The panel of judges has to be approved by the Competition Organization Committee (COC) Chairperson.
- A complete panel per category has to consist of a minimum 5 (five) internationals.

### 20.2 Judges Fees

No fees are paid to judges that are not admitted by the IFC board. No person sitting on the panel may demand fees for services rendered.

### 20.3 Panel of Judges

a) **Head Judge**

IFC board members decide a head judge. The head judge will act as arbitrator in judges meetings, but is not there to re-judge any score sheets. The head judge is also responsible for ensuring that only the judges and tabulation officials see the score sheets before the winners are announced (including Championship Director and Assistant).

b) **Scoring Judge**

Scoring judges are responsible for scoring each team's performance.

5 (five) or more judges are used. The high and low scores are dropped.

c) **Deduction Judge**

Deduction judges are responsible for determining and assessing all point deductions for Perfection of Routine and Competition/Safety Rule Violation. And also deduction judges assess the deduction points for the time and area violation reported by time and line judges. These penalty points will be deducted from the subtotal of the remaining score to reach the grand total. Deduction judges must report to the head judge about the deduction for time and area violation after each division finished.

1 (one) to 3 (three) deduction judges are used.

d) **Line and time Judges**

Time and line judges are the persons who recommended by the host country representative and permitted by IFC board members.

2 (two) line judges are responsible for checking the area violation from diagonal position.

3 (three) time judges are responsible for checking the time violation by using stopwatches. In the case that 3 (three) or 2 (two) of 3 (three) time judges admit the time violation, penalty points are assessed.

Time and line judges should report the violation happened to deduction judge and deduction judge is assessed the deduction points. The same persons can be in charge of time and line judges.

e) **TALLYMAN**

Tallymen are the persons who recommended by the host country representative and permitted by IFC board members. Tallymen are responsible for calculating the total score of scoring judges and deduction judges. Though the tallymen can re-calculate the each judge's score to confirm, tallymen cannot change the score without each judge's permission.

## 20.4 Judging Methods

- Cheerleading and Cheer Dance divisions are judged based on 100 (one hundred) points.
- Group stunts and Partner stunts divisions are judged based on 50 (fifty) points.
- Score by 0.5 points.
- The highest and the lowest point are deleted, and the total of the remaining score is the final score for the performance.

Example of the calculation

Judge A	Judge B	Judge C	Judge D	Judge E	Final Score
<del>70</del>	72	<del>77</del>	75	76	<b>223</b>

In general, if there are teams with exactly the same score, the result is a tie. As an exception, if there is more than one team with the best score, the team evaluated number one from the most judges will receive 1<sup>st</sup> place. However, if all of the conditions stated above are the same, the final judgment will be made by totaling all the scores given by the 5 judges.

### If the result for 1st Place is a tie:

If there is more than one team with the best score, the team evaluated number one from the most judges will receive 1<sup>st</sup> place.

		Judge A		Judge B		Judge C		Judge D		Judge E			Final Score	Total Score
Day 1	Team A	88	2 <sup>nd</sup>	86	2 <sup>nd</sup>	89	1 <sup>st</sup>	88	1 <sup>st</sup>	86	2 <sup>nd</sup>	-2	260	520
Day 2		88	2 <sup>nd</sup>	86	2 <sup>nd</sup>	89	1 <sup>st</sup>	88	1 <sup>st</sup>	86	2 <sup>nd</sup>	-2	260	
Day 1	Team B	89	1 <sup>st</sup>	85	3 <sup>rd</sup>	87	2 <sup>nd</sup>	87	2 <sup>nd</sup>	88	1 <sup>st</sup>	-2	260	520
Day 2		89	1 <sup>st</sup>	87	1 <sup>st</sup>	87	2 <sup>nd</sup>	87	2 <sup>nd</sup>	88	1 <sup>st</sup>	-2	260	

In the case above, Team B will be the 1<sup>st</sup> place and Team A will be the 2<sup>nd</sup> place, because 3 judges give the 1<sup>st</sup> place to Team B. If all of the conditions stated above are the same, the final judgment will be made by totaling all the scores given by the 5 judges.

		Judge A		Judge B		Judge C		Judge D		Judge E			Final Score	Total Score	5 Judges total
Day 1	Team A	88	2 <sup>nd</sup>	86	2 <sup>nd</sup>	89	1 <sup>st</sup>	88	1 <sup>st</sup>	86	2 <sup>nd</sup>	-2	260	520	869
Day 2		88	2 <sup>nd</sup>	85	3 <sup>rd</sup>	89	1 <sup>st</sup>	88	1 <sup>st</sup>	86	2 <sup>nd</sup>	-2	260		
Day 1	Team B	89	1 <sup>st</sup>	85	3 <sup>rd</sup>	87	2 <sup>nd</sup>	87	2 <sup>nd</sup>	88	1 <sup>st</sup>	-2	260	520	870
Day 2		89	1 <sup>st</sup>	87	2 <sup>nd</sup>	87	2 <sup>nd</sup>	87	2 <sup>nd</sup>	89	1 <sup>st</sup>	-3	260		

### Example

In the case above, both team A and B were evaluated 1<sup>st</sup> place by 2 judges, so it is impossible to decide the 1<sup>st</sup> place by the above way.

Team B will be the 1<sup>st</sup> place and Team A will be the 2<sup>nd</sup> place, because 5 judges' total score of Team B was higher than Team A.



## 20.5 Awards

Judges will decide 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners, no ties are allowed on medal positions. Scores from the two days of competition will be combined to determine the Champion. Scores from each day will be weighted equally 50/50.

## 20.6 Score Forms and Ranking

A copy of the average score sheet will be posted to each team after the CWC. Final rankings will also be posted.

## 20.7 Judging Policy

There shall be **no talking** among the panel members while teams are competing on the floor. **No** video tape recording may be used to determine the score. All score sheets have to be completed in English.

The panel members may not discuss any judging matters and/or results with the competitors before the Awards ceremony. All questions thereafter must be submitted IN WRITING to the IFC Rules Committee for consideration.

## 20.8 Safety Rule Questions

Although judges may inform team of a deduction/infraction safety violation during the official rehearsal, this is NOT the time to discuss the rules questions.

As a coach, it is your responsibility to be knowledgeable of and adhere to the IFC/CWC Safety Guidelines. If you have questions concerning any safety guidelines or questions regarding specific stunts, pyramids and/or dance lifts, please follow these steps:

- 1) All questions must be submitted in writing. Due to differences in terminology and interpretations, no phone calls will be accepted.
- 2) For partner stunt, pyramid and dance lift questions, you may be required to send in a video for reference.

## 20.9 Complaints

All complaints and/or criticism about the CWC have to be **filed within 2 (two) weeks** after the CWC **in writing** to the IFC Chairperson.

Complaints about other teams/countries, etc need to be **filed within 2 (two) weeks** after the CWC **in writing** to the IFC Chairperson.