



UKCA CHEERLEADING CHAMPIONSHIP

**RULES
&
REGULATIONS**

2011

(see separate document for Street Cheer & Schools' competitions)

CONTENTS

CATEGORIES & AGE DIVISIONS OVERVIEW	3
AGE DIVISIONS/COMPETITION TEAM SIZE/SUBSTITUTES	4
CHEERLEADING GLOSSARY	5
SAFETY GUIDELINES	6
BASKET TOSS, CHEER JUMPS & TUMBLING	7
CHEERLEADING	
COMMUNITY (BEGINNER LEVEL) SKILL OVERVIEW	8
CLUB (INTERMEDIATE LEVEL) SKILL OVERVIEW	9
ELITE (ADVANCED LEVEL) SKILL OVERVIEW	10
COMPETITION REQUIREMENTS	11
SCORE SHEET	12
GROUP STUNT	
SKILL OVERVIEW	13
COMPETITION REQUIREMENTS	14
SCORE SHEET	15
PARTNER STUNT	
COMPETITION REQUIREMENTS	16
SCORE SHEET	17
DANCE GLOSSARY	18
CHEER DANCE	
COMPETITION REQUIREMENTS	19
SCORE SHEET	20
POM DANCE	
COMMUNITY (BEGINNER LEVEL) COMPETITION REQUIREMENTS	21
COMMUNITY SCORE SHEET	22
CLUB/ELITE (INTERMEDIATE/ADVANCED LEVEL) COMPETITION REQUIREMENTS	23
CLUB/ELITE SCORE SHEET	24
UNIVERSITY CHEERLEADING	
SKILL OVERVIEW	25
COMPETITION REQUIREMENTS	26
UNIVERSITY POM DANCE	
COMPETITION REQUIREMENTS	27
DEDUCTIONS	28
ADDITIONAL COMPETITION INFORMATION	29
CODE OF CONDUCT	31

CATEGORIES & AGE DIVISIONS

	TIME	TINY TEENIES	TEENIES	JUNIOR A	JUNIOR B	SENIOR	MASTERS	UNIVERSITY
COMPETITION CATEGORIES								
COMMUNITY – BEGINNER LEVEL								
All Female Cheerleading	2:30	✓	✓	✓	✓	✓	✓	
Open All Female Cheerleading (21 -30 Cheerleaders)	2:30	✓	✓	✓	✓	✓	✓	
All Female Group Stunt	1:15	✓	✓	✓	✓	✓	✓	
Co-Ed Cheerleading	2:30				✓	✓	✓	
Open Co-Ed Cheerleading (21 -30 Cheerleaders)	2:30				✓	✓	✓	
Co-Ed Group Stunt	1:15				✓	✓	✓	
Pom Dance	2:30	✓	✓	✓	✓	✓	✓	
Open Pom Dance (21 -30 Cheerleaders)	2:30	✓	✓	✓	✓	✓	✓	
CLUB – INTERMEDIATE LEVEL								
All Female Cheerleading	2:30		✓	✓	✓	✓		
Open All Female Cheerleading (21 -30 Cheerleaders)	2:30		✓	✓	✓	✓		
All Female Group Stunt	1:15		✓	✓	✓	✓		
Co-Ed Cheerleading	2:30				✓	✓		
Open Co-Ed Cheerleading (21 -30 Cheerleaders)	2:30				✓	✓		
Co-Ed Group Stunt	1:15				✓	✓		
Pom Dance	2:30		✓	✓	✓	✓		
Open Pom Dance (21 -30 Cheerleaders)	2:30		✓	✓	✓	✓		
ELITE – ADVANCED LEVEL								
All Female Cheerleading	2:30		✓	✓	✓	✓		
Open All Female Cheerleading (21 -30 Cheerleaders)	2:30		✓	✓	✓	✓		
All Female Group Stunt	1:15		✓	✓	✓	✓		
Co-Ed Cheerleading	2:30				✓	✓		
Open Co-Ed Cheerleading (21 -30 Cheerleaders)	2:30				✓	✓		
Co-Ed Group Stunt	1:15				✓	✓		
Partner Stunt	1:15				✓	✓		
Cheer Dance	2:30		✓	✓	✓	✓		
Pom Dance	2:30		✓	✓	✓	✓		
Open Pom Dance (21 – 30 Cheerleaders)	2:30		✓	✓	✓	✓		
UNIVERSITY								
All Female Cheerleading (Beginner & Advanced)								✓
Co-Ed Cheerleading (Beginner & Advanced)								✓
Pom Dance								✓

EUROPEAN QUALIFYING DIVISIONS

Winners of all divisions shown in BLUE may be eligible to compete in the European Cheerleading Championships on the understanding that they meet UKCA standards and ECA age requirements
(See UKCA website for current ECA Rules)

AGE DIVISIONS

TINY TEENIES	All competitors must be 7 years & under on day of competition
TEENIES	All competitors must be 9 years & under on day of competition
JUNIOR A	All competitors must be 12 years & under on day of competition
JUNIOR B	All competitors must be 16 years & under on day of competition
SENIOR	One or more competitor must be at least 16 years on day of competition
UNIVERSITY	All competitors must be at least 18 years on day of competition 75% of Team must be attending further education on day of competition
MASTERS	75% of Team must be at least 30 years on day of competition

COMPETITION TEAM SIZE

CATEGORY	MINIMUM	MAXIMUM	SUBSTITUTES
CHEERLEADING	5	20	UP TO 5
GROUP STUNT	5	5	UP TO 5
PARTNER STUNT	2	2	UP TO 2
	PLUS ADDITIONAL SPOTTER AS INDICATED IN THE RULES MUST BE A MEMEBER OF A UKCA COMPETING SQUAD		
CHEER DANCE	5	20	UP TO 5
POM DANCE	5	20	UP TO 5
ALL UNIVERSITY CATEGORIES	5	30	UP TO 5
ALL OPEN CATEGORIES	21	30	UP TO 5

IMPORTANT:

- **ALL SUBSTITUTES MUST BE NAMED ON COMPETITION ENTRY FORMS**
- **CHEERLEADERS FROM A REGISTERED UKCA SCHOOL CAN ALSO ENTER THE NATIONAL SCHOOLS COMPETITION IN ADDITION TO COMMUNITY, CLUB OR ELITE COMPETITIONS**

THE COACH MUST ENSURE THAT:

- **CHEERLEADERS ARE DRESSED APPROPRIATELY**
- **MUSIC IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **CHOREOGRAPHY IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **APPROPRIATE FOOTWEAR IS WORN IN BOTH CHEERLEADING AND DANCE**

CHEERLEADING GLOSSARY

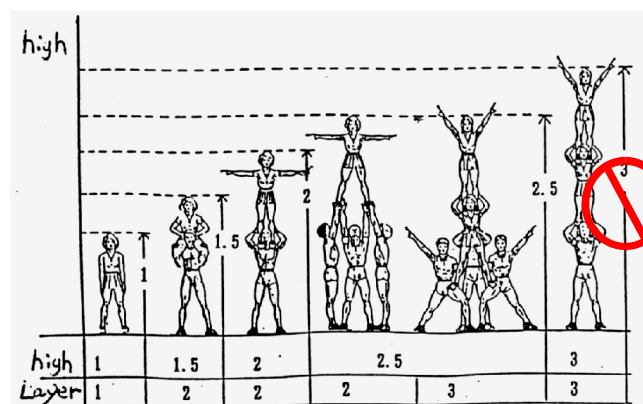
DEFINITIONS

Squad	Total number of Cheerleaders within your Organisation/Club
Team	Chosen number of Cheerleaders entering a Category and Division (i.e. Pom Dance 18 Teenies)
Co-Ed	Mixed gender team (i.e. Males and Females)
Vocal Skill	Cheers & Chants
Cheer	A vocal routine that tells a story
Chant/Sideline	A short phrase repeated at least 3 times which encourages crowd participation
Cheer Arm Motions	High 'V', 'T', 'High Touchdown', etc.
Jump	Executed from 2 feet to 2 feet landing feet together on balls of feet
Base	Person in contact with matted floor who provides primary support for the flyer and could also be responsible for catching the flyer during dismount
Flyer	Person without contact to the ground – Also know as Mounter/Top person
Spotter	A person primarily responsible for protecting the head, neck and shoulders area of the flyer. Spotters may help control, but may not provide primary support for stunt or pyramid. Spotters must maintain visual contact with the flyer and are responsible for their safe dismount
Bracer	A person who stabilises or touches a stunt by direct contact with another person. Although in direct contact, the bracer does not carry any weight. The stunt would remain stable without the bracer
Stunt	Any skill where the full weight of the flyer is supported above the matted floor by one or more bases
Pyramid	A structure of 2 or more stunts close enough to touch without the need to move arm or body position or a structure with more than 2 layers
Hanging Pyramid	A flyer without a base, suspended in position by 2 or more flyers in independent stunt groups
Single Leg	Standing on one leg only
Balance Stunt	Hitch, Heel Stretch, Liberty, 'L' etc
Pop-off	A dismount method of freeing the top person from a stunt by pushing the top person forcefully off the bases' hands
Cradle	A method of catching the flyer in an upward facing, piked position
Tumbling	Cartwheels, handsprings, back handsprings and other gymnastics skills which involve rotation
Rotation	An gymnastic skill which involves a hip over head movement (e.g. Somersault)
Suspended Roll	A somersault performed by the flyer with constant hand to hand contact
Twist	Vertical Rotation (No hip over head rotation)
Toss	Top person being free of continuous contact from the base(s)
Basket Toss	A Vertical Toss with no more than 4 bases, 2 of which use their hands to interlock wrists
Helicopter Toss	A PROHIBITED Toss executed by at least 2 people where the flyer is tossed into the air in a horizontal position, parallel to the ground, in the same motion as a helicopter blade
Toe Pitch	An accepted method used to mount where one or more bases use their hands as a stepping platform to toss the flyer up (Can be used in a partner stunt)
Toe Flip	A PROHIBITED Toss where one or more bases use their hands as a stepping platform for the flyer to perform a somersault
Cheer Uniform	Top/skirt, top/shorts or dress, socks and trainers/pumps Top/trousers, top/shorts, socks and trainers/pumps Prohibited: Jewellery, Hair grips & Hair pins, Loose Glitter On Hair, Face, Uniforms, Signs or Banners

SAFETY GUIDELINES

PYRAMIDS AND STUNTS OVER 2.5 PERSONS HIGH ARE PROHIBITED

Please Note: Height limit



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

GENERAL

- The flyer must start the routine with at least one foot on the ground
- The base(s) must have at least one foot on the ground at all times
- The base(s) cannot assume a back-bend position
- All required spotters must be members of the competing team
- Triple base straddle lifts/V-sits must have a spotter to protect flyers' head, neck and shoulders at **EXTENDED** levels(i.e.3 bases **PLUS** a spotter)
- **Tiny Teenies, Teenies, Junior A & Junior B Divisions** - Stunts and pyramids **2 high or above** must have a spotter for each top person
- **Senior Divisions** - A spotter is **not** required for stunts and pyramids at **2 high**
- **All Female Divisions** - Cradle dismounts **must have** a minimum of **3** people to catch
- **Junior B Co-Ed Divisions** - Cradle dismounts **must have** a minimum of **3** people to catch
- **Senior Co-Ed Stunts** - Cradle dismounts **must have** a minimum of **2** people to catch
- Pendulums are accepted if there is constant contact between the flyer and at least one base
- Toe pitches are accepted as a method of building stunts/pyramids

PROHIBITED

- A dismount to the floor on any other part of the body except the feet
- A top person at 2 high jumping down/stepping down without assistance
- All hanging pyramids ('Diamond Head' etc)
- Use of mini-trampolines, springboards or any height increasing prop/apparatus

BASKET TOSS

- A Basket Toss or any other type of toss must be performed from ground level by no more than 4 (four) bases
- A Basket Toss must be caught in a cradle
- Must be cradled by at least two of the **original** bases **plus** an additional spotter
- A basket toss should be directed vertically
- Tricks can be performed during a basket toss i.e. kick, toe touch, pike

PROHIBITED

- A Toss over/under or through any pyramids/stunts without the flyer having any contact
- A Helicopter Toss
- Toe Flip

CHEER JUMPS

- | | |
|------------------------------|--------------|
| • Straight (approach) | Low Level |
| • Tuck | Low Level |
| • Straddle (Star) | Low Level |
| • Herkie | Mid Level |
| • Hurdler | Mid Level |
| • Toe Touch | Mid Level |
| • Universal | Higher Level |
| • Pike | Higher Level |
| • Around The World | Higher Level |

TUMBLING

- | | |
|----------------------------|------------|
| • Forward Roll | Low Level |
| • Backward Roll | Low Level |
| • Handstand | Low Level |
| • Cartwheel | Low Level |
| • Round Off | Low Level |
| • Back Bend | Low Level |
| • Front Limber | Low Level |
| • Forward Walkover | Low Level |
| • Backward Walkover | Low Level |
| • Back Hand Spring | Mid Level |
| • Front Handspring | Mid Level |
| • Ariel Somersaults | High Level |
| • Layouts | High Level |
| • Full Twists etc | High Level |

Coaches should carefully select the level of Cheer Jumps and Tumbles shown in a routine

They will need to be appropriate to the skill level of the Cheerleaders

The Judges' scores will reflect the quality of technique shown

COMMUNITY CHEERLEADING SKILL OVERVIEW

Age Group	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
Skill						
Layer	2	2	2	2	2	2
Height	2	2	2	2	2	2
Single Base Stunt (Examples)	1.5 Hitch @ Thigh Stand	1.5 Liberty @ Thigh Stand	1.5 Liberty @ Table Top	1.5 Heel Stretch @ Thigh Stand	1.5 'L' @ Thigh Stand	1.5 Shoulder Sit
Single Leg Balanced Stunt (Examples)	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER
Mounts	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations
Dismounts	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations
Basket Toss	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Tumbling	Low Level	Low Level	Low Level	Low Level	Low Level	Low Level

CLUB CHEERLEADING SKILL OVERVIEW

Age Group	Teenies	Junior A	Junior B	Senior
Skill				
Layer	2	2	2	2
Height	2.5	2.5	2.5	2.5
Single Base Stunt (Examples)	2	2	2	2
Single Leg Balanced Stunt (Examples)	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER
Mounts	Single Half Twist Contact with at least one base No Rotations	Single Half Twist Contact with at least one base No Rotations	Single Full Twist Contact with at least one base No Rotations	Single Full Twist No Rotations
Dismounts	No Twists No Rotations	No Twist Single Suspended Rotation	Single Full Twist or Single Suspended Rotation	Single Full Twist or Single Suspended Rotation
Basket Toss	No Twists No Rotations	No Twist No Rotations	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Tumbling	Mid Level	Mid Level	Mid Level	Mid Level

ELITE CHEERLEADING SKILL OVERVIEW

Age Group	Teenies	Junior A	Junior B	Senior
Skill				
Layer	2	2	2	3
Height	2.5	2.5	2.5	2.5
Single Base Stunt	2	2	2.5	2.5
Single Leg Balanced Stunt	2 <small>WITH 2 BASES TAKING THE WEIGHT OF THE FLYER</small>	2.5 <small>WITH 2 BASES TAKING THE WEIGHT OF THE FLYER</small>	2.5	2.5
Mounts	Single Full Twist <small>Contact with at least one base</small> No Rotations	Single Full Twist <small>Contact with at least one base</small> No Rotations	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Dismounts	No Twists No Rotations	Single Full Twist or Single suspended Rotation	Single Full Twist or Single Rotation	Double Full Twist or Single Rotation
Basket Toss	No Twists No Rotations	Single Full Twist No Rotations	Single Full Twist or Single Rotation	Double Twist or Double Rotation or One of each or Double Twist with Single Rotation
Tumbling	No Restriction	No Restriction	No Restriction	No Restriction

CHEERLEADING
COMPETITION REQUIREMENTS
FOR TEAMS WITH 5-20 CHEERLEADERS
&
OPEN CHEERLEADING
COMPETITION REQUIREMENTS
FOR TEAMS WITH 21-30 CHEERLEADERS

**There is no separate Co-Ed category at Tiny Teenies, Teenies and Junior A Divisions
Co-Ed teams wishing to enter these divisions should do so under the appropriate age category**

Cheer uniform **MUST** be worn.

Perform a routine of continuous movement
It should be dynamic and exciting, incorporating all the compulsory elements
Audience participation and props are encouraged
(i.e. Poms, megaphones, banners, signs/cards, flags etc)

COMPULSORY ELEMENTS

Vocal Skill (Cheer/Chant/Sideline)

Stunts

Pyramid

Cheer Jump

Tumbling

Dance

Cheer Arm Motions

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Open divisions have a larger performance area

Cheerleaders not allowed outside the marked area once routine has started

All Cheerleaders must start the routine with at least one foot on the ground

All Cheerleaders must come to a complete stand still before beginning their routine

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

CHEERLEADING

SCORE SHEET 2011

1. Cheer/Chant/Sideline Voice projection, use of props, choreography	1	2	3	4	5	6	7	8	9	10
2. Stunts Difficulty, continuity, dismounts, timing, stability, originality	1	2	3	4	5	6	7	8	9	10
3. Pyramids Difficulty, continuity, dismounts, timing, stability, originality	1	2	3	4	5	6	7	8	9	10
4. Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
5. Tumbling Difficulty, execution, visual effects, number of team members participating	1	2	3	4	5	6	7	8	9	10
6. Dance Energy, originality, execution	1	2	3	4	5					
7. Arm Motions Sharpness, correct placing	1	2	3	4	5					
8. Formations Spacing, choreography	1	2	3	4	5					
9. Expression Overall appearance, crowd appeal, eye contact, facial expression, confidence	1	2	3	4	5					
10. Transitions, speed Flow of routine	1	2	3	4	5	6	7	8	9	10
11. Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
12. Difficulty Correct ability level	1	2	3	4	5	6	7	8	9	10

/ 100

COMMUNITY GROUP STUNT

(BEGINNER LEVEL)

SKILL OVERVIEW

Age Group Skill	Tiny Teenies	Teenies	Junior A	Junior B	Junior B Co-Ed	Senior	Senior Co-Ed	Masters
Layer	2	2	2	2	2	2	2	2
Height	2	2	2	2	2	2	2	2

CLUB GROUP STUNT

(INTERMEDIATE LEVEL)

SKILL OVERVIEW

Age Group Skill	Teenies	Junior A	Junior B	Junior B Co-Ed	Senior	Senior Co-Ed
Layer	2	2	2	2	2	2
Height	2.5	2.5	2.5	2.5	2.5	2.5

ELITE GROUP STUNT

(ELITE LEVEL)

SKILL OVERVIEW

Age Group Skill	Teenies	Junior A	Junior B	Junior B Co-Ed	Senior	Senior Co-Ed
Layer	2	2	2	2	2	3
Height	2.5	2.5	2.5	2.5	2.5	2.5

GROUP STUNT

COMPETITION REQUIREMENTS

**2 ENTRIES PER AGE DIVISION PER SQUAD ALLOWED
(I.E. 2 JUNIOR A, 2 JUNIOR B, 2 JUNIOR B CO-ED ETC)**

**There is no separate Co-Ed/All Male category at Teenies and Junior A Divisions
Co-Ed/All Male teams wishing to enter these divisions should do so under the appropriate age
category**

Cheer uniform **MUST** be worn

The Group must execute a routine of continuous stunts to music

COMPULSORY ELEMENTS

Stunts

PROHIBITED

Cheers

Chants/Sideline

Jumps

Tumbling

Cheer Dance

Props

Beginning & End of Routine

Routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limited is **1:15** minutes

Timing will begin on the first note of music or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

GROUP STUNT

SCORE SHEET 2011

1. Stunts - difficulty

Number, continuity, variety

1 2 3 4 5 6 7 8 9 10

2. Stunts - technique

Mounts, dismounts, transitions

1 2 3 4 5 6 7 8 9 10

3. Stunts – performance

Timing, sharpness, stability, motions, power

1 2 3 4 5 6 7 8 9 10

4. Composition

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

1 2 3 4 5 6 7 8 9 10

5. Spirit and overall impression

Enthusiasm, crowd appeal, confidence

1 2 3 4 5 6 7 8 9 10

/ 50

PARTNER STUNT

COMPETITION REQUIREMENTS

**UP TO 4 PARTNER STUNT COUPLES
CAN BE REPRESENTED FROM EACH SQUAD**

SENIOR CO-ED

Cheer uniform **MUST** be worn

**Perform continuous single-based Partner Stunts of your choice
Each couple must bring their own spotter to spot throughout the entire routine**

The spotter's responsibility is to spot and assist with cradling
They may not help toss or secure stunts during the routine

COMPULSORY ELEMENTS

Stunts

PROHIBITED

Cheers

Chants/Sideline

Jumps

Tumbling

Dance

Props

Beginning & End of Routine

Routine must begin & end within the 12m x 12m marked performance area

Partner Stunt not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limited is **1:15** minutes

Timing will begin on the first note of music or the first cheer movement and stop with the last note of the music or when Partner Stunt comes to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Partner Stunt must provide CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the Partner Stunt must start and stop the music

PARTNER STUNT

SCORE SHEET 2011

1. Stunts - difficulty Number, continuity, variety	1	2	3	4	5	6	7	8	9	10
2. Stunts - technique Mounts, dismounts, transitions	1	2	3	4	5	6	7	8	9	10
3. Stunts – performance Timing, sharpness, stability, motions, power	1	2	3	4	5	6	7	8	9	10
4. Composition Balance, flow, visual effects, creativity, use of music	1	2	3	4	5	6	7	8	9	10
5. Spirit and overall impression Enthusiasm, crowd appeal, confidence	1	2	3	4	5	6	7	8	9	10

/ 50

DANCE GLOSSARY

Cheer Dance	A specific style of dance that incorporates technical elements (ie: Leaps Pirouettes, Splits, Kicks) in addition to Cheer Arm Motions, Cheer Jumps and the use of Poms
Pom Dance	Any style of dance that incorporates the use of Poms
Cheer Arm Motions	High 'V' – 'T' – 'High Touchdown' etc
Jumps	Executed from 2 feet to 2 feet – landing feet together on balls of feet
Leaps	A light, springing movement, upwards and forwards executed from one leg, landing on one leg.
Pirouettes	A controlled turn in either direction performed on one leg on the ball of the foot. Can have single or multiple rotations.
Splits	Can be performed in right, left or centre (box) positions. The back leg should be straight.
Kicks	A straight leg lifted with force from the hip joint. Can be front, back, diagonal, side or circular.
Acrobatics in Dance:	ALLOWED: Side rolls, back bends, modified hand-stand (hips are momentarily less than vertical with the shoulders), break dance moves such as "the worm", neck stand (candle) PROHIBITED: Forward or back rolls, handstands, cartwheels etc. Any move where the weight of the performer is on their hands and the hips rotate /come up straight over the head, without the support of one or both feet.
Stunting in Dance:	ALLOWED: Pulling the Cheerleader up from a sitting/crouching position on the ground. Assisted jumps or, leaning on another Cheerleader with at least one foot on the ground PROHIBITED: Any move where the body weight is supported by another person, without the performers foot/feet touching the ground. (i.e. Thigh stand, all lifts, leap frog etc)
Additional Props	Any items used, or clothing removed during a routine will be considered as an additional prop. If hats worn as part of the costume and not used throughout the routine, hats are not an additional prop. If used at all, hats will be marked as a prop.
Dance Costume	Costumes should be safe and appropriate for the age and style of the team members. Shoes must be worn. ALLOWED: Buckles, zips and other hard items that are an integrated part of the garment, Flat Hair Clips

CHEER DANCE

(ELITE LEVEL ONLY)

COMPETITION REQUIREMENTS

TEENIES
JUNIOR A
JUNIOR B
SENIOR

A single Pirouette/turn MUST be performed
A single Pirouette/turn MUST be performed
A single Pirouette/turn MUST be performed
A double Pirouette/turn MUST be performed

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

COMPULSORY ELEMENTS

High Kicks

Splits

Cheer Arm Motions

Cheer Jumps

Leaps

Pirouettes

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

All compulsory elements must be performed by all team members together, or in a ripple. If any team member fails to perform any compulsory element, no points will be awarded for that specific element.

PROHIBITED

Cheers

Chants/Sideline

Stunts

Tumbling

Pyramids

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music or the first movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

CHEER DANCE

SCORE SHEET 2011

1. Pirouettes Balance, execution, variety	1	2	3	4	5	6	7	8	9	10
2. Splits and Kicks Execution, originality, flexibility, variety	1	2	3	4	5	6	7	8	9	10
3. Cheer Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
4. Leaps Flexibility, execution, originality, variety	1	2	3	4	5	6	7	8	9	10
5. Cheer Dance motion technique Sharpness, correct placing, strength	1	2	3	4	5	6	7	8	9	10
6. Choreography Musical interpretation, visual effects, originality	1	2	3	4	5	6	7	8	9	10
7. Formations Change pattern, number of changes	1	2	3	4	5	6	7	8	9	10
8. Transitions Flow of routine	1	2	3	4	5					
9. Difficulty Correct ability level	1	2	3	4	5					
10. Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
11. Showmanship Confidence, facial expression, spirit, energy	1	2	3	4	5					
12. Crowd appeal Overall appearance, enthusiasm	1	2	3	4	5					

/100

COMMUNITY POM DANCE
COMPETITION REQUIREMENTS
FOR TEAMS WITH 5-20 CHEERLEADERS
&
OPEN COMMUNITY POM DANCE
COMPETITION REQUIREMENTS
FOR TEAMS WITH 21-30 CHEERLEADERS

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

COMPULSORY ELEMENTS

Vocal Skill (Cheer/Chant/Sideline)

Cheer Arm Motions

Cheer Jumps

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

PROHIBITED

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Open divisions have a larger performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

COMMUNITY POM DANCE

SCORE SHEET 2011

1. Cheer/Chant Clarity, pace, timing, volume, use of props	1	2	3	4	5	6	7	8	9	10
2. Arm Motions Sharpness, correct placing	1	2	3	4	5	6	7	8	9	10
3. Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
4. Choreography Musical interpretation, visual effects, originality	1	2	3	4	5	6	7	8	9	10
5. Transitions & Formations Flow of routine, change of patterns	1	2	3	4	5	6	7	8	9	10
6. Timing & Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
7. Execution Confidence, facial expression, spirit, energy	1	2	3	4	5	6	7	8	9	10
8. Entertainment Value Overall appearance, enthusiasm	1	2	3	4	5	6	7	8	9	10

/80

CLUB/ELITE POM DANCE
COMPETITION REQUIREMENTS
FOR TEAMS WITH 5-20 CHEERLEADERS
&
OPEN CLUB/ELITE POM DANCE
COMPETITION REQUIREMENTS
FOR TEAMS WITH 21-30 CHEERLEADERS

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

Additional props may be used

COMPULSORY ELEMENTS

Cheer Arm Motions

Cheer Jumps

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

PROHIBITED

Cheers/Chants

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked performance area

Open divisions have a larger performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music or the first movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

CLUB/ELITE POM DANCE

SCORE SHEET 2011

1. Arm Motions Sharpness, correct placing	1	2	3	4	5	6	7	8	9	10
2. Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
3. Choreography Musical interpretation, visual effects, originality	1	2	3	4	5	6	7	8	9	10
4. Transitions & Formations Flow of routine, change of patterns	1	2	3	4	5	6	7	8	9	10
5. Timing & Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
6. Execution Confidence, facial expression, spirit, energy	1	2	3	4	5	6	7	8	9	10
7. Entertainment Value Overall appearance, enthusiasm	1	2	3	4	5	6	7	8	9	10

/70

UNIVERSITY CHEERLEADING SKILL OVERVIEW

Skill	All Female Cheerleading & Co-ed Cheerleading	Advanced All Female Cheerleading & Advanced Co-ed Cheerleading
Layer	2	3
Height	2.5	2.5
Single Base Stunt	2	2.5
Single Leg Balanced Stunt	2.5 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5
Mounts	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Dismounts	No Twists Single Suspended Rotation	Single Full Twist or Single Rotation
Basket Toss	No Twists No Rotations	Single Twist or Single Rotation
Tumbling	No Restrictions	No Restrictions

UNIVERSITY CHEERLEADING

COMPETITION REQUIREMENTS

ALL COMPETITORS MUST BE AT LEAST 18 YEARS OF AGE
75% OF THE TEAM MUST BE ATTENDING FURTHER EDUCATION
A COPY OF STUDENT ID CARDS MAY BE REQUIRED AT REGISTRATION

Cheer uniform **MUST** be worn.

Perform a routine of continuous movement
It should be dynamic and exciting, incorporating all the compulsory elements
Audience participation and props are encouraged (i.e. Poms, megaphones, banners, signs/cards, flags etc)

COMPULSORY ELEMENTS

Vocal Skill (Cheer/Chant/Sideline)

Stunts

Pyramids

Cheer Jump

Tumbling

Dance

Beginning & End of Routine

The routine must begin & end within the marked performance area

Cheerleaders not allowed outside the marked area once routine has started

All Cheerleaders must start the routine with at least one foot on the ground

All Cheerleaders must come to a complete stand still before beginning their routine

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SEE CHEERLEADING SCORE SHEET

UNIVERSITY POM DANCE

COMPETITION REQUIREMENTS

ALL COMPETITORS MUST BE AT LEAST 18 YEARS OF AGE
75% OF THE TEAM MUST BE ATTENDING FURTHER EDUCATION
A COPY OF STUDENT ID CARDS MAY BE REQUIRED AT REGISTRATION

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc. Additional props may be used during the routine

COMPULSORY ELEMENTS

Cheer Arm Motions

Cheer Jumps

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

PROHIBITED

Cheers

Chants/Sideline

Stunts

Tumbling

Pyramids

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music or the first movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SEE POM DANCE SCORE SHEET

DEDUCTIONS

	<u>PENALTY</u>	<u>DEDUCTION</u>
1	SAFETY VIOLATION Points will be deducted from the final score for <u>each</u> safety violation as defined by the judging panel	10 POINTS per violation
2	PROHIBITED ELEMENTS/ITEMS Points will be deducted for each prohibited element performed or item used in a routine (e.g. Lack of spotters, Double Rotation in Junior Cheerleading)	10 POINTS per violation
3	UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM Correct uniform/footwear must be worn in all Divisions	10 POINTS per violation
4	HARD MEDICAL ITEMS Hard medical items (including glasses and hearing aids) MUST NOT be worn during performance based on Health & Safety Guidelines, unless the coach has completed an additional written risk assessment This must be submitted with the competition entry form	10 POINTS per item
5	NO JEWELLERY TO BE WORN	10 POINTS per item
6	UNSUITABLE MUSIC Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification	10 POINTS per violation
7	GLITTER NO loose glitter on hair, face, signboards, banners or uniforms in Cheerleading Divisions on matted floor	5 POINTS per violation
8	HAIRPINS, GRIPS, PLASTIC COMBS ETC No metal hairpins, grips, plastic combs/head-bands in Cheerleading Divisions Hairgrips are allowed in Dance Divisions	5 POINTS per item
9	TIME OVER DEDUCTION Points deducted for each second over time limit during set up and performance of routine	1 POINT per second
10	OUTSIDE AREA VIOLATION Movement that takes the competitors foot or feet outside the marked area	1 POINT per violation
11	DROPPED POMS Choreographed throws will not be considered a drop	1 POINT per pom
12	LOST ACCESSORIES All accessories must be secure (e.g. uniform/costume attachments, scrunchies, hair grips)	1 POINT per item

ADDITIONAL COMPETITION INFORMATION

ELIGIBILITY	Competitions Open to UKCA MEMBERS ONLY
MEMBERSHIP	Coaches/Teachers wishing to enter teams into UKCA competitions are required to register FREE OF CHARGE online at www.ukca.org.uk
INSURANCE	Each squad is required to have insurance cover for all participants
COMPETITION ENTRY	Coaches should complete one competition registration form per team, per category. See www.ukca.org for current fees and deadline dates To be received by UKCA with FULL PAYMENT on or before the application deadline
TEAM HELPERS	Maximum - 1 helper for every 5 Cheerleaders will be allowed to assist Coaches/Teachers at the competition (4 Helpers = 20 Cheerleaders)
WITHDRAWAL	Coaches should advise UKCA should their team be unable to participate N.B. ENTRY FEES ARE NON-REFUNDABLE
AWARDS	All Cheerleaders will receive a commemorative medal & certificate Teams in 1st through to 3rd place in all Categories & Divisions will be awarded trophies (Subject to entries - this may increase)
JUDGES	Up to 5 Independent Judges will sit on the panel THEIR DECISIONS ARE FINAL Under no circumstances are Judges to be approached by Coaches, Cheerleaders or supporters Failure to adhere to this could result in squad disqualification
SCORE SHEETS	Copies will be available to coaches within 28 days of the competition
FIRST AID	Qualified First Aid personnel will be present at the competition Coaches must take responsibility for the well being of their own Cheerleaders at all times
COMPETITION VENUE	The venue will be declared a NON-SMOKING, ALCOHOL- FREE area
SOUND SYSTEM	Players for CD's will be provided for the competition Coaches are advised to finalise re-writable CD's before removing them from their computer
MUSIC	Music must be suitable for the relevant age group Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification
SALE OF MERCHANDISE	Must be agreed through UKCA

ADDITIONAL COMPETITION INFORMATION – cont:

ADVERTISING / SPONSORSHIP

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

COMPLAINTS

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

MOBILE PHONES

Use of mobile phones is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated

VIDEO CAMERAS

Use of personal camcorders is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated. An official UKCA DVD will be available for purchase following the Championship

NO PHOTOGRAPHY

Photography during the competition by anyone except approved UKCA personnel is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated. Official UKCA photographs will be available for purchase on the day of competition and after by email request

PHOTOGRAPHIC CONSENT

Official Photographers will be present at UKCA Competitions

**By consenting to entry
there is an acceptance that
the Cheerleader may be photographed
and the images taken may be published on the UKCA website
or other official UKCA promotional material**

**Coaches MUST ensure that all Parents/Guardians
are aware of this and all other relevant information**

**UKCA will take all reasonable precautions to ensure that
Safety Guidelines are adhered to**

UKCA CODE OF CONDUCT

Coaches are role models and need to set positive examples by:

1. Adhering to all U.K.C.A. Rules and Regulations
2. Emphasising that good athletes strive for good mental and physical health
3. Emphasising that winning is the result of teamwork
4. Motivating Cheerleaders in developing self confidence and self esteem
5. Never criticising Cheerleaders in front of spectators, but reserving constructive criticism for later, in private, or in the presence of squad members only if others might learn from hearing the criticism
6. Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture; not inciting un-sportsman like conduct
7. Not swearing, using foul or abusive language at any time
8. Abstaining from
 - the possession or drinking of alcoholic beverages
 - the possession or smoking of tobaccoin the presence of spectators, officials, judges, their own or other squads, or where not permitted by law
 - the possession or taking of any controlled drug at any time
9. Accepting decisions of officials and judges in competitions as final
10. Being responsible for the conduct and control of squad members, helpers and spectators

Cheerleaders should strive to promote good sportsmanship by:

1. Striving to be modest in victory and gracious in defeat
2. Taking responsibility for providing positive leadership at all times
3. Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture; not inciting un-sportsman like conduct
4. Not swearing, using foul or abusive language at any time
5. Abstaining from
 - the possession or drinking of alcoholic beverages
 - the possession or smoking of tobaccoin the presence of spectators, officials, judges, teammates or other squads while wearing team uniform or otherwise representing their squad, or where not permitted by law
 - the possession or taking of any controlled drug at any time
6. Always showing respect and being polite to officials, judges, opposing Coaches, Cheerleaders and spectators

Be Ambassadors of good will

CHEERLEADING 😊
The Sport of Smiles