



UKCA
National Schools'
Cheerleading
Championship

RULES
&
REGULATIONS

2011

INCLUDING

DISABILTY CHEERLEADING

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CATEGORIES & AGE DIVISIONS

CATEGORY	TIME	KS1	KS2	KS3	KS4	KS5
Cheerleading (Beginner Level)	2:30mins	x	x	x	x	x
Cheerleading (Intermediate Level)	2:30mins	N/A	x	x	x	x
Cheerleading (Advanced Level)	2:30mins	N/A	N/A	x	x	x
Co-Ed Cheerleading (Beginner Level)	2:30mins	N/A	N/A	x	x	x
Co-Ed Cheerleading (Intermediate Level)	2:30mins	N/A	N/A	x	x	x
Co-Ed Cheerleading (Advanced Level)	2:30mins	N/A	N/A	x	x	x
Pom Dance	2:30mins	x	x	x	x	x
Street Cheer – Excluding Transitional Skills	2:30mins	x	x	x	x	x
Street Cheer – Including Transitional Skills	2:30mins	x	x	x	x	x
Disability Cheerleading	3:00mins	x	x	x	x	x

AGE DIVISIONS

PRIMARY SCHOOL

KS1

KS2

The oldest member of the team defines the entry division

(ie: If 19 members of the team are KS1 and 1 member is KS2, the team must enter KS2)

HIGH SCHOOL

KS3

KS4

KS5

The oldest member of the team defines the entry division

(ie: If 19 members of the team are KS3 and 1 member is KS5, the team must enter KS5)

COMPETITION TEAM SIZE

NO RESTRICTIONS

THE ONLY FLOOR MARKING WILL BE A FRONT LINE

CHEERLEADING COACHES PLEASE NOTE:

CHEER MAT SIZE 12M X 12M

IMPORTANT:

- **CHEERLEADERS FROM A REGISTERED UKCA SCHOOL CAN 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

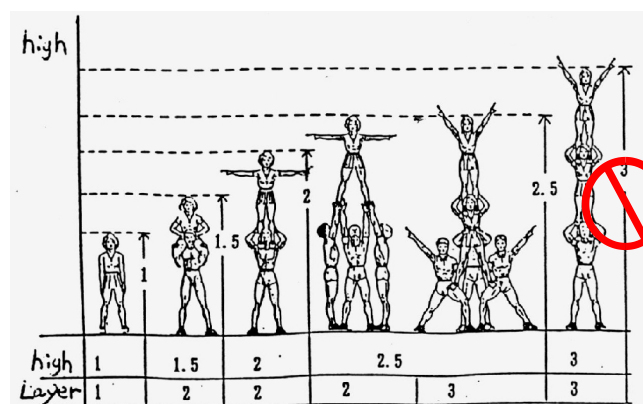
DEFINITIONS

Squad	Total number of Cheerleaders within your School
Team	Chosen number of Cheerleaders entering a Category and Division (i.e. Pom Dance 18 KS2)
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)
- **KS1, KS2, KS3 & KS4** - Stunts and pyramids **2 high or above** must have a spotter for each top person
- **KS5** - A spotter is **not** required for stunts and pyramids at **2 high**
- **All Female Divisions** - Cradle dismounts **must have** minimum **3** people to catch
- **KS3 & KS4 Co-Ed Divisions** - Cradle dismounts **must have** minimum **3** people to catch
- **KS5 Co-Ed Stunts** - Cradle dismounts **must have** minimum **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

CHEERLEADING BEGINNER LEVEL SKILL OVERVIEW

Age Group Skill	KS1	KS2	KS3	KS4	KS5
Layer	2	2	2	2	2
Height	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
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
Mounts	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
Basket Toss	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Tumbling	No Restriction	No Restriction	No Restriction	No Restriction	No Restriction

CHEERLEADING INTERMEDIATE LEVEL SKILL OVERVIEW

Age Group	KS1	KS2	KS3	KS4	KS5
Skill					
Layer	N/A	2	2	2	2
Height	N/A	2.5	2.5	2.5	2.5
Single Base Stunt (Examples)	N/A	2	2	2	2
Single Leg Balanced Stunt (Examples)	N/A	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	N/A	Single Half Twist Contact with at least 1 base No Rotations	Single Half Twist Contact with at least 1 base No Rotations	Single Full Twist Contact with at least 1 base No Rotations	Single Full Twist No Rotations
Dismounts	N/A	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	N/A	No Twists No Rotations	No Twist No Rotations	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Tumbling	N/A	No Restriction	No Restriction	No Restriction	No Restriction

CHEERLEADING ADVANCED LEVEL SKILL OVERVIEW

Age Group	KS1	KS2	KS3	KS4	KS5
Skill					
Layer	N/A	N/A	2	2	3
Height	N/A	N/A	2.5	2.5	2.5
Single Base Stunt	N/A	N/A	2	2.5	2.5
Single Leg Balanced Stunt	N/A	N/A	2.5 WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5	2.5
Mounts	N/A	N/A	Single Full Twist Contact with at least 1 base No Rotations	Single Full Twist No Rotations	Single Full Twist or Single Rotation
Dismounts	N/A	N/A	Single Full Twist or Single Suspended Rotation	Single Full Twist or Single Rotation	Double Full Twist or Single Rotation
Basket Toss	N/A	N/A	Single Full Twist No Rotations	Single Full Twist or Single Rotation	Double Full Twist or Single Rotation or Single Full Twist with Single Rotation
Tumbling	N/A	N/A	No Restriction	No Restriction	No Restriction

SCHOOLS CHEERLEADING

COMPETITION REQUIREMENTS

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

A 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 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

SCHOOLS 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

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POM DANCE GLOSSARY

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
Acrobatics	<p>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)</p> <p>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.</p>
Stunting	<p>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</p> <p>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)</p>
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	<p>Costumes should be safe and appropriate for the age and style of the team members. Shoes must be worn.</p> <p>ALLOWED: Buckles, zips and other hard items that are an integrated part of the garment, Flat Hair Clips</p>

SCHOOLS POM DANCE

COMPETITION REQUIREMENTS

KS1
KS2
KS3
KS4
KS5

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

A 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 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

SCHOOLS 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

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STREET CHEER GLOSSARY

Street Cheer	A fusion of Street Dance & Cheerleading moves
Transitional Skill	A weight-bearing acrobatic/gymnastic style skill that is fluid in nature The skill will be considered transitional if it is held for 3 seconds or less Any longer will be considered a stunt and is PROHIBITED
Break Dance Skill	Specialist style skill

EXAMPLES OF STREET CHEER JUMPS

• Jump Heel Kick	Low Level
• Side jump	Low Level
• Jump Knee Lift	Low Level
• Jump Kick	Mid Level
• Stag Jump	Mid Level
• Twister	Mid Level
• Genie	Higher Level
• Jump Over	Higher Level
• The Run	Higher Level

EXAMPLES OF BREAK DANCE SKILLS

• Break footwork	Low Level
• Flares	Low Level
• Grass Hopper	Low Level
• Windmill Preparation	Mid Level
• Freeze	Mid Level
• Flick ups	Mid Level
• Windmills	High Level

EXAMPLES OF TRANSITIONAL SKILLS

• Cartwheel/Assisted Cartwheel	Low Level
• Handstands/Inverts	Low Level
• Assisted Freeze	Low Level
• Step Over	Mid Level
• Round Off	Mid Level
• Run	High Level
• Toe Pitch	High Level

The skills listed above are included to give guidance of what is considered to be Low Level, Mid Level and High Level Jumps, Break Dance Skills and Transitional Skills
This does not mean that they are the only skills allowed in performance

Coaches should carefully select the level of Jumps, Break Dance Skills and Transitional Skills 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

SCHOOLS STREET CHEER

EXCLUDING TRANSITIONAL SKILLS

No Acrobatic/Gymnastic Skills

(NO MATS PROVIDED)

COMPETITION REQUIREMENTS

KS1

KS2

KS3

KS4

KS5

Perform Street Cheer style routine using (but not limited to) Street Dance moves

Unlimited use of additional props

COMPULSORY ELEMENTS

A Vocal Skill (Street Cheer style Cheer/Chant)

A Locking section

Jumps

Poms must be used 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 performance area

This area will be a wooden floor or a sports hall floor, **no mats** will be provided

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

STREET CHEER

EXCLUDING TRANSITIONAL SKILLS

SCORE SHEET 2011

1. Cheers and Chants

1 2 3 4 5 6 7 8 9 10

Clarity, Timing, Volume, Street language,
appropriate Street Motions, Levels, Visual Effects

2. Locking

1 2 3 4 5 6 7 8 9 10

Sharpness, Precision, control of body,
Originality

3. Jumps

1 2 3 4 5 6 7 8 9 10

Difficulty, Power, Strength, Execution, Height, Landings

4. Transitions & Formations

1 2 3 4 5 6 7 8 9 10

Flow of routine, change of patterns

5. Timing & Synchronisation

1 2 3 4 5 6 7 8 9 10

Timing, Unity

6. Choreography

1 2 3 4 5 6 7 8 9 10

Musical interpretation, Levels, Visual Effects, originality,
Use of 'and' count, appropriate Music

7. Execution

1 2 3 4 5 6 7 8 9 10

Confidence, Facial Expression, Attitude, Energy, Strength
appropriate Street Motions, Levels, Visual Effects

8. Entertainment Value

1 2 3 4 5 6 7 8 9 10

Overall appearance, Enthusiasm

9. Wow Factor

1 2 3 4 5 6 7 8 9 10

Specialist skills, Signature moves, Originality, Safety
Difficulty, Power, Strength, Execution, Height, Landings

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SCHOOLS STREET CHEER

INCLUDING TRANSITIONAL SKILLS

Including Acrobatic/Gymnastic Skills
(MATS PROVIDED)

COMPETITION REQUIREMENTS

KS1

KS2

KS3

KS4

KS5

Perform Street Cheer style routine using (but not limited to) Street Dance moves

Unlimited use of additional props

COMPULSORY ELEMENTS

A Vocal Skill (Street Cheer style Cheer/Chant)

A Locking Section

Jumps

Transitional Skills

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

PROHIBITED

Stunts

Pyramids

Beginning & End of Routine

The routine must begin & end within the performance area

Mats will be provided

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

SCHOOLS STREET CHEER

INCLUDING TRANSITIONAL SKILLS

SCORE SHEET 2011

1. Cheers and Chants Clarity, Timing, Volume, Street language, appropriate Street Motions, Levels, Visual Effects	1 2 3 4 5 6 7 8 9 10
2. Locking Sharpness, Precision, control of body, Originality	1 2 3 4 5 6 7 8 9 10
3. Jumps Difficulty, Power, Strength, Execution, Height, Landings	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. Choreography Musical interpretation, Levels, Visual Effects, originality, Use of 'and' count, appropriate Music	1 2 3 4 5 6 7 8 9 10
7. Execution Confidence, Facial Expression, Attitude, Energy, Strength appropriate Street Motions, Levels, Visual Effects	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
9. Wow Factor Specialist skills, Signature moves, Originality, Safety Difficulty, Power, Strength, Execution, Height, Landings	1 2 3 4 5 6 7 8 9 10
10. Transitional Skills Originality, Safety	1 2 3 4 5 6 7 8 9 10

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DISABILITY CHEERLEADING

Performance Division

(No mats will be provided)

**KS1
KS2
KS3
KS4
KS5**

Perform a routine which may encompass a variety of Dance Styles, Movement and Vocals

Poms should be used at some point during the routine by a number of Cheerleaders, Helpers or Carers

SUGGESTED ELEMENTS

A Vocal Skill (Cheer/Chant/Sideline)

Cheer Arm Motions

Dance

PROHIBITED

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

The routine must begin & end within the performance area

No limit on set up time

Time

Routine time limit is **3.00** minutes

Music

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

**Helpers and Carers will be allowed onto the floor
if this meets the needs of your team**

DISABILITY CHEERLEADING

SCORE SHEET 2011

1. Choreography Musical interpretation, visual effects, originality	1	2	3	4	5	6	7	8	9	10
2. Transitions & Formations Flow of routine, change of patterns	1	2	3	4	5	6	7	8	9	10
3. Timing & Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
4. Execution Confidence, facial expression, spirit, energy	1	2	3	4	5	6	7	8	9	10
5. Entertainment Value Overall appearance, enthusiasm	1	2	3	4	5	6	7	8	9	10

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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	DROPPED POMS Choreographed throws will not be considered a drop	1 POINT per pom
11	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 REGISTERED SCHOOLS
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