



UKCA

2010

Winter Open

Championship

Cheerleading, Stunt Group and Pom Dance Categories

RULES

&

REGULATIONS

ukca@hotmail.com

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CATEGORIES & AGE DIVISIONS

CATEGORY	TIME	AGE DIVISIONS					
Beginners All Female Cheerleading	2:00mins	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
Beginners Co-Ed Cheerleading	2:00mins				Junior B	Senior	Masters
Intermediate All Female Cheerleading	2:30mins		Teenies	Junior A	Junior B	Senior	
Intermediate Co-Ed Cheerleading	2:30mins				Junior B	Senior	
Advanced All Female Cheerleading	2:30mins		Teenies	Junior A	Junior B	Senior	
Advanced Co-Ed Cheerleading	2:30mins				Junior B	Senior	
Intermediate Group Stunt	1:15mins		Teenies	Junior A	Junior B	Senior	
Advanced Group Stunt	1:15mins		Teenies	Junior A	Junior B	Senior	
Beginners Pom Dance	2:00mins	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
Intermediate Pom Dance	2:30mins		Teenies	Junior A	Junior B	Senior	
Advanced Pom Dance	2:30mins		Teenies	Junior A	Junior B	Senior	

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**

MASTERS **75% of Team must be at least 30 years on day of competition**

COMPETITION TEAM SIZE

CATEGORY	MINIMUM	MAXIMUM	SUBSTITUTES
CHEERLEADING	5	35	UP TO 5
GROUP STUNT	5	5	UP TO 5
POM DANCE	5	35	UP TO 5

IMPORTANT:

- SUBSTITUTES MUST BE NAMED ON COMPETITION ENTRY FORMS**

CHEERLEADERS CAN ONLY COMPETE ONCE WITHIN A CATEGORY

**CHEERLEADERS CANNOT ENTER 2 AGE DIVISIONS OF THE SAME CATEGORY
(i.e. JUNIOR CHEERLEADING & SENIOR CHEERLEADING)**

**CHEERLEADERS FROM A REGISTERED UKCA SCHOOL CAN ENTER THE NATIONAL SCHOOLS
COMPETITION IN ADDITION TO COMMUNITY, CLUB OR NATIONAL 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**
- NO BAREFEET ALLOWED**
- NO LOOSE GLITTER IS USED ON HAIR, FACE, SIGNBOARDS, BANNERS OR
UNIFORMS DURING A CHEERLEADING ROUTINE ON THE MATTED FLOOR**

**Beginner, Intermediate & Advanced Level
Competitions are equivalent to UKCA
Community, Club & National Levels**

CHEERLEADING GLOSSARY

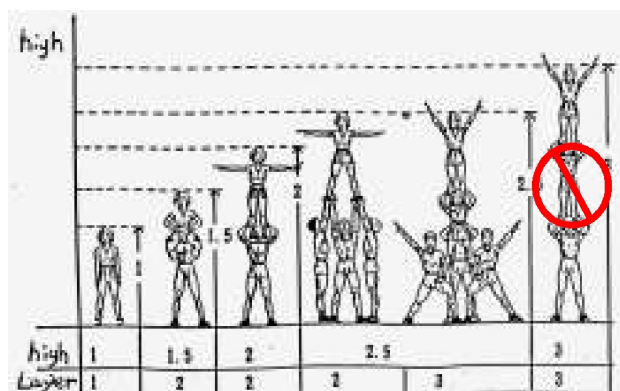
DEFINITIONS

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)
Cheer	A vocal routine that tells a story and encourages crowd participation
Chant/Sideline	A short phrase repeated at least 3 times
Cheer Arm Motions	High 'V', 'T', 'High Touchdown', etc.
Jump	Executed from 2 feet to 2 feet landing feet together on balls of feet
Stunt	One or more bases taking the weight of the flyer
Pyramid	2 or more stunts close enough to touch without the need to move arm or body position
Base	Person who provides primary support for the flyer and is also 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
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
Tumbling	Cartwheels, handsprings, back handsprings and other gymnastics skills which involve rotation
Somersault	An aerial gymnastic skill which involves a hip over head rotation
Suspended Roll	A somersault performed in the air by the flyer with constant hand to hand contact with the bases
Toss	Top person being free of continuous contact from the base(s) (i.e. Basket Toss)
Twist	Vertical Rotation (No hip over head rotation)
Rotation	Somersault - Hip over head rotation
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)
Cheer Uniform	Top/skirt, top/shorts or dress, socks and trainers/pumps Top/trousers, top/shorts, socks and trainers/pumps

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 main base must have at least one foot on the ground at all times
- The main base cannot assume a back-bend position
- All required spotters must be active members of the participating squad
- 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 an additional spotter)
- ALL DIVISION, stunts and pyramids 2 high must have a spotter for each top person
- Cradle dismounts must have a minimum of 3 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

CHEER JUMPS

<input type="checkbox"/> Straight (approach)	Low Level
<input type="checkbox"/> Tuck	Low Level
<input type="checkbox"/> Straddle (Star)	Low Level
<input type="checkbox"/> Herkie/Hurdler	Mid Level
<input type="checkbox"/> Toe Touch	Mid Level
<input type="checkbox"/> Universal	Higher Level
<input type="checkbox"/> Pike	Higher Level
<input type="checkbox"/> Around The World	Higher Level

TUMBLING

<input type="checkbox"/> Forward Roll	Low Level
<input type="checkbox"/> Backward Roll	Low Level
<input type="checkbox"/> Handstand	Low Level
<input type="checkbox"/> Cartwheel	Low Level
<input type="checkbox"/> Round Off	Low Level
<input type="checkbox"/> Back Bend	Low Level
<input type="checkbox"/> Front Limber	Low Level
<input type="checkbox"/> Forward Walkover	Low Level
<input type="checkbox"/> Backward Walkover	Low Level
<input type="checkbox"/> Back Hand Spring	Mid Level
<input type="checkbox"/> Front Handspring	Mid Level
<input type="checkbox"/> Standing Tuck	High Level
<input type="checkbox"/> Somersaults	High Level
<input type="checkbox"/> Layouts	High Level
<input type="checkbox"/> Full Twists etc	High Level

Low Level Tumbles are allowed at Beginners level
Up to Mid Level Tumbles are allowed at Intermediate level
All Levels of Tumbles are allowed at Advanced 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

BEGINNERS CHEERLEADING SKILL OVERVIEW

Age Group	Tiny Teenies	Teenies	Junior A	Junior B	Senior	Masters
Skill						
Layer	2	2	2	2	2	2
Height	1.5	1.5	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)	1.5 Heel Stretch @ Thigh Stand	1.5 Heel Stretch @ Thigh Stand	2 Hitch @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Scale @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Arabesque @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Liberty @ Elevator 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

BEGINNERS CHEERLEADING

COMPETITION REQUIREMENTS

TINY TEENIES	ALL FEMALE	STUNTS 2 LAYERS -1.5 HIGH ONLY
TEENIES	ALL FEMALE	STUNTS 2 LAYERS -1.5 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 2 LAYERS - 2 HIGH ONLY
SENIOR	CO-ED	STUNTS 2 LAYERS - 2 HIGH ONLY
MASTERS	ALL FEMALE	STUNTS 2 LAYERS - 2 HIGH ONLY
MASTERS	CO-ED	STUNTS 2 LAYERS - 2 HIGH ONLY

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**
Cheer
Chant/Sideline
Stunts Pyramid
Cheer Jump
Tumbling
Dance

Cheer Arm Motions

Points will be deducted from total score for each compulsory element not performed

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 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 2.00 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

INTERMEDIATE CHEERLEADING SKILL OVERVIEW

Age Group	Teenies	Junior A	Junior B	Senior
Skill				
Layer	2	2	2	2
Height	2	2.5	2.5	2.5
Single Base Stunt (Examples)	1.5 Hitch @ Thigh Stand	1.5 Liberty @ Thigh Stand	2 Hitch @ Elevator	2 Liberty @ Elevator
Single Leg Balanced Stunt (Examples)	2 Hitch @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Liberty @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5 Liberty @ Extension WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5 Arabesque @ Extension WITH 2 BASES TAKING THE WEIGHT OF THE FLYER
Mounts	No Twists 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	No Twists No Rotations	No Twists Single Suspended Rotation	Single Full Twist Or Single Suspended Rotation	Single Full Twist or Single Suspended Rotation
Basket Toss	Prohibited	No Twists No Rotations	Single Twist No Rotations	Single Twist or Single Rotation
Tumbling	Mid Level	Mid Level	Mid Level	Mid Level

INTERMEDIATE CHEERLEADING

COMPETITION REQUIREMENTS

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY

There is no separate Co-Ed category at 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

Cheer
Chant/Sideline
Stunts Pyramid
Cheer Jump
Tumbling
Dance

Cheer Arm Motions

Points will be deducted from total score for each compulsory element not performed

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 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

All 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

ADVANCED 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	1.5	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 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	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 Twist No Rotations	Either Single Twist or Single Rotation	Either Double Twist or Double Rotation or One of each
Tumbling	No Restriction	No Restriction	No Restriction	No Restriction

ADVANCED CHEERLEADING

COMPETITION REQUIREMENTS

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 3 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 3 LAYERS - 2.5 HIGH ONLY

There is no separate Co-Ed category at 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

Cheer
Chant/Sideline
Stunts Pyramid
Cheer Jump
Tumbling
Dance

Cheer Arm Motions

Points will be deducted from total score for each compulsory element not performed

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 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 2010

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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INTERMEDIATE GROUP STUNT

COMPETITION REQUIREMENTS

ONLY 1 ENTRY PER AGE DIVISION PER SQUAD IS ALLOWED
(I.E. 1 TEENIE, 1 JUNIOR A, 1 JUNIOR B & 1 SENIOR)

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL MALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL MALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY

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

ADVANCED GROUP STUNT

COMPETITION REQUIREMENTS

ONLY 1 ENTRY PER AGE DIVISION PER SQUAD IS ALLOWED
(I.E. 1 TEENIE, 1 JUNIOR A, 1 JUNIOR B & 1 SENIOR)

TEENIES	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR A	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	CO-ED	STUNTS 2 LAYERS - 2.5 HIGH ONLY
JUNIOR B	ALL MALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL FEMALE	STUNTS 2 LAYERS - 2.5 HIGH ONLY
SENIOR	CO-ED	STUNTS 3 LAYERS - 2.5 HIGH ONLY
SENIOR	ALL MALE	STUNTS 3 LAYERS - 2.5 HIGH ONLY

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

DANCE GLOSSARY

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.

BEGINNERS POM DANCE

COMPETITION REQUIREMENTS

TINY TEENIES
TEENIES
JUNIOR A
JUNIOR B
SENIOR
MASTERS

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

Cheer Arm Motions
Cheer Jumps

Poms must be used by all participants at some point during the routine (optional for males)
Points will be deducted from total score for each compulsory element not performed

PROHIBITED

Cheers/Chants
Stunts
Pyramids
Tumbling
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 2.00 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

INTERMEDIATE POM DANCE

COMPETITION REQUIREMENTS

**TEENIES
JUNIOR A
JUNIOR B
SENIOR**

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)
Points will be deducted from total score for each compulsory element not performed**

**PROHIBITED
Cheers/Chants
Stunts
Pyramids
Tumbling
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

ADVANCED POM DANCE

COMPETITION REQUIREMENTS

**TEENIES
JUNIOR A
JUNIOR B
SENIOR**

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)
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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

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A representative of the team must start and stop the music

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 COMPULSORY ELEMENTS Points will be deducted from the final score for each compulsory element not performed	10 POINTS per violation
4 UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM Correct uniform/footwear must be worn in all Divisions	10 POINTS per violation
5 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
6 NO JEWELLERY TO BE WORN	10 POINTS per item
7 UNSUITABLE MUSIC Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification	10 POINTS per violation
8 GLITTER NO loose glitter on hair, face, signboards, banners or uniforms in Cheerleading Divisions on matted floor	5 POINTS per violation
9 HAIRPINS, GRIPS, PLASTIC COMBS ETC No metal hairpins, grips, plastic combs/head-bands in Cheerleading Divisions	5 POINTS per item
10 TIME OVER DEDUCTION Points deducted for each second over time limit during set up and performance of routine	1 POINT per second
11 OUTSIDE AREA VIOLATION Movement that takes the competitors foot or feet outside the marked area	1 POINT per violation
12 DROPPED POMS Choreographed throws will not be considered a drop	1 POINT per pom
13 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
INSURANCE	A copy of the current Squad/Team Public Liability Insurance document must be provided to UKCA 14 days before the competition
COMPETITION REGISTRATION	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 tobacco

in 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
10. **Accepting decisions of officials and judges in competitions as final**
11. **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 tobacco

in 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
7. **Always showing respect and being polite to officials, judges, opposing Coaches, Cheerleaders and spectators**

Be Ambassadors of good will

CHEERLEADING 😊
The Sport of Smiles