

RULEBOOK 2011

MILLENIUM



**Trst - Trieste
ITALY**

GENERAL REGULATIONS

The following rules and regulations apply for the **2nd MILLENIUM CUP 2011 on March, 19th, 2011** at the **Sports Hall PALATRIESTE, Via Flavia nr.3 - Trieste**. Organizer of the championship is the **ASD CHEERDANCE MILLENIUM**.

Registration

The registration for the championship takes place in writing by sending in the filled out and signed registration forms to the ASD CHEERDANCE MILLENIUM. The registration is completed by the ASD CHEERDANCE MILLENIUM receiving the full registration fee payment at their bank account. The registration for the championship is binding.

*Deadline for the registration and payment is **February 19th, 2011**.*

Additional registrations for individuals whose team has already registered is possible up to 14 days before the start of the championship. Individual participants can cancel his or her participation until 14 days before the competition. In this case 20% of the competition fees are retained. A cancellation after 14 days before the competition is not possible. In this case no competition fees are retained. The number of the participating teams is limited. Therefore the registration will be confirmed by the ASD CHEERDANCE MILLENIUM if a participation is possible. Every participant has to be in the possession of a valid photo identification (e.g. passport, drivers license). This identification has to be shown at the check in. Every participant has to accept the rulebook and the general terms and conditions of the 2nd MILLENIUM CUP 2011 by signing the registration form.

Otherwise the person can not participate in the championship.

Insurance

All competitors and spotters must be health and accident insured. The organizer of the competition (ASD Cheerdance Millenium) are not responsible for damage or deterioration of the health status of the participating competitors and spotters.

Judges

Each judge panel is agreed with the organizer of the competition and judge committee.

The judge panel also requires a person who is solely responsible for the calculation of results and the classification of competitors.

Recording Competitions

All competitions are recorded. All routines must be recorded in frontal view, so all the competitors are seen.

Organizer of the competition determines the rules under which it is permitted to record or photograph the competition with third parties.

Divisions and age groups

The following age divisions exist in respect to the year the person was born:

Age Group	Year of Birth
Pee Wee	1998 and younger
Junior	1993 - 1999
Senior	1996 and older

Exceptions (max 1 year younger/older):

- max 3 exceptions in Junior/Senior cheerleading groups / cheerdance groups
- max 1 exception in Junior/Senior groupstunt

The following divisions exist:

		SENIOR	JUNIOR	PEEWEE
CHEERLEADING	Cheer Allgirl groups	X	X	X
	Cheer Coed groups	X	X	X
	Allgirl Group stunt	X	X	
	Coed Group stunt	X	X	
	Partnerstunt	X	X	
	Individuals	X	X	X
CHEERDANCE	Cheerdance groups	X	X	X
	Cheerdance Double dance	X	X	X

The following table shows the number of persons that apply for a certain special division and the age groups.

Number of participants on the floor:

	MIN	MAX
Cheer groups	8	28
Dance groups	5	25
Group stunt	4	5
Partner stunt	2	2
Double dance	2	2
Individuals	1	1

A team with one or more male cheerleaders is considered as a coed team (exceptions: Peewee, Individual and Dance Divisions). Cheerleaders are not allowed to participate in two or more different teams in the same division. A cheerleader not registered is not allowed to participate in the championship.

Timing

DIVISION	pee wee min. – max. [min]	junior & senior min. – max. [min]
Cheer groups	1:30 – 2:00	2:00 – 2:30
Dance groups	1:30 – 2:00	2:00 – 2:30
Groupstunt		1:00 – 1:15
Partnerstunt		1:00 – 1:15
Double dance	1:00 – 1:15	1:15 – 1:30
Individuals	0:45 – 1:00	1:00 – 1:15

Cancellation of Divisions

Organizer of the competition can decide to cancel certain divisions on the basis of applications received, but has to inform registered teams. In this case, the team has the right to withdraw from the competition with refunded registration fee, if the team informs the organizer in reasonable time.

In case the team does not inform to withdraw, is reassigned to another division, with similar characteristics by organizer.

Competition Area

Competition area measures **12 x 12 m** with at least 1 m wide safety zone. Cheerleading teams are performing on mat, unless the organizer of the competition determines otherwise.

Ceiling is at least 8 m high.

Music

Competitors have to provide a CD with the music for their routine to the competition organizer. Reserve copy of CD is also required. Music should start at the beginning of disc. Information required on CD or CD cover:

- team name or individuals name
- division.

Offensive (e.g. vulgar, racist, sexual) lyrics are prohibited.

Organizer of the competition can offer other ways to bring music (USB key, via e-mail) which will be described in the circular letter.

Representative for Music

Organizer can demand that each group provides a person which will play and stop the music for the routine at the correct moment. The organizer must announce that in the circular letter.

Responsibility for Technical Difficulties

The team will be permitted to start over in case of errors in the music due to technical problems caused by equipment. The coach and the head judge agree, when the routine will be repeated. The team must continue with the routine in case of error caused by representative or errors in music or on CD. Possible deviations in the length of the music due to differences in technical equipment / playback speed will not be taken into account and will be penalized.

Sound System for Practice

Organizer of the competition is not obliged to provide a sound system for teams to practice.

Uniforms and Appearance

Hair

In cheerleading divisions hair must be securely stapled so that it does not interfere with a person's field of vision. It is not allowed to use sharp or pointed objects. Using hair pins and other hard devices for decorative purposes is prohibited. The use of hair pins is allowed, if they are closely attached to the competitors.

In cheer dance divisions hair can be down.

Jewelry

During performance any kind of jewelry is not allowed.

Medical Devices

Just sports plastic glasses are allowed.

Coach or individual should consult head judge regarding any other medical devices.

Uniforms and Shoes

Uniforms must be appropriate for all viewers and also safe. Clothing and footwear of all competitors in the group must be in colour and form in line.

Clothing of competitors in cheerleading division has to be uniforms or uniforms like clothes. Due to safety reasons the upper part of uniform must be tight.

All persons walking on the performance surface must wear the appropriate sports footwear, which leaves no trace and can not hurt the mat. Competitors in cheerleading divisions, have to wear appropriate sports shoes with firm soles and solid shape. Dance, jazz, gymnastics shoes or slippers and similar footwear are prohibited in cheerleading divisions.

Competitors are not allowed to be barefoot.

Props

Props must not be metal or pointed, or have other characteristics which could endanger persons present at the competition or the performance surface.

Megaphones, signs, flags, banners and pom pons are allowed props in all cheerleading divisions.

In cheerdance divisions pom pons are obligatory.

Props have to be brought to the performance surface prior performance and can be thrown off during performance or taken off after the performance is over. Props which have been thrown off the performance surface must not be picked up again and re-entered to the competition area. Violation of this rule is treated as crossing over the performance surface (the same deduction is applied).

Other persons not performing (e.g. official spotters) are not allowed to touch or handle props in any way.

Props which have been thrown down inside the performance surface can be removed on the safety zone of competition area by official spotters in case they could endanger competitors.

Disqualifications

- Competing of a non-registered person.
- Violation of age requirements.
- Using vulgar, racist or sexual lyrics in music or cheer.
- Inappropriate shoes or uniform or competing barefoot.
- Violation of advertising rules.
- Wearing prohibited medical devices.
- Wearing jewelry
- Use of illegal props
- Unsportsmanlike conduct.

Disqualification is done by head judge, who considers all relevant circumstances. Circumstances which lead to disqualification can be suggested by coaches, other judges and leader of the competition.

Judging Process

Competitions can be judged by various numbers of judges in judge panel. Scores from every group of judges (same score sheet) are averaged. In cheerleading divisions both average sums of the two judge groups are added up. The score from 0.00 to 10.00 is then derived by using normalization factor. Deductions are applied to this score to make it final.

Interruption of the Performance

If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team affected should stop the routine. The degree and effect of the interruption will be determined by tournament officials, and the team will be allowed to present its routine from a place in the routine to be determined at the sole discretion of the tournament officials. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition. In the event that an injury causes the team's routine to be interrupted, the team must either continue the routine or withdraw from the competition. Tournament officials reserve the right to stop the routine if an injury occurs and have the sole discretion to determine where the routine will resume if the team is permitted to continue its performance.

Finality of Decisions

By participating in this championship, each team agrees that the decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

CHEER DIVISIONS

Official Spotters

Each cheerleading team must provide itself the number of official spotters required as defined in rulebook. Official spotters are not competitors of the team. Their task is to protect flyer's head and upper part of the body during stunts and tosses. Official spotters are not allowed to help in any way to stabilize stunts or to toss.

Minimal number of official spotters	
Cheer groups	3
Group stunt	1
Partner stunt	1
Individuals	0

Spotters

Spotters are competitors inside the team, whose prior task is to protect flyer's head and upper body part during stunts, tosses and pyramids.

Timing and Beginning of Routine

All team members must stay still on competition area and have at least one foot on the performing surface as the routine starts. Timing will end with the last note of the music or the last movement, whichever comes first.

Cheer groups

General safety guidelines must be obeyed by all teams. Special safety guidelines are regulated for each age group.

Pee Wee Cheer Groups

TUMBLING
All tumbling must originate from and land on the floor.
Tumbling over, under, or through a stunt, person, or prop, is not allowed.
Cheerleader during tumbling must not hold or touch any props.
Connected tumbling (two or more persons in physical contact during tumbling) is not allowed.
Free rotations (rotations without physical contact) around the horizontal axis are illegal.
Jumps immediately followed by tumbling are not allowed (e.g. toe touch handspring).
STUNTS
Highest level allowed: <ul style="list-style-type: none"> • group stunt: 2 (e.g. prep) • partner stunt: 1.5 (e.g. shoulder sit)
Every flyer must have a back base.
Rotations around vertical axis in mounts and transitions are limited to half a turn.
Free horizontal rotations in mounts and transitions are prohibited. Guided horizontal rotations are allowed, if the flyer is in physical contact with at least two persons.
Bases are not allowed to turn at the time when a top is in an upwards or downwards transition.
Switching bases is illegal.
Flyovers are illegal.
PYRAMIDS
Highest height allowed: 2. Highest level allowed: 2.
DISMOUNTS
In dismounts to floor, flyer must first contact the floor by feet.
In dismounts to floor, every flyer has to be caught by at least 3 bases.
Rotations are not allowed in dismount to floor.
In group stunts at least 3 bases have to cradle. One of them has to catch the upper body part of the flyer.
Dismounts to lying, faced to floor position are not allowed.
Vertical rotations: not more than 1 turn.
Horizontal rotations: illegal.
TOSSES
Tosses are not allowed.

Junior Cheer Groups

TUMBLING
All tumbling must originate from floor. Free rotation around the horizontal axis is not allowed to end up in stunt.
Tumbling over, under, or through a stunt, person, or prop, is not allowed.
Cheerleader during tumbling must not hold or touch any props.
Connected tumbling (two or more persons in physical contact during tumbling) is not allowed.
Consecutive flip-flip combinations are not allowed (ex: back tuck-back tuck, back tuck-punch front, etc).
Skills are allowed up to 1 flipping and 1 twisting rotation.
STUNTS
Highest height allowed: 2.5.
Every top on height 2 or higher is required to have a back base (spotter).
Mounts and transitions are allowed up to 1½ twisting rotation.
Free flipping rotation in mounts and transitions are prohibited. Assisted flipping rotations are allowed if the flyer is constant connection with the person that is not in extended stunt.
During flyovers, flyer has to be in constant contact with at least 1 person, who is not allowed to stand in extended stunt.
PYRAMIDS
Highest height allowed: 2.5. Highest level allowed: 3.
Flyer on level 3 is required to have one spotter in front and one behind of the pyramid.
During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.
Pyramids with the inverted position of the flyer are prohibited.
Transitions can include inverted positions of the top if the top is braced by at least one person at prep level or below. The top has to stay in constant motion. The rotation is limited to 1-1/4 rotations around the horizontal axis and 1 rotation around the vertical axis. At transitions with inverted positions changing of bases is prohibited.
Switching bases is illegal except if the flyer is in constant contact with person who is not standing in extended stunt.
Free rotation around the horizontal axis is not allowed to end up in pyramid (e.g. rewind into 2-2-1 is illegal).
DISMOUNTS
In dismounts to floor, flyer must first contact the floor by feet.
In dismounts to floor, every flyer has to be caught by at least 2 bases.
Up to 1 flipping rotation is allowed when dismounting to the floor and must be assisted by at least two persons.
In group stunts at least 3 bases have to cradle. One of them has to catch the upper body part of the flyer.
In partner stunts at least two bases have to cradle.
Dismounts to lying, faced to floor position are not allowed.
Up to 2¼ twisting rotations are allowed.
Up to 1¼ flipping rotations are allowed.
Combination of flipping and twisting rotation is prohibited.
TOSSES
During tosses bases must remain in contact with floor by both feet.
In tosses at least 3 bases have to cradle. One of them has to catch the upper body part of the flyer.
Only 4 bases can participate in one toss.
Up to 2¼ twisting rotations are allowed.
Up to 1¼ flipping rotations are allowed.
Combination of flipping and twisting rotation is prohibited.
Changing of bases: <ul style="list-style-type: none"> • up to 1½ twisting rotations are allowed, • flipping rotation are prohibited, • flyer must be caught by at least 3 stationary bases. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss.

Senior Cheer Groups

TUMBLING
All tumbling must originate from the floor. Free rotation around the horizontal axis is not allowed to end up in stunt.
Tumbling over, under, or through a stunt, person, or prop, is not allowed.
Cheerleader during tumbling must not hold or touch any props.
Connected tumbling (two or more persons in physical contact during tumbling) is not allowed.
Skills are allowed up to 1 flipping and 2 twisting rotations.
STUNTS
Highest height allowed: 2.5.
Every flyer on height 2.5 has to have a back base (spotter). Spotter is not required in partner stunts, where the foot of the flyer is not directed away from the body (e.g. extension, liberty, awesome).
If one base holds more than one flyer in partner stunts, a spotter for every flyer is required.
Free twists around the horizontal axis at mounts or transitions are allowed and limited to 2 rotations around the horizontal axis.
Combination of flipping and twisting rotation: <ul style="list-style-type: none"> • up to 1 twisting rotation is allowed, • up to 1¼ flipping rotations are allowed.
PYRAMIDS
Highest height allowed: 2.5. Highest level allowed: 3. Exception: extended stunts on thighstands.
Flyer on level 3 is required to have one spotter in front and one behind of the pyramid.
During transition in pyramids flyer can reach over height 2.5, if flyer is in constant contact with a person, who is not in extended stunt.
Free flipping rotations in mounts and transitions are limited to 1 rotation.
Combination of flipping and twisting rotations in mounts and transitions are prohibited.
DISMOUNTS
In dismounts to floor, flyer must first contact the floor by feet.
In dismounts to floor, every flyer has to be caught by at least one base.
Up to 1 flipping rotation is allowed when dismounting to the floor.
In group stunts dismounts into cradle must be caught by at least two persons.
In partner stunts dismounts into cradle do not require additional spotter if rotation is not present.
Dismounts to lying, faced to floor position are not allowed.
Up to 2¼ twisting rotations are allowed.
Up to 1¼ flipping rotations are allowed.
Combination of twisting and flipping rotations: <ul style="list-style-type: none"> • up to 1 twisting rotation is allowed, • up to 1¼ flipping rotations are allowed.
TOSSES
During tosses bases must remain in contact with floor by both feet.
In tosses at least 3 bases have to cradle. One of them has to catch the upper body part of the flyer.
Only 4 bases can participate in one toss.
Up to 2¼ twisting rotations are allowed
Up to 2¼ flipping rotations are allowed (2 male bases are required for 2¼ flipping rotations)
Combination of twisting and flipping rotations: <ul style="list-style-type: none"> • up to 2 twisting rotations are allowed just in senior <u>coed</u> cat., • up to 1¼ flipping rotation is allowed.
Changing of bases: <ul style="list-style-type: none"> • up to 1½ twisting rotations are allowed, • up to 1¼ flipping rotation are allowed, • flyer must be caught by at least 3 stationary bases. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss.

Deductions

DEDUCTIONS	
Each illegal element (stunt, tumbling, toss, pyramid, prop ...). Illegal element is not taken into account at judging.	0.5 point
Each missing spotter	0.5 point
Time under- or overshoot	1.0 point
Any other rule violation	0.5 point

Individuals

General regulations applying all age groups:

- Individuals routine must include following elements:
 - At least 3 jumps
 - At least 2 series running tumbling
 - At least 1 series standing tumbling
 - Cheer, which may include jumps and tumbling (which will be evaluated as cheer)
- Props are allowed.
- Tumbling:
 - Pee Wee: up to 1 flipping rotation without twisting rotation is allowed
 - Junior: up to 1 flipping rotation in combination with up to 1 twisting rotation is allowed
 - Senior: up to 1 flipping rotation in combination with 2 twisting rotations is allowed

Deductions

DEDUCTIONS	
Each illegal element (tumbling, props ...). Illegal element is not taken into account at judging.	0.5 point
Time under- or overshoot	1.0 point
Any other rule violation	0.5 point
Each unachieved compulsory element	1.0 point

Partner Stunt

Rules in this category are following:

- Props are not allowed.
- Spotter is not allowed to help to toss, lift, and stabilize stunts... Spotter must always cradle.

Deductions

DEDUCTIONS	
Each illegal element (prop, spotter helping ...). Illegal element is not taken into account at judging.	0.5 point
Time under- or overshoot	1.0 point
Any other rule violation	0.5 point

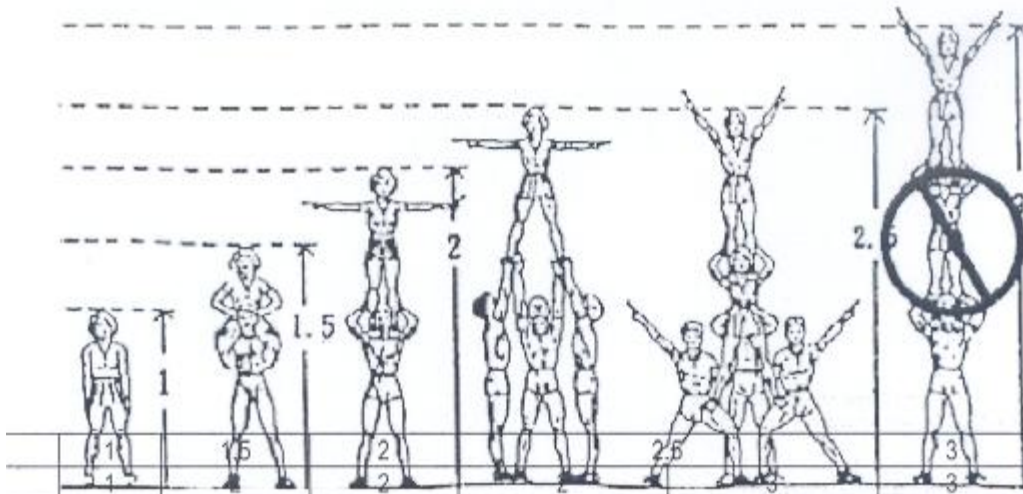
Group Stunt

Following rules apply to all age groups of group stunts:

- Props are not allowed,
- tosses
 - up to 2¼ twisting rotations without flipping rotation are allowed
 - up to 1¼ flipping rotations without twisting rotation are allowed
 - up to 1¼ flipping rotations in combination with up to 2 twisting rotations are allowed just in senior coed cat.
 - up to 2¼ flipping rotations without twisting rotation are allowed just in senior coed cat.

DEDUCTIONS	
Each illegal element (toss, prop ...). Illegal element is not taken into account at judging.	0.5 point
Time under- or overshoot	1.0 point
Any other rule violation	0.5 point

CHEERLEADING HEIGHT / LEVEL



DANCE DIVISIONS

Cheerdance Groups

Timing and beginning of the routine: Timing starts with the first note of music and stops with the last. The performance must begin with all team members staying still on the performing surface.

Props: Using pom pons is obligatory, the time is not defined. Other props are allowed.

Dance styles: Different dance styles are allowed.

Illegal elements: Any kind of tumbling is illegal. However back roll, forward roll, and shoulder roll are allowed. Back bends and hand stands are allowed if not including hip over head rotation. Handsprings, back tucks and aerials are not allowed. Cheerleading stunts, pyramids and tosses are illegal.

Dance lifts are permitted and defined as an action in which a dancer is elevated from the performance surface and set down. The lifting dancer must maintain control over the momentum, positioning, and returning lifted dancer to the performance surface by keeping direct contact (arm-body of the lifted dancer) at all times. If the lifted dancer is supported by two persons, rotation below the lifting dancer's is allowed.

Deductions

Act	Deduction applied
time under- or overshoot	1 point
crossing over the performance surface	0.01 point each time
lost (fallen) prop (e.g. pom pon)	0.01 point each time
not using pom pons	2 points

Cheerdance Double dance

Timing and beginning of the routine: Timing starts with the first note of music and stops with the last. The performance must begin with both dancers staying still on the performing surface.

Props: Using pom pons is obligatory, the time is not defined. Other props are allowed.

Dance styles: Different dance styles are allowed.

Illegal elements: Any kind of tumbling is illegal. However back roll, forward roll, and shoulder roll are allowed. Back bends and hand stands are allowed if not including hip over head rotation. Handsprings, back tucks and aerials are not allowed. Cheerleading stunts, pyramids and tosses are illegal.

Dance lifts are permitted and defined as an action in which a dancer is elevated from the performance surface and set down. The lifting dancer must maintain control over the momentum, positioning, and returning lifted dancer to the performance surface by keeping direct contact (arm-body of the lifted dancer) at all times. If the dancer is lifted by two persons the flipping rotation (rotation over horizontal axis) is allowed if it is performed under the shoulder of both lifters.

Deductions

Act	Deduction applied
time under- or overshoot	1 point
crossing over performance surface	0.01 point each time
lost (fallen) prop (e.g. pom pon...)	0.01 point each time

APPENDIX: SCORE SHEET

SCORE SHEET – CHEER GROUPS (stunts, pyramids, tosses)

TEAM NAME:

DIVISION: pee wee / junior / senior all girl / coed

Stunts		(40)
Difficulty	15	
Execution	15	
Mounts, dismounts, transitions (difficulty and execution)	10	

Pyramids		(40)
Difficulty	15	
Execution	15	
Mounts, dismounts, transitions (difficulty and execution)	10	

Tosses		(20)
Difficulty	10	
Execution	10	

Overall impression		(10)
Overall routine impression	10	

SUM		(110)
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JUDGE:

COMMENTS:

SCORE SHEET - CHEER GROUPS (dance, tumbling, jumps)

TEAM NAME:

DIVISION: pee wee / junior / senior all girl / coed

Dance, motions		(20)
Difficulty	10	
Execution	10	

Formations & transitions		(20)
Difficulty	10	
Execution	10	

Tumbling		(20)
Difficulty	10	
Execution	10	

Jumps		(20)
Difficulty	10	
Execution	10	

Overall impression		(10)
Overall routine impression	10	

SUM		(90)
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JUDGE:

COMMENTS:

SCORE SHEET – PARTNER STUNT

NAMES:

DIVISION: junior / senior

Partner Stunts		(10)
Difficulty and execution	10	

Mounts		(10)
Difficulty and execution	10	

Dismounts		(10)
Difficulty and execution	10	

Transitions		(10)
Difficulty and execution	10	

Overall impression		(10)
Overall routine impression	10	

SUM		(50)
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JUDGE:

COMMENTS:

SCORE SHEET – GROUPSTUNT

TEAM NAME:

DIVISION: junior / senior all girl / coed

Groupstunt		(10)
Difficulty and execution	10	

Mounts		(10)
Difficulty and execution	10	

Dismounts		(10)
Difficulty and execution	10	

Transitions		(10)
Difficulty and execution	10	

Tosses		(10)
Difficulty and execution	10	

Overall impression		(10)
Overall routine impression	10	

SUM		(50)
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JUDGE:

COMMENTS:

SCORE SHEET – INDIVIDUALS

NAME:

DIVISION: pee wee / junior / senior

Running tumbling (10)	
Difficulty and execution	10

Standing tumbling (10)	
Difficulty and execution	10

Jumps (15)	
Difficulty and execution	15

Cheer (15)	
Difficulty and execution	15

Overall impression (10)	
Overall routine impression	10

SUM (60)	
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JUDGE:

COMMENTS:

SCORE SHEET – CHEERDANCE GROUPS

TEAM NAME:

DIVISION: pee wee / junior / senior

TECHNICAL ELEMENTS 40 POINTS

Difficulty 20 p

Use of various technical elements such as leaps, cheerleading jumps, pirouettes, turns, kicks, etc.

Execution 20 p

The mastering technical element and combinations.

CHOREOGRAPHY 50 POINTS

Difficulty 10 p

Use of intricate and challenging skills (movements, elements), speed and intensity.

Dance technique 10 p

The mastering and performance of choreography styles and technical skill in accordance with the ability level of the entire team.

Synchronization 10 p

Uniformity of all movement throughout the routine and appropriate timing with music.

Formations, transitions 10 p

Ability of dancers to position themselves in correct formations throughout the whole routine, dynamic transitions.

Originality 10 p

Creativity, variety, musicality, visual effects, use of space given.

OVERALL IMPRESSION 10 POINTS 10 p

SUM: 100 POINTS

JUDGE:

COMMENTS:

SCORE SHEET – CHEERDANCE DOUBLE DANCE

TEAM NAME:

DIVISION: pee wee / junior / senior

TECHNICAL ELEMENTS 40 POINTS

Difficulty 20 p

Use of various technical elements such as leaps, cheerleading jumps, pirouettes, turns, kicks, etc.

Execution 20 p

The mastering technical element and combinations.

COREOGRAPHY 30 POINTS

Difficulty 10 p

Use of intricate and challenging skills (movements, elements), speed and intensity.

Dance technique 10 p

The mastering and performance of choreography styles and technical skill in accordance with the ability level of the entire team.

Originality 10 p

Creativity, variety, musicality, visual effects, use of space given.

OVERALL IMPRESSION 10 POINTS 10 p

SUM: 80 POINTS

JUDGE:

COMMENTS:

DEDUCTIONS SCORE SHEET – CHEERLEADING DIVISIONS

TEAM NAME:

DIVISION:

Deductions:

	VALUE OF DEDUCTION	AMOUNT OF DEDUCTIONS	SUM
Illegal element	0.5 p		
Missing spotter	0.5 p		
Time under- or overshoot	1.0 p		
Other rule violations	0.5 p		
Each unachieved compulsory element (only individual division)	1.0 p		
SUM:			

DISQUALIFICATION (reason):

JUDGE'S SIGNATURE:

DEDUCTIONS SCORE SHEET – CHEERDANCE GROUPS

TEAM NAME:

DIVISION: pee wee / junior / senior

Deductions:

	VALUE OF DEDUCTION		SUM
NOT USING POM PONS	2 p		
CROSSING OVER THE PERFORMANCE SURFACE	0.01 p	AMOUNT OF DEDUCTIONS:	
FALLEN PROP	0.01 p	AMOUNT OF DEDUCTIONS:	
TIMING (pee wee 1:30-2:00, junior and senior 2:00-2:30)	1 p	TIMING:	
SUM:			

DISQUALIFICATION (reason):

JUDGE'S SIGNATURE:

DEDUCTIONS SCORE SHEET – CHEERDANCE DOUBLE DANCE

NAMES:

DIVISION: pee wee / junior / senior

Deductions:

	VALUE OF DEDUCTION		SUM
CROSSING OVER THE PERFORMACE SURFACE	0.01 p	AMOUNT OF DEDUCTIONS:	
FALLEN PROP	0.01 p	AMOUNT OF DEDUCTIONS:	
TIMING (pee wee 1:00-1:15, junior and senior 1:15-1:30)	1 p	TIMING:	
SUM:			

DISQUALIFICATION (reason):

JUDGE'S SIGNATURE:

CHEERLEADING GLOSSARY

Base	A person that holds, lift or tosses a top person and remains in contact with floor.
Stunt	Any element (mount, flyover, transition ...), where one or more persons hold another person off the floor.
Double-leg stunt	Stunt, in which flyer stands on both legs (prep, extension ...).
Single-leg stunt	Stunt, where flyer stands on only one leg (liberty, heel stretch, scorpion, ...)
Flyer, top	Person, standing on top of stunts, or being tossed (both female and male).
Extended stunts	Stunt, which is held on extended bases arms in height 2.5
Switching bases	Transition, where at least one base switches.
Toss	An airborne stunt in which base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (e.g. basket toss, sponge toss). Toss to hands, toss to extended stunts and toss chair are not included in this category.
Inverted position	Hips over heads position.
Level	level 2: persons are holding another person and standing on the floor. level 3: person is holding top person and is not standing on floor (is being held by another base)
Partner stunt	Stunt, in which flyer is held by one base. Assisted partner (third person stabilizes stunt but does not hold the weight of the flyer) stunt is also considered partner stunt.
Pyramid	Connected stunts, in which top person is in contact with another top person.
Flipping rotation	Rotation around the horizontal axis of the body where person is in hips over head position (back tuck). One rotation means 360° turn.
Flyover	Transition, in which flyer flies over another person.
Prep	Stunt held on the height of bases shoulders.
Free rotation	Rotation, during which flyer is not in contact with other persons or floor.
Dismount	Landing from stunt to cradle or to floor. Dismount from cradle to floor is not considered as dismount.
Group stunt	Stunt, in which flyer is held by at least two persons.
Middle layer	Person holding top person and being held by another base.
Transitional stunt	Flyer's transition from one stunt into another.
Spotters	Competitors inside the team, whose prior task is to protect flyer's head and upper body part during stunts, tosses and pyramids. They can also help mounting and tossing.
Hanging pyramid	Pyramid, in which flyer is hanging on another flyer and is not in direct contact with floor.
Height	Height of the stunt or pyramid is defined as sum of bases' and flyers' height as shown in following rules: <ul style="list-style-type: none"> • legs – 0.5, • trunk – 0.5, • extended arms holding weight – 0.5.
Twisting rotation	Rotation around the vertical axis of the body. One rotation means 360° turn.
Mount	Flyer's transition from the floor to a stunt.
Back spotter	Base standing behind the stunt and protects flyer's head and upper body part. Back base is also a spotter.
Cradle	A release move in which catchers, with palms up, catch the top person by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a pike position.
Official spotters	Persons whose task is to protect flyer's head and upper part of the body during stunts and tosses. Official spotters are not competitors of the team and are not allowed to help in any way to stabilize stunts or to toss.

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