



# Rules & Regulations

2024

<http://www.cheer4all.org>

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# 1. COMPETITION GUIDE

## 1.1 OVERALL APPEARANCE

### Accessories

All accessories, e.g. scrunches, hair bands must be secured tightly. Hairpins may only be worn in Dance categories. Prohibited in Cheer categories.

See Penalties: [Dress Code Violation](#)

### Dress Code

Uniforms or costumes must be appropriate for Cheer and Dance. Underwear must not be visible and **offensive or tear away clothing is not allowed.**

See Penalties: [Dress Code Violation](#)

### External Spotters:

Must be in uniform but should be different to the competitors. Shoes must be worn and hair tied back.

### Advertising/Sponsors

Only one advertising or sponsors patch, (credit card size) may be displayed on any clothing worn during the competition. Check at least three weeks prior to the Cheer4All International Championships if you have any questions by emailing [info@cheer4all.org](mailto:info@cheer4all.org)

See Penalties: [Dress Code Violation](#)

### Hair

All competitors and external spotters whose hair is longer than shoulder length must tie it back from the face in Cheerleading categories.

### Jewellery

Jewellery MUST NOT be worn.

See Penalties: [Jewellery](#)

### Medical Items

Flexi Glasses and soft supports/bandages are allowed.

Athletes using hearing aids or other hard medical items must have a medical note which needs to be presented and agreed at registration prior to the start of the competition.

See Penalties: [Forbidden Medical Items](#)

### Shoes in Cheer

All participants and spotters must wear Cheerleading shoes which are defined as 'shoes with solid sole and form'. Split sole shoes are prohibited.

See Penalties: [Incorrect Shoes](#)

### Shoes in Dance

All participants must wear dance shoes. Jazz shoes, ballet shoes, textile shoes, dance paws etc, are allowed in dance categories. Trainers/pumps and boots are allowed in Urban Cheer. Shoes with high heels are not permitted in any dance division.

See Penalties: [Incorrect Shoes](#)

## **1.2 MUSIC**

Music must be suitable for each age division and category. Unsuitable/offensive music (music with offensive sexual content, racist or vulgar lyrics) is not allowed.

**See Penalties: Unsuitable Music**

Music used for competition performances must be uploaded via the online system by **9<sup>th</sup> June 2024**

One representative from each team (i.e. Coach/representative) will need to meet at the audio desk 2 performances before their teams' scheduled performance.

The Coach/representative will be in charge of playing and stopping the music (they will be able to pause and re-start the music during the routine as needed).

The Coach/ representative must have an extra copy of the music on i-phone (set to flight mode), USB, CD or other device.

The Coach/representative controlling the music must stay at the audio desk throughout their team's performance.

**Note:** Should a problem occur with the music as a result of the organisers audio equipment, the team would be allowed to start again. Should a problem occur as a result of the i-pod, iphone, USB or Coach/representative, the team must continue their routine (with or without music), or withdraw from the competition.

A sound system will be provided for the official practices and competition only. The host is not responsible for a private sound system to be made available for practising teams.

## **1.3 SET UP TIME**

Participants are encouraged to move on and off the floor as quickly as possible.

A maximum of 20 seconds is allowed for set up time.

Timing begins when the first person steps onto the performance floor/mat inside the marked line and stops when the whole team comes to a standstill.

Deductions will be made if teams/individuals exceed the time limit.

**See Penalties: Set Up Time**

## **1.4 PRACTICE TIME**

Each team will be given an assigned time for practice in the practice area.

## **1.5 PERFORMANCE AREA**

Competitors are not allowed outside marked 12m x 12m area once the routine has started.

There will be a standard mat floor for Cheerleading, not a sprung floor.

For Dance categories there will be a Marley or wooden floor surface.

## **1.6 PROHIBITED**

Prone Cradles, Toe Flips, Hanging Pyramids, Mini Trampolines or Springboards

## 1.7 DIVISIONS AND AGE LIMITS

DIVISION	AGE	NOTES
<b>MINIS</b> - Cheerleading Team* - Group Stunt - Cheerleading Solo - Cheer Dance/Pom Dance /Urban Cheer Team* - Cheer Dance/Pom Dance /Urban Cheer Doubles - Cheer Dance/Pom Dance /Urban Cheer Solo - Paracheer Cheerleading Team* - Paracheer Cheer Dance Team* - Paracheer Cheer Dance Double - Paracheer Cheer Dance Solo	<p style="text-align: center;"><b>Participants can be 6 - 12 years of age</b> In year of competition</p>	<p style="text-align: center;"><b>Participants cannot be 13 years of age</b> In year of competition</p>
<b>JUNIOR</b> - Cheerleading Team All Female* - Cheerleading Team Mixed* - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheerleading Solo - Cheer Dance/Pom Dance /Urban Cheer Team* - Cheer Dance/Pom Dance /Urban Cheer Doubles - Cheer Dance/Pom Dance /Urban Cheer Solo - Paracheer Cheerleading Team* - Paracheer Cheer Dance Team* - Paracheer Cheer Dance Double - Paracheer Cheer Dance Solo	<p style="text-align: center;"><b>Participants can be 10 - 17 years of age</b> in year of competition.</p>	<p style="text-align: center;"><b>Participants cannot be 18 years of age</b> in year of competition.</p>
<b>SENIOR</b> - Cheerleading Team All Female* - Cheerleading Team Mixed* - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheerleading Solo - Cheer Dance/Pom Dance /Urban Cheer Team* - Cheer Dance/Pom Dance /Urban Cheer Doubles - Cheer Dance/Pom Dance /Urban Cheer Solo - Paracheer Cheerleading Team* - Paracheer Cheer Dance Team* - Paracheer Cheer Dance Double - Paracheer Cheer Dance Solo	<p style="text-align: center;"><b>All participants must be at least 15 years of age</b> in year of competition.</p>	<p style="text-align: center;">No upper limit</p>

<b>MASTERS</b> - Cheerleading Team All Female* - Cheerleading Team Mixed* - Group Stunt All Female - Group Stunt Mixed - Partner Stunt All Female - Partner Stunt Mixed - Cheerleading Solo - Cheer Dance/Pom Dance /Urban Cheer Team* - Cheer Dance/Pom Dance /Urban Cheer Doubles - Cheer Dance/Pom Dance /Urban Cheer Solo - Paracheer Cheerleading Team* - Paracheer Cheer Dance Team* - Paracheer Cheer Dance Double - Paracheer Cheer Dance Solo	<p style="text-align: center;"><b>All participants must be at least 21 years of age in year of competition.</b></p>	<p style="text-align: center;">No upper limit</p>
<b>OPEN**</b> - Cheerleading Team All Female - Cheerleading Team Mixed - Group Stunt All Female - Group Stunt Mixed - Cheer Dance/Pom Dance /Urban Cheer Team	<p style="text-align: center;"><b>All participants must be at least 8 years of age. in year of competition.</b></p>	<p style="text-align: center;">No upper limit</p>

**\*ONLY FOR TEAMS Crossovers are allowed.** With 3 athletes you can add an athlete  $\pm 3$  years of age to the category limits. (For example, for a team with 12 members it is allowed to have 3 athletes  $\pm 3$  years of age in the chosen division.)  
**This includes from one cheer team to another and also a cheer team to a dance team.**

**\*\*OPEN all the age divisions can compete together in the following categories:**  
Cheerleading Team All Female, Cheerleading Team Mixed, Group Stunt All Female, Group Stunt Mixed, Cheer Dance/Pom Dance /Urban Cheer Team.  
**Performances of the participants and compulsory elements must comply with the Junior rules.**

**Mixed Teams:** Teams with participants from both genders (male and female) are considered Mixed.

## 1.8 CATEGORIES

Number of participants in the competing team:

<b>Cheerleading Categories</b>	<b>Minimum Participants</b>	<b>Maximum Participants</b>
Cheerleading Team	8	25
Group Stunt	4	5
Partner Stunt	2	2
Solo	1	1

<b>Dance Categories</b>	<b>Minimum Participants</b>	<b>Maximum Participants</b>
Cheer Dance Team	5	25
Pom Dance Team	5	25
Urban Cheer Team	5	25
Doubles (All Dance Divisions)	2	2
Solo (All Dance Divisions)	1	1

## 1.9 TIMING

Timing will begin on the first note of music, the first vocal command or the first movement and stop with the end of the Cheer or last note of the music or when all team members come to a stationary position.

<b>Category</b>	<b>Minimum</b>	<b>Maximum</b>
Cheerleading Teams	2:15	2:30 (two minutes and thirty seconds)
Dance Teams	2:15	2:30 (two minutes and thirty seconds)
Group Stunt	1:00	1:10 (one minute and ten seconds)
Partner Stunt/Doubles/Solo	1:00	1:10 (one minute and ten seconds)



## 2. CHEERLEADING

### LAYERS AND HEIGHT LIMIT

#### Layer

A unit to express how many layers of people there are in a Stunt.

1 layer = a situation where at least one foot is stationed on the ground.

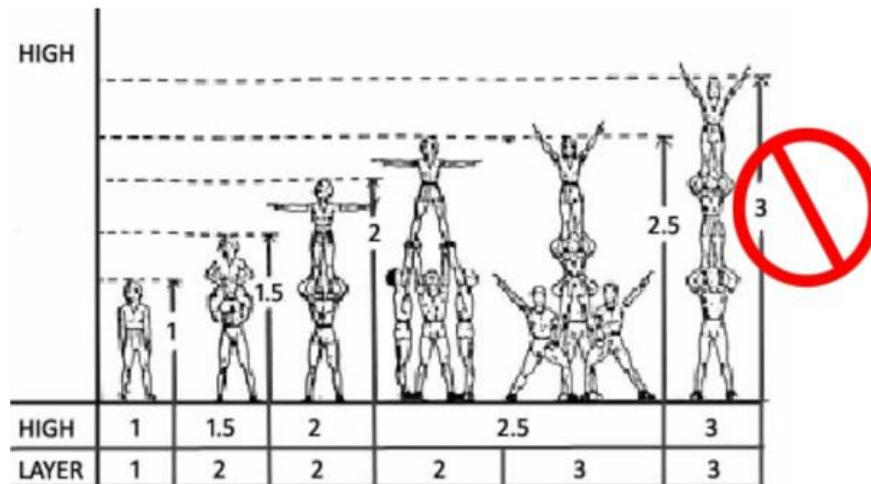
2 layers = a situation where half or more than half of the body weight is sustained by a 1st layer person.

3 layers = a situation where half or more than half of the body weight is sustained by 2nd layer person.

#### Height Limit

Division	Layers (max)	Height (max)
Minis Cheer	2	2.5
Junior Cheer All Female/ Mixed	2	2.5
Senior Cheer All Female/ Mixed	3	less than 3
Masters	2	2.5

**PYRAMIDS AND STUNTS 3 LAYERS 3 PERSONS HIGH AND OVER ARE PROHIBITED**



#### Layers and height definitions of several legal/common Stunts and Pyramids

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

# CHEERLEADING OVERVIEW

	Minis	Junior & Junior Mixed	Senior & Senior Mixed	Masters	Open & Open Mixed
Layers	2	2	3	2	2
Height	2.5 high	2.5 high	2.5 high	2.5 high	2.5 high
Back Spot Required	2.0 high	2.0 high	2.5 high	2.0 high	2.0 high
Double Leg Stunts	2.5 high	2.5 high	2.5 high	2.5 high	2.5 high
Single Leg Stunts	2.0 high	2.5 high	2.5 high	2.5 high	2.5 high
Single Based Stunts	2.0 high	2.5 high	2.5 high	2.5 high	2.5 high
Mount & Transitions	Single Twist No Rotations	Double Twist or Single Connected Rotation	Double Twist or Single Rotation	Double Twist or Single Connected Rotation	Double Twist or Single Connected Rotation
Dismounts	Single Twist No Rotations	Double Twist or Single Connected Rotation	Double Twist or Single Rotation	Double Twist or Single Connected Rotation	Double Twist or Single Connected Rotation
Cradle Dismounts from Stunts/Pyramids	At least 3 catchers required	At least 3 catchers required	At least 2 catchers required	At least 3 catchers required	At least 3 catchers required
Tosses	Single skill/trick Allowed (Example: Toe Touch) No Twist and No Free Flipping Rotation	Double Twist No Free Flipping Rotation	Double Twist and Single Free Flipping Rotation	Double Twist No Free Flipping Rotation	Double Twist No Free Flipping Rotation
Tumbling	Up to and including Front or Back Handsprings	Up to and including Somersaults. No Twists	Up to two twist and one Somersault	Up to and including Somersaults. No Twists	Up to and including Somersaults. No Twists

# MINIS

## Cheerleading Team Compulsory Elements

- Cheer OR Chant
- Cheer Arm Motions (may be included in Cheer or Chant)
- Stunt
- Cheer Jump
- Pyramid
- Tumbling element
- Cheer Dance Section

1. The compulsory Cheer OR Chant must be performed without music
2. All team members must start the routine with at least one foot on the ground
3. **Props Allowed:** Banners, signs, megaphones, flags, and pom-poms  
**Props Prohibited: Any that may puncture the performance surface**

## Group Stunt Compulsory Elements

- Perform continuous stunts of your choice in accordance with the Rules & Regulations
- All team members must start the routine with at least one foot on the ground
- **Prohibited: Cheer/Chant, Tumbling, Props**

## MINIS SAFETY RULES

### General

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- At least one person must spot each flyer 2 high and above
- All cradle dismounts must have 3 catchers
- **Allowed:** Pendulums
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2 high
- **Prohibited: Rotations**
- **Prohibited: Toe flips**
- **Prohibited: All hanging Pyramids ('Diamond Head' etc.)**

### Tumbling

- **Allowed:** Skills up to and including front and back handsprings.

### Tosses

- **Allowed:** Straight ride with single trick

### Dismounts

- All cradle dismounts must have at least 3 catchers
- Pop-Downs are allowed from 2 high or below
- **Prohibited: Prone Cradles**

# JUNIOR, MASTERS & OPEN

## Cheerleading Team Compulsory Elements

- Cheer OR Chant
  - Cheer Arm Motions (may be included in Cheer or Chant)
  - Stunt
  - Cheer Jump
  - Pyramid
  - Tumbling element
  - Cheer Dance Section
1. The compulsory Cheer OR Chant must be performed without music
  2. All team members must start the routine with at least one foot on the ground
  3. **Props Allowed:** Banners, signs, megaphones, flags, and pom-poms  
**Props Prohibited: Any that may puncture the performance surface**

## Group Stunt Compulsory Elements

- Perform continuous stunts of your choice in accordance with the Rules & Regulations
- All team members must start the routine with at least one foot on the ground  
**Prohibited: Cheer/Chant, Tumbling, Props**

## Partner Stunt Compulsory Elements

- Perform single-based stunts of your choice in accordance with the Rules & Regulations
- All team members must start the routine with at least one foot on the ground
- Each couple must bring their own external spotter. External spotter's responsibility is to assist with cradling, but the external spotter may not help toss or support stunts within the routine  
**Prohibited: Cheer/Chant, Tumbling, Props**

## JUNIOR, MASTERS, and OPEN SAFETY RULES

### **General**

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- At least one person must spot each flyer 2 high and above.
- All cradle dismounts must have 3 catchers
- **Allowed:** Double leg Stunts and Pyramids 2 layers, 2.5 high
- **Allowed:** Single leg Stunts and Pyramids up to and including 2 layers 2.5 high
- **Allowed:** 2.5 high/3 layer transitional movements that do not stop
- **Prohibited: Toe flips**
- **Prohibited: All hanging Pyramids ('Diamond Head' etc.)**

### **Tumbling**

- **Allowed:** Skills up to and including front and back Somersaults. No Twisting

## Tosses

- A basket toss must be cradled by at least two of the original bases, plus a spotter in place at the head and shoulder area
- A toss must be directed vertically
- A basket toss must be executed from ground level with the main bases' feet on the performing surface
- **Allowed:** Up to two vertical twists. No free flipping rotation. Any number of tricks
- **Prohibited:** A toss over/under or through any Pyramid or Stunt

## Dismounts

### All Female

- Pop-Downs are allowed from 2 high or below.
- All dismounts from 2.5 high must be cradled by at least 3 catchers
- All twisting dismounts or dismounts involving a jump or gymnastic skill must be cradled. No free flipping rotation

### Mixed & Partner Stunt

- Pop-Downs are allowed from 2 high or below.
- All dismounts from 2.5 high must be cradled by at least 3 catchers (except Partner Stunt)
- All twisting dismounts, or dismounts involving a jump or gymnastic skill, or must be cradled by at least 3 catchers (except Partner Stunt) No free flipping rotation
- **Prohibited:** Prone Cradles

# SENIOR

## Cheerleading Team Compulsory Elements

- Cheer OR Chant
- Cheer Arm Motions (may be included in Cheer or Chant)
- Stunt
- Cheer Jump
- Pyramid
- Tumbling element
- Cheer Dance Section

1. The compulsory Cheer OR Chant must be performed without music
2. All team members must start the routine with at least one foot on the ground
3. **Props Allowed:** Banners, signs, megaphones, flags, and pom-poms  
**Props Prohibited: Any that may puncture the performance surface**

## Group Stunt Compulsory Elements

- Perform continuous Stunts of your choice in accordance with the Rules & Regulations
- All team members must start the routine with at least one foot on the ground  
**Prohibited: Cheer/Chant, Tumbling, Props**

## Partner Stunt Compulsory Elements

- Perform single-based partner Stunts of your choice in accordance with the Rules & Regulations
- All team members must start the routine with at least one foot on the ground
- Each couple must bring their own external spotter. External spotter's responsibility is to assist with cradling, but the external spotter may not help toss or support stunts within the routine  
**Prohibited: Cheer/Chant, Tumbling, Props**

## SENIOR SAFETY RULES

### **General**

- Bases must have at least one foot on the ground
- Bases cannot assume a back-bend position
- At least one person must spot each flyer at 2.5 high
- At least one person must spot each 3rd layer flyer
- All stunts performing cradle dismounts must have at least 2 catchers
- **Allowed:** 3 high/3 layer transitional movements that do not stop
- **Prohibited: Toe flips**
- **Prohibited: All hanging Pyramids ('Diamond Head' etc.)**

### **Tumbling**

- Skills up to and including a Single Free Flipping Rotation and 2 Twist.

## Tosses

- A basket toss must be cradled by at least two of the original bases, plus a spotter in place at the head and shoulder area
- A toss must be directed vertically
- A basket toss must be executed from ground level with the main bases' feet on the performing surface
- **Prohibited:** A toss over/under or through any Pyramid or Stunt
- **Prohibited:** A toss exceeding two vertical twists & a single free flipping rotation

## Dismounts

### All Female

- Pop-Downs are allowed from 2 high or below
- All dismounts from 2.5 high must be cradled by at least 2 catchers
- All twisting dismounts or dismounts involving a jump or gymnastic skill or a Free Flipping Rotation must be cradled

### Mixed & Partner Stunt

- Pop-Downs are allowed from 2.5 high or below with assistance
- Twisting dismounts or dismounts involving a jump or gymnastic skill or a Free Flipping Rotation must be cradled
- All 3<sup>rd</sup> layer dismounts must be cradled
- **Prohibited:** Backward somersaults
- **Prohibited:** More than two twists in dismounts from Stunts/Pyramids
- **Prohibited:** Prone Cradles

# CHEERLEADING SOLO

## COMPULSORY ELEMENTS (All Age Divisions)

- Cheer OR Chant
  - Cheer Arm Motions (may be included in Cheer or Chant)
  - 2 (two) Cheer Jumps
  - 2 (two) Tumbling elements (Running and Standing).
  - Cheer Dance Section
1. The compulsory Cheer OR Chant must be performed without music
  2. An athlete must start the routine within the marked area
  3. **Props Allowed:** Banners, signs, megaphones, flags, and pom-poms  
**Props Prohibited: Any that may puncture the performance surface**

## CHEERLEADING SOLO TUMBLING RULES

### **MINIS**

- Skills up to and including Single Free Flipping Rotation. No Twisting

### **JUNIOR**

- Skills up to and including a Single Free Flipping Rotation and 1 Twist.

### **SENIOR**

- Skills up to and including a Single Free Flipping Rotation and 2 Twist.

### **MASTERS**

- Skills up to and including a Single Free Flipping Rotation and 2 Twist.



# DEFINITIONS (CHEER)

**Back bend** – Body in a ‘back arched’ position

**Base** – Person who provides primary support for a flyer

**Basket Toss** – Vertical Toss where 2 bases use their hands to interlock wrists and make a platform for the Flyer

**Catcher** – a person responsible for the safe dismount of a Flyer during a Stunt, Pyramid or Basket Toss.

**Chant** – a short phrase repeated at least 3 times which encourages crowd participation

**Cheer** – a vocal routine that encourages crowd participation and tells a story

**Cheer Arm Motions** – High ‘V’, ‘T’, ‘High Touchdown’, etc.

**Cheer Dance** – energetic and powerful section of the routine which may include Cheer Arm Motions

**Cheer Jumps** – Jumps that are generally used in cheerleading. Not limited to Toe Touch, Front Hurdler, Pike, Toe Touch etc

**Cradle** – a method of catching where the flyer is caught in a pike position by two or more bases (base + spotter in Partner Stunt)

**Diamond Head** – flyer standing on the shoulders of a base holding onto suspending another flyer in the air

**Dismount** – a movement from a Stunt or Pyramid to a cradle or directly to the floor

**Dive Roll** – a forward roll where both feet leave the ground before the hands reach the ground

**Extension** – where a base holds a flyer above head height with straight or bent arms

**Flyer (Top person)** – a person in a Stunt or Pyramid without direct contact to the ground

**Pendulum** – a clock motion in a Stunt where the flyer falls forward or backwards into the arms of catchers with a straight body position, while remaining connected to at least one base.

**Pop-down** – a dismount method of releasing the top person from contact with the Bases directly to the floor in a straight position. Must be assisted to the floor by an athlete on the floor.

**Prone Cradle** – a method of catching where the flyer is caught face down, lying on their front

**Pyramid** – two or more stunts connected together and any stunt with 3 layers

## Rotation – 2 types

1. **Connected Rotation:** When an athlete performs a hip-over-head rotation while remaining in contact with at least one other athlete
2. **Free Flipping Rotation:** When an athlete performs a hip-over-head rotation free from any other athletes

## Spotter(s) – 2 types

1. **Internal Spotter:** Also known as “required spotter”. Must be part of the competing team. A person primarily responsible for protecting the head-and-shoulders area of the flyer. Internal spotters may help control but may not provide primary support for a stunt or pyramid. Active members of the competing team must fulfil all compulsory spotting requirements. Internal spotters must always maintain visual contact with the flyer.
2. **External Spotter:** In addition to internal spotters, teams *may* use **external spotters**. They cannot be part of the competing team. The external spotter must not participate in the routine by supporting stunts and pyramids but is responsible for the safety of the flyer. External spotters must wear proper sportswear, visibly different from the team, and sport shoes. External spotters must always maintain visual contact with the flyer.

**Prohibited: Jewelry**

**Prohibited: External Spotters must not communicate with any team members during the performance**

**Stunt** – mount or lift with one or more flyer

**Toss** – A stunt where base(s) execute a throwing motion from waist level. The top person becomes free from all contact of bases, bracers and/or other top persons. All bases must have 2 feet on the performing surface. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.

**Transitional Stunt** – a continuous movement from one stunt into another; height/layer requirements may be exceeded momentarily during the transition

**Tumbling** – cartwheels, handsprings and other gymnastics skills on the floor

**Toe flip** – a stunt or mount method where bases use their hands as a stepping platform to toss the flyer, resulting in hips-over-head connected or free flipping rotation (somersault)

**Toe pitch** – a mount method where bases use their hands as a stepping platform to toss the flyer without rotation

## Uniform in Cheer

Top/skirt, top/shorts or dress, socks and trainers/pumps. Top/trousers, top/shorts, socks and trainers/pumps

## 3. DANCE

**There will be No Mats used in any Dance Categories**

### **ACROBATICS IN DANCE**

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

#### **Cheer Dance & Pom Dance**

##### **Allowed:**

- Forward/side/backward rolls, back bends

##### **Prohibited:**

- Handstands, cartwheels, handsprings or other Tumbling
- Dive rolls

#### **Urban Cheer**

##### **Allowed:**

- Break dance moves such as "the worm", neck stand "candle" and tumbling Skills up to and including single hip-over-head rotation and single twist

### **DANCE LIFTS/STUNTING**

Any move where a persons' weight is supported by another competitor, in a held position, without the flyer's feet touching the ground

#### **Cheer Dance & Pom Dance**

##### **Allowed:**

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground

##### **Prohibited:**

- Dance Lifts, Stunts/Pyramids, Assisted Jumps

#### **Urban Cheer**

##### **Allowed:**

- A weight bearing skill performed by 2 or more individuals that is fluid and continuous in movement
- Assisted Jumps

##### **Prohibited:**

- Static Dance Lifts, Stunts/Pyramids

# DANCE OVERVIEW

## Minimum Requirement

	Minis	Junior	Senior	Masters
	2:15 - 2:30 seconds	2:15 - 2:30 seconds	2:15 - 2:30 seconds	2:15 - 2:30 seconds
<b>Cheer Dance</b>	<b>Technical Dance Skills</b> <b>Single Pirouette</b> <b>1 Leap</b> <b>1 Split</b> <b>2 Different Cheer Jumps</b> <b>2 Different High Kicks</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	<b>Technical Dance Skills</b> <b>Single Pirouette</b> <b>1 Leap</b> <b>1 Split</b> <b>2 Different Cheer Jumps</b> <b>2 Different High Kicks</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	<b>Technical Dance Skills</b> <b>Double Pirouette</b> <b>2 Different Leaps</b> <b>1 Split</b> <b>2 Different Cheer Jumps</b> <b>2 Different High Kicks</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	N/A
	<b>Doubles</b> 1:00 - 1:10 seconds	<b>Doubles</b> 1:00 - 1:10 seconds	<b>Doubles</b> 1:00 - 1:10 seconds	<b>Doubles</b> 1:00 - 1:10 seconds
<b>Doubles</b>	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	
	Minis	Juniors	Seniors	Masters
	2:15 - 2:30 seconds	2:15 - 2:30 seconds	2:15 - 2:30 seconds	2:15 - 2:30 seconds
<b>Pom Dance</b>	<b>Entertaining/Creative</b> <b>2 Different Cheer Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	<b>Entertaining/Creative</b> <b>2 Different Cheer Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	<b>Entertaining/Creative</b> <b>2 Different Cheer Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing	<b>Entertaining/Creative</b> <b>2 Different Cheer Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Cheers/Chants Stunts/Pyramids Dance Lifts Assisted Jumps Tumbling Additional Props Offensive or tear away clothing
	<b>Doubles</b> 1:00 - 1:10 seconds	<b>Doubles</b> 1:00 - 1:10 seconds	<b>Doubles</b> 1:00 - 1:10 seconds	<b>Doubles</b> 1:00 - 1:10 seconds
<b>Doubles</b>	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills above

	<b>Minis</b>	<b>Junior</b>	<b>Senior</b>	<b>Masters</b>
	<b>2:15 - 2:30 seconds</b>	<b>2:15 - 2:30 seconds</b>	<b>2:15 - 2:30 seconds</b>	<b>2:15 - 2:30 seconds</b>
<b>Urban Cheer</b>	<b>Urban Style Moves</b>  <b>Cheer/Chant or Rap</b> <b>2 Different Cheer Jumps</b> <b>2 Different Urban Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Stunts/Pyramids Dance Lifts Additional Props Offensive or tear away clothing	<b>Urban Style Moves</b>  <b>Cheer/Chant or Rap</b> <b>2 Different Cheer Jumps</b> <b>2 Different Urban Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Stunts/Pyramids Dance Lifts Additional Props Offensive or tear away clothing	<b>Urban Style Moves</b>  <b>Cheer/Chant or Rap</b> <b>2 Different Cheer Jumps</b> <b>2 Different Urban Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Stunts/Pyramids Dance Lifts Additional Props Offensive or tear away clothing	<b>Urban Style Moves</b>  <b>Cheer/Chant or Rap</b> <b>2 Different Cheer Jumps</b> <b>2 Different Urban Jumps</b> <b>Cheer Arm Motions</b> <b>Poms</b>  <b>Prohibited</b> Stunts/Pyramids Dance Lifts Additional Props Offensive or tear away clothing
	<b>Doubles</b> <b>1:00 - 1:10 seconds</b>	<b>Doubles</b> <b>1:00 - 1:10 seconds</b>	<b>Doubles</b> <b>1:00 - 1:10 seconds</b>	<b>Doubles</b> <b>1:00 - 1:10 seconds</b>
<b>Doubles</b>	2 participants Routine to include skills above	2 participants Routine to include skills above	2 participants Routine to include skills	2 participants Routine to include skills above

# CHEER DANCE TEAM - DOUBLES - SOLO

Perform a technical dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical etc.

All routines will be performed on a Marley or wooden floor surface

## **Minis**

### **Compulsory Elements**

Minimum

- 1 (one) Single Pirouette
- 1 (one) Split
- 1 (one) Dance Leap
- 2 (two) Different Cheer Jumps
- 2 (two) Different High-Kicks
- Cheer Arm Motions

## **Junior**

### **Compulsory Elements**

Minimum

- 1 (one) Single Pirouette
- 1 (one) Split
- 1 (one) Dance Leap
- 2 (two) Different Cheer Jumps
- 2 (two) Different High-Kicks
- Cheer Arm Motions

## **Senior**

### **Compulsory Elements**

Minimum

- 1 (one) Double Pirouette
- 1 (one) Split
- 2 (two) Different Dance Leaps
- 2 (two) Different Cheer Jumps
- 2 (two) Different High Kicks
- Cheer Arm Motions

## **Masters**

### **Compulsory Elements**

Minimum

- 1 (one) Single Pirouette
- 1 (one) Split
- 1 (one) Dance Leap
- 2 (two) Different Cheer Jumps
- 2 (two) Different High-Kicks
- Cheer Arm Motions

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

Poms must be used (optional for males)

Uniform/costume must be worn.

## **Props Allowed**

Poms

Hats will not be considered a prop if they are kept on the head throughout the performance

**Prohibited:** Cheers/Chants, Dance Lifts, Assisted Jumps, Stunts/Pyramids, Tumbling, Additional Props, Offensive or tear away clothing

# POM DANCE TEAM - DOUBLES - SOLO

## **All Age Divisions**

Perform a routine, which should be entertaining and creative. The routine does not require technical dance skills.

All routines will be performed on a Marley or wooden floor surface

## **Compulsory Elements (For All Age Divisions)**

2 Different Cheer Jumps  
Cheer Arm Motions

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

Poms (optional for males) must be used.

Uniform/costume must be worn.

## **Props allowed in Dance**

Poms

Hats will not be considered a prop if they are kept on the head throughout the performance.

**Prohibited:** Cheers/Chants, Dance Lifts, Stunts/Pyramids, Tumbling, Additional Props,  
Offensive or tear away clothing

# URBAN CHEER TEAM - DOUBLES - SOLO

## **All Age Divisions**

Perform a routine which should include a variety of Urban Dance moves and Cheer Skills, including a Cheer, Chant or Rap.

The routine should have the 'Wow Factor' and may include tumbling skills and weight bearing skills that are fluid and continuous in movement

All routines will be performed on a Marley or wooden floor surface

## **Compulsory Elements**

Cheer /Chant or Rap

2 Different Cheer Jumps

2 Different Urban Jumps

Cheer Arm Motions

All compulsory elements have to be performed by all participants at the same time or in a ripple

Poms (optional for males) must be used

Uniform/costume must be worn

## **Props allowed in Dance**

Poms

Hats will not be considered a prop if they are kept on the head throughout the performance

**Prohibited:** Static Dance Lifts , Stunts/Pyramids, Additional Props, Offensive or tear away clothing



## DEFINITIONS (DANCE)

**Acrobatics in Dance** – any move where the weight of the competitor is on their hands and the hips rotate/come up straight over the head without the support of one or both feet

**Chant** – A short phrase repeated at least 3 times which encourages crowd participation

**Cheer** – A vocal routine that encourages crowd participation and tells a story

**Cheer Dance** – A technical style of dance, which includes splits, kicks, leaps, pirouettes and jumps

**Cheer Arm Motions** – High 'V', 'T', 'High Touchdown', etc.

**Dance Lift** – Any move where a person's weight is supported by another competitor in a held static position, without the flyer's feet touching the ground

**Transitional Lift:** Any move where a person's weight is supported by another competitor and the top person is continually moving

**Doubles** – A couple/2 individuals dancing together

**Jumps** - Executed from 2 feet with height and power

**Kick** - A straight leg lifted with force from the hip joint. Can be front, back, diagonal, side or circular

**Leap** - A light, springing movement, upwards and forwards/sideways. Executed from one leg, landing on one leg

**Pirouette** – A controlled 360° turn in either direction performed on one leg on the ball of the foot with the other leg lifted in the air in any position.  
Can have single or multiple non-hip-over-head rotations

**Pom Dance** – An entertaining and creative style of dance that does not require technical dance skills

**Ripple** – A flow of movement performed by one person or one line at a time quickly followed by another

**Splits** - Can be performed in right, left or centre (box) positions. Both legs should be straight

**Urban Cheer** – A style of dance which includes a variety of Urban Dance moves and and Cheer Skills and a vocal Cheer, Chant or Rap. It may include weight bearing skills, continuous in movement, tumbling and should have the 'Wow Factor'

**Stunting in Dance** – Any move where the body weight is supported by another competitor, without the flyer's foot/feet touching the ground

**Tumbling** – Cartwheels, handsprings and other gymnastics skills on the floor

**Uniform/Costume in Dance** – Should be safe and appropriate for the age and style of the team members. Appropriate footwear must be worn.

**'Wow Factor'** – Street Dance, Hip Hop, Break Dance or tricks/elements/visual effects included in an Urban Cheer routine

## 4. PARACHEER

For information on Paracheer, please email [info@cheer4all.org](mailto:info@cheer4all.org)

## 5. PENALTIES

<b>INNCORRECT AGE</b>	<b>Disqualification of Competitor</b>
<b>COPIED MATERIAL</b> Whole Routine Copied	<b>Disqualification</b>
<b>MISSED COMPULSORY ELEMENTS</b> Any compulsory element not performed/included Note: Except in the case of a significant injury to a competitor causing the competitor to leave the area or unable to perform.	<b>10 Points</b> For each element
<b>SAFETY VIOLATION</b> Drop or fall to the floor	<b>10 Points</b> For each Drop or Fall to the Floor
<b>PROHIBITED ELEMENTS</b>	<b>10 Points</b> For each occurrence
<b>UNSUITABLE MUSIC</b>	<b>10 Points</b>
<b>JEWELLERY</b> No Jewellery to be worn	<b>10 Points</b> For each person
<b>FORBIDDEN MEDICAL ITEMS</b> Not agreed at registration	<b>10 Points</b> For each item
<b>DRESS CODE VIOLATION</b> Tear Away/Offensive Clothing/Advertising	<b>1 Point</b> For each item of clothing
<b>INCORRECT SHOES</b>	<b>1 Point</b> Per person
<b>DROPPED POMS</b> Choreographed throws will not be considered a drop.	<b>1 Point</b> For each pom
<b>DROPPED ACCESSORIES</b>	<b>1 Point</b> For each item
<b>ADDITIONAL PROPS</b>	<b>1 Point</b> For each item
<b>PERFORMANCE TIME VIOLATION</b>	<b>1 Point</b> For each second
<b>SET UP TIME VIOLATION</b> After initial 20 second set up time	<b>1 Point</b> For each second
<b>OUTSIDE AREA VIOLATION</b>	<b>1 Point</b> Per violation