



## CHEERLEADING DANCE CONTEST RULES

### 1. GENERAL INFORMATIONS

#### **1.1. GENERAL**

The following rules and regulations apply to **EuroMilano 2022 - Cheerleading Dance Contest**, which is governed by the organization of EuroMilano 2022 and must be fully understood and adhered to by all participants. The contest is under the patronage of the **Italian Federation of Cheerleading**.

#### **DATES**

Saturday 30<sup>th</sup> April 2022, in the afternoon – around 5 p.m., at Crespi Sport Center

#### **ENTRIES**

##### ***Number of registrations***

Every team may register minimum 5 athletes.

If a team is composed by only 5 athletes, they have to be all women.

#### **COMPLAINTS**

All complaints and/or criticism about the organizational part of the Cheerleading Dance Contest and about other squads/countries have to be filed within the end of the tournament.

All complaints will be handled by the organizational part of the Cheerleading Dance Contest.

Judges decisions are final.

#### **JUDGES**

##### ***Judges***

The jury will be composed of at least two judges, which will ensure compliance with the rules of the Cheerleading Dance Contest. The jury will be composed of technical / coach / judges belonging to the Italian Federation of Cheerleading, to ensure the respect and objectivity, and to provide a professional opinion on the various performances.

##### ***1.5.2 Scoring***

Score sheets of each university will be available on [www.euromilano.eu](http://www.euromilano.eu). Judges decisions are final.

### 2. COMPETITION GUIDE

#### **2.1. GENERAL**

The CHEERLEADING is a sport based on encouragement, incitement and fraternity.

All participants behavior is required in accordance with the Sports Spirit and "CHEERSPIRIT".

##### ***Code of Conduct***

- Follow the rules.
- Respect other teams, spectators, the commissioners and judges, not to offend or criticize.
- The choreography, music and clothing must be respectful of the audience and the participants. Are not permitted aspects, behaviors, language, movements or actions violent, vulgar, racist or offensive.
- Follow the instructions and decisions of the contest committee.
- Violators will be judged with a penalty, and if necessary excluded from the contest.

#### **TIMING**

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

##### ***Duration of routine***

From 3 to 5 minutes.

## **MUSIC**

Each team must bring 1 CD, labelled with the name of the university and country and 1 copy on USB. Music for each performance should begin at the start of the CD/USB.

## **PLATFORM AND CARPET**

There will not be any platform: the routine will be performed on PVC field of the gym

### **3. REQUIREMENTS FOR ROUTINE**

The routine must be made by specific techniques identified with the sport of cheerleading and cheer dance. The routine will consist of arm motions, jumps, tumblings, stunts, pyramids and must include the use of music. The routine will made both compulsory elements that original creativity. In addition, there must be parts of the choreography focused on dance, which highlight the choreography and movement abilities.

#### **COMPULSORY ELEMENTS**

Minimum 1 Jump, 1 Lift, 1 Pyramid, 1 Tumbling and Cheer Dance elements, that must be performed in time to the music. (for jump and tumbling, it's enough if only 1 cheerleader performs the element).

**P.S.** The execution of arm motions, pirouette, split and a large number of lifts, pyramids, tumbling and stunt (not required), will be entitled to a higher score (in "Technical Components" – maximum points: 20), especially if high difficulty and if carried out by all members of the team and/or many time in the routine.

**Pompons are compulsory** (optional for males). Banners, Signs, Megaphones, Flags are allowed.

### **4. EVALUATION**

Will be evaluated the choreography and execution in accordance with criteria established by the Judges of EuroMilano 2022. Any judge may assign up maximum 100 points per team.

#### **1.4.1. Evaluation**

- 1) Sum of the scores given by each judge.
- 2) The final score is calculated on the average total obtained.
- 3) If necessary, the points of penalties for violation are removed from the final score.

<b>Evaluation Criteria</b>	<b>Points</b>
<b>1. Technical Components:</b>	
Tumblings/jumps/lifts/pyramids/stunts/arm motions	<b>20</b>
In addition to the compulsory elements, the execution of arm motions, pirouettes, split and a large number of lifts, pyramids, tumbling and stunts, will be entitled to a higher score, especially if high difficulty and if performed by all team members and/or many time in the routine	
<b>2. Dance elements/movements</b>	<b>20</b>
Cheer Dance, dance ability	
<b>3. Originality/ choreography</b>	<b>10</b>
Performance, use of show elements, attractiveness	
<b>4. Group Cheer</b>	<b>10</b>
Timing, rhythm, unity with group, perfection of routine, synchronization, accuracy, use of the floor	
<b>5. Crowd Enthusiasm</b>	<b>10</b>
<b>6. Music Choice</b>	<b>10</b>
<b>7. Overall impression (appearance)</b>	<b>20</b>
<b>Total</b>	<b>100</b>

The good performance is based on a correct technique of the elements of cheerleading, cheerdance, choreography, creativity, performance and unit-group harmony.

#### **Will be evaluated:**

- in the cheerleading elements: decision and cleaning of the performing movements, a good technique, control and body position
- pompon technique
- inclusion of dance techniques, dance steps and a variety of dance styles
- rhythm, unity of the group, interpretation of music

## **DEDUCTIONS**

### **GENERAL**

#### **Code of Conduct**

Any vulgar, racist, suggestive language, appearance or movements of the competitors, coaches or fans could result in disqualification of the team/competitor.

The lack of compliance with regulations, for teams, athletes, spectators, judges and commissioners, will result in the disqualification of the team / athlete.

<b>CRITERIA</b>	<b>POINTS DEDUCTIONS</b>
▪ Teams composed of less than 50% by men (es. 5 men and 6 women)*	5 points
▪ Teams composed of 50% men and 50% women (es, 6 men and 6 women)*	10 points
▪ Teams composed of more men than women (es, 7 men and 6 women)*	20 points
▪ Violation of duration of routine	1 point for each second
▪ Absence of the compulsory elements NB Except in the case of injury evident that the athlete must leave the area	10 points
▪ Lack of use of pom pons	10 points
▪ Music inappropriate	10 points
▪ Offensive complaint to the courts	disqualification

Will not be allowed to object to the decision of the head judge.

\*men will not be penalized if present in routine only and exclusively as SPOTTER (so they don't participate in routine but just help the cheerleaders)

DEFINITION OF SPOTTER: A person that stays in contact with the performing surface and watches for any hazards in the stunt or mount. The spotter is responsible for watching the flyer and to be prepared to catch her if she falls.