



CHEERDANCE

GENERAL SAFETY GUIDELINES

1. SAFETY

- 1.1. Use of mini tramps, spring boards or any height increasing apparatus is not permitted
- 1.2. Drops (knee, seat, thighs, front, back and split drops) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the handset/feet, which breaks the impact of the drop.

2. PROPS

- 2.1. Only pompoms are allowed to be used as props. Each dancer needs to use the 2 pompoms during the performance. It must be held and used at 1/3 time of the whole routine

3. UNIFORMS

- 3.1. Jazz pants, legging or skirts are allowed
- 3.2. No see through material may be worn
- 3.3. Underwear must not be visible
- 3.4. No tear-away uniforms or clothing is allowed

4. SHOES

- 4.1. Non-marking sports shoes with solid sole and form should be worn during the competition
- 4.2. All members of the team must wear the same shoe color
- 4.3. Laces must be securely tied with ends tucked away
- 4.4. Jazz shoes and ballets can be used in cheer dance

5. HAIR

- 5.1. All competitors whose hair is longer than a bob have to tie it away from the face
- 5.2. Accessories (scrunches, ribbons, rubber bands, etc.) have to be tightly secured

6. JEWELRY

- 6.1. Jewelry of all kinds is prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms (including for religious purposes)
- 6.2. Jewelry is not allowed to be taped over or covered

7. MEDICAL ITEMS

- 7.1. Spectacles (exception: contact lenses) hearing aids and/or other medical items may not be worn during the performances

- 7.2. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material
- 7.3. Physical guards such as knee support straps or wrist guards are allowed

8. INTERRUPTION OF PERFORMANCE

- 8.1. In the event of an injury, music and/or technical error or any other unexpected event, the head judge reserves the right to stop the routine
- 8.2. The team may perform their routine from the beginning. However, judging and timing will resume from the point at which the interruption occurred as determined by the judges

9. UNCERTAINTY AND APPROVAL

- 9.1. In cases of any uncertainty, please email to pilipinascheerleading@yahoo.com for advice and/or approval no later than forty eight hours before the start of the competitions

TECHNICAL GUIDELINES FOR CHEERDANCE

ROUTINE REQUIREMENTS

- 1. Elements/Routine
 - 1.1. Any acrobatic/gymnastics elements with flight prohibited
 - 1.2. Aerial skills into stunts or pyramid is prohibited
 - 1.3. Tosses, team and partner stunts is prohibited
 - 1.4. Forward roll and back roll from a low position may be allowed
 - 1.5. Recognized dance lifts are allowed in the program
- 2. The routine must include a minimum of 1 team cheer and sideline segment lasting no less than 20 seconds and not more than 30 seconds
- 3. The compulsory cheer and sideline must be performed without music. No voice-overs or words may be recorded to make teams' vocal projection sound louder
- 4. The cheer and sideline must be performed with all members executing a continuation of at least four (4) different arm motions simultaneously (hand on hips/thigh, clasp, and clap are not acceptable as part of the four (4) different arm motions).
- 5. Filipino and English and regional dialect language is allowed for the cheer and sideline
- 6. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are prohibited. Cheer dancers should enter the performance area in a timely fashion
- 7. Since it's a cheer dance competition, the teams' routine must highlight dance movement, arm motions, and mandatory cheer. Also, stated below are the mandatory requirements for the cheer dance routine

Compulsory Element	Midgets
a) Jumps	At least two (2) different
b) Pirouette	One (1) single
c) Leaps	One (1) kind
d) Kicks	At least three (3) different
e) Splits	One (1) kind
f) Arm motions	Four (4) different successive arm motion

*Splits-Jumps to split immediate floor landing not allowed

*Clasp and claps are not included

TECHNICAL CATEGORIES

SHOWMANSHIP – 20 points

- Facial Projections – 10 points
 - Eye contact, facial expression, crowd appeal, poise, costume
- Energy – 10 points
 - Enthusiasm, spirit

TECHNIQUE – 30 points

- Pirouettes/Turns – 5 points
 - Stability, sharpness, perfection, difficulty, combination
- Splits – 5 points
 - Flexibility, technique, use on routine
- Kicks – 5 points
 - Flexibility, technique, difficulty, combination
- Cheer Jumps – 5 points (from 2 feet to 2 feet)
 - Flexibility, height, power, speed, technique
- Leaps – 5 points (1 foot to 1 foot)
 - Flexibility, variety, difficulty, technique
- Dance Arm Motion – 5 points
 - Sharpness, accuracy, creativity, synchronization

CHOREOGRAPHY – 30 points

- Difficulty – 10 points
 - Degree of difficulty, consistency of standard, technique, skill of member
- Musical Interpretation – 5 points
 - Variety, appropriateness of dance, style, effectiveness of style
- Visual Effects – 5 points
 - Variety of dance styles, creativity, technique
- Originality – 5 points
 - Variety of dance styles, creativity, technique
- Flow of Routine – 5 points
 - Balance, speed, energy spacing, transitions

EXECUTION – 15 points

- Formation – 5 points
 - Spacing, variety, perfection, level changes
- Synchronization – 10 points
 - Sharpness, accuracy, consistency, perfection

OVERALL PRESENTATION – 5 points

- Perfection of routine, appearance, energy, showmanship

PENALTY SYSTEM

The following stated deduction point(s) is based per occurrence in technical skill:

Items/Descriptions	Deductions
1. Very shaky steps, incomplete turns, landing on any parts of the body except feet during leaps or jumps	0.5 – 3.0 per infraction
2. Missing Elements	5.0 per infraction
3. Violation of safety guidelines	5.0 per infraction

GENERAL COMPETITION GUIDELINES (10Pts PER OCCURRENCE)

A 10 point deduction per infraction will be given for each occurrence of the general competition and safety guidelines violations.

This includes the following:

- A. Routine, entrance and exit time
 - Exceed the allotted time
- B. Entrance and exit
 - Any skill performed before and after the allotted routine time
- C. Performance area
 - Participants unintentionally stepping outside of the competition boundary line
- D. Routine requirements
 - Failure to perform any compulsory routine requirements (if a competitor is unable to do the compulsory exercises due to injury, it will not be considered a violation. These are the following:
 - i. Compulsory Cheer
 - ii. Mandatory Arm Motion

MISC. POINT DEDUCTIONS

Illegal Elements/Skills

Minor deductions/faults

Minor Fall/Faults

Major Fall/Faults

Non Completion of Skill

Out of Bounds (if floor area is smaller than 16m x 16m)

Props not according to regulation

Uniform not according to regulation

Unsportsmanlike conduct