



# CHEERLEADING

- 1.0** The Official Rules for Cheerleading and Cheer Dance of the International Federation of Cheerleading (IFC) and Cheerleading Philippines (CP) will be adopted for the competition. The English text shall be the officially accepted one to be used in settling dispute on the interpretation of rules.
- 2.0** Cases of general nature shall be resolved according to the Constitution and By-Laws of the WNCAA.
- 3.0** Technical problems shall be resolved according to the current rules of the National Federation.

## GROUND RULES

### **1.0 TEAM COMPOSITION**

- 1.1. A team will be composed a minimum of fourteen (14) members to a maximum of thirty (30) members. All are allowed to play. A team may also have a maximum of five (5) officials that can sit on the bench. These include the coach, assistant coach, trainer and medical personnel.
- 1.2. Only those listed above will be allowed to sit on the bench.
- 1.3. In the absence of the coach and assistant coach, the trainer can coach the team.
- 1.4. In the absence of all officials, an authorization letter from the School Representative stating the substitute must be presented to the Commissioner prior to the game.
- 1.5. In the absence of any officials, the team will not be allowed to play.

### **2.0 TEAM UNIFORM**

- 2.1 The team uniform shall subject to the guidelines set by the WNCAA on modesty and propriety. Jogging pants are discouraged, cheerleading require skirts as uniform.
- 2.2 Sponsor guidelines must govern those of the WNCAA and the National Federation when attaching patches, logos of the sponsor on a team's official uniform.
- 2.3 All players must wear their official uniform during competition.
- 2.4 Officials sitting on the bench must wear shirt with collar, long pants and shoes.

### **3.0 TOURNAMENT FORMAT**

- 3.1 Midgets Competition – Maximum of 4 minutes, minimum of 2.30 minutes.
- 3.2 Juniors Competition – Maximum of 4 minutes, minimum of 2.45 minutes.
- 3.3 Seniors Competition – Maximum of 4 minutes, minimum of 2.45 minutes.

**Note:** This excludes entrance and exit from competition floor. Time starts from the first movement/cheer/chant of any of the competitors on the competition floor. This also applies when the first beat of the music is played.

#### **4.0 OFFICIAL COMPETITION**

- 4.1. The official floor area to be used will be rented from the Federation or similar floor matting from WNCAA approved by the Technical Director.
- 4.2. Competition floor size for all competitions shall be 16m x 16m. Should the floor size be smaller than the 16m x 16m dimension, the out of bounds rule/deduction shall be eliminated.

#### **5.0 RESOLUTION OF TIES**

- 5.1 In case of ties, points system will be applied. The team with lowest raw deductions in their final score advances. If the score is still tied the team with the highest grossing score from a judge advances.

#### **6.0 FORCE MAJEURE**

Twenty minutes after a force majeure has occurred, the following rules will be applied:

- 6.1 If it occurred before or during the start of the competition, the competition will be rescheduled.
- 6.2 If it occurred while a team is in the middle of a performance, that performance will not count and the team will compete again with no scores carried over at a rescheduled date.
- 6.3 If it occurred when half of the team have performed, all scores and deductions of the teams that performed will have the scores counted. The remainder of the teams who have not performed will have to be rescheduled to a later date.

#### **7.0 SANCTIONS**

Players slapped with technical or unsportsmanlike actions or a combination of both will be sanctioned according to the gravity of the offense.

- 7.1 Technical Infractions – Disqualification from the competition.
- 7.2 Unsportsmanlike Conduct – Thrown out; suspension depending on the severity of the act.

#### **8.0 COMPETITION TIME IS DEFAULT TIME**

#### **9.0 RESTRICTIONS**

- 9.1 Athletes should sport an appropriate haircut. Bald or skinheads are not allowed.
- 9.2 Athletes are not allowed to expose any tattoos, large areas of skin, high cut skirt, low waist pants, see-through fabrics on the breast area.

#### **10.0 TYPHOON SIGNALS**

There will be no competition in the Midgets Division when typhoon signal number 1 is declared. For typhoon signal number 2, competition in the Midgets, Juniors and Seniors Division will be postponed. All games will be rescheduled.

#### **11.0 DELIBERATE LOSS**

A school team/coaching staff who deliberately allows his/her team to manipulate result, deliberately falsifies records displayed conduct unbecoming of a coach, as reported by the Tournament Director, will be fined with an amount and/or suspended or banned from the tournament, and/or to be determined by the Executive Board.

## **12.0 UNFORSEEN**

Any technical matter not mentioned in the ground rules shall be decided by the Commissioner and the Technical Committee. Other matters by force majeure shall be decided in consultation with the WNCAA Executive Board.

# **GENERAL SAFETY GUIDELINES**

## **1.0 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 drop) 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.

## **2.0 PROPS**

- 2.1 Only the following props are allowed: flags, banners, megaphones, pompoms, signs and pieces of cloth. Audience participation is encouraged.
- 2.2 Flags or banners with poles or similar support apparatus may not be used in conjunction with a stunt of tumbling.
- 2.3 Hard materials, electric signs and sharp objects are prohibited.

## **3.0 UNIFORMS**

- 3.1 Uniform must be appropriate for cheerleading. No baggy clothes, pockets, hoods, ties, aprons, bibs or slippery materials 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.

## **4.0 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 Lace must be securely tied with ends tucked away.

## **5.0 HAIR**

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

## **6.0 JEWELRY**

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

## **7.0 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.

## **8.0 UNCERTAINTY AND APPROVAL**

In cases of uncertainty, please email to [pilipinascheerleading@yahoo.com](mailto:pilipinascheerleading@yahoo.com) for advice and/or approval.

# **TECHNICAL SAFETY GUIDELINES**

## **1.0 CLIMBING**

- 1.1 Any flipping toss to the 3rd layer of a pyramid is prohibited.
- 1.2 Aerial twisting into stunts or pyramid exceeding 2 rotations is prohibited.

## **2.0 DISMOUNT**

- 2.1 Top person cannot dismount to the floor unassisted from 2 high or over.
- 2.2 Twisting dismount from stunt/pyramid exceeding 2 rotations are strictly prohibited.
- 2.3 Backwards tumble dismounts are prohibited.

## **3.0 LANDING**

- 3.1 Landing on the ground other than the feet is prohibited.

## **4.0 PARTNER STUNTS AND PYRAMIDS**

- 4.1 Extended stunts are permitted up to two and a half (2 1/2) person high.
- 4.2 Partner stunts must be performed no more than 4 bases.
- 4.3 Pyramid up to 3 layer, 2.5 high are allowed.

## **5.0 TOSSES**

- 5.1 Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the top person.
- 5.2 Tosses must be performed no more than 4 bases.
- 5.3 Tosses are limited to:
  - a. 1 flipping rotation
  - b. A maximum of 2 (double) twists

## **6.0 TUMBLINGS**

- 6.1 Tumbling skill are limited to 1 flipping rotation and 2 (double) twisting.
- 6.2 Tumbling with props is prohibited (except forward roll with pompoms).
- 6.3 Spotted, assisted or connected tumbling is prohibited. This include toe and leg pitch flips. All tumbling originate from and land on performance area.

# **COMPETITION GUIDE/CRITERIA FOR JUDGING**

## **WNCAA HIGH SCHOOL/JUNIORS CHEERLEADING**

### **Technical Categories**

#### **TECHNIQUE (50 points)**

##### Expression – 10 points

Points to be aware of: facial expression, voice inflection, props, cheer and sideline.

##### Arm Motion – 5 points

Points to be aware of: sharpness, powerfulness, speed, placement and synchronization.

##### Dance – 10 points

Points to be aware of: sharpness, strength, cheerfulness, speed, accuracy, synchronization and variety of movement.

##### Jumps – 5 points

Points to be aware of: accuracy, height, cleanliness, flexibility, landing, variety, difficulty, number and synchronization.

##### Tumbling – 5 points

Points to be aware of: accuracy, skill level, height, landing, variety, difficulty and number.

##### Partner Stunts – 5 points

Points to be aware of: stability, timing, technique, difficulty, transitions, positioning, control and dismount.

##### Pyramids – 10 points

Points to be aware of: stability, timing, technique, difficulty, transitions, positioning, control and dismount.

#### **DIFFICULTY (20 points)**

##### Overall Difficulty – 10 points

Points to be aware of: skill level, standard level and speed.

##### Speed Transitions – 10 points

Points to be aware of: sharpness of skills, timing and flow.

#### **OVERALL EVALUATION (30 points)**

##### Synchronization – 10 points

Points to be aware of: precision, placement and timing.

##### Overall Evaluation – 10 points

Points to be aware of: choreography, formation and spacing.

Perfections – 10 points  
Points to be aware of: overall perfection.

## **WNCAA COLLEGE/SENIORS DIVISION TECHNICAL CATEGORIES (50 points)**

Expression – 10 points  
Points to be aware of: facial expression, voice inflection, props, cheer and sideline.

Arm Motion – 5 points  
Points to be aware of: sharpness, powerfulness, speed, placement and synchronization.

Dance – 5 points  
Points to be aware of: sharpness, strength, cheerfulness, speed, accuracy, synchronization and variety of movement.

Jumps – 5 points  
Points to be aware of: accuracy, height, cleanliness, flexibility, landing, variety, difficulty, number and synchronization.

Tumbling – 5 points  
Points to be aware of: accuracy, skill level, height, landing, variety, difficulty and number.

Partner Stunts – 10 points  
Points to be aware of: stability, timing, technique, difficulty, transitions, positioning, control and dismount.

Pyramids – 10 points  
Points to be aware of: stability, timing, technique, difficulty, transitions, positioning, control and dismount.

## **DIFFICULTY (20 points)**

Overall Difficulty – 10 points  
Points to be aware of: skill level, standard level and speed.

Speed Transitions – 10 points  
Points to be aware of: sharpness of skills, timing and flow.

## **OVERALL EVALUATION (30 points)**

Synchronization – 10 points  
Points to be aware of: precision, placement and timing.

Overall Evaluation – 10 points  
Points to be aware of: choreography, formation and spacing.

Perfection – 10 points

Points to be aware of: overall perfection.