

WNCAA 53rd SEASON CHEER DANCE GUIDELINES & RULES

CHEER DANCE		
	DEDUCTIONS	GROUP
ROUTINE RELATED		
1)	missing compulsory skill	10
2)	lacking of number of minimum compulsory element	5
3)	time over (routine time & or no. of time pompom is held)	10
	time under (routine time & or no. of time pompom is held)	10
4)	line over	5
5)	unintentional dropping of pompoms/accessories (hair , clothing, shoes) per occurrence	1
6)	performance of illegal skill (partner stunts, acrobatics & tumbling)	10
7)	unsafe choreography	10
8)	failure to perform compulsory skill due to injury	1
9)	failure to meet minimum or maximum number of dancers	20
10)	Inappropriate ,obscene words & languages(including slang derogative words in music used)	disqualification
APPAREL/COSTUME		
1)	wearing inappropriate attire (shoes, style, uniform)	10
2)	underwear that is visible	5

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WNCAA	(Cheerdance)
Performers	Juniors- min12 - max 18 pax Seniors- min 8 -max 12 pax
Time	Minimum: 3:00 minutes Maximum: 4:00 minutes * Excluding entrance (30 secs) and exit (30 secs) * Time starts from first movement/cheer/beat of music and ends at the last beat/note of music
Props	* Only soft material pompoms allowed as props. * Pompoms must be used by all members of the team for a minimum of 85 seconds or 1/3 of the total maximum routine running time. <i>Note: Streamers or banners not allowed at any part of the routine.</i>
Uniform/Outfit	<ul style="list-style-type: none"> • Uniform must be appropriate for Cheer Dance. • Underwear must not be visible. • Jazz pants (mid or full length) and skirts are allowed.
Shoes and Accessories	<ul style="list-style-type: none"> • Ballet shoes or jazz shoes may be worn during the routine. • Bare feet or rhythmic gymnastics slippers not allowed. • Fully covered gymnastics shoes with full sole is allowed. • Hanging jewelry or accessories for the body and head are not allowed.
Compulsory Elements	<p>1.) CHEER JUMPS – minimum of 2 different types of recognized jumps done consecutively or separately by the whole team at the same time.</p> <p>2.) PIROUETTE – minimum of (1)single & (1)double pirouette inwards or outwards direction done by the whole team at the same time.</p>

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Compulsory Elements (continued)	<p>3.) LEAPS – minimum of one recognized leap done by the whole team the same time.</p> <p>4.) KICKS – minimum of two (2) different types of recognized dance or cheer kicks done by the whole team at the same time.</p> <p>5.) SPLITS – minimum of one type of split done by the whole team at the same time. Jump to an immediate split on the floor is not allowed.</p> <p>6.) ARM MOTION – minimum of one (1) count of four (4) different and successive arm motion done with or with poms by the whole team at the same time.</p>
Prohibited	<ul style="list-style-type: none"> • Any acrobatic/gymnastics elements with flight. • Aerial skills into stunts and pyramid. • Tosses, team and partner stunts. • Forward and backward rolls are allowed only if starting from a sitting, kneeling or below squat position. It must not have originated from a jump or connected from a jump or leap.

