

The 1st cheerleading international open JAPAN Competition Guidelines

DIVISION

CHEER

Competition routine consisting of specific skills equated with the sport of cheerleading. Routine will include arm motions, jumps, gymnastic skills, and stunts and pyramids. Routines will consist of both mandatory compulsory skills and creative autonomy. All routines must follow the IFC Safety Rules and Guidelines.

CHEER – MIXED	CHEER – ALL FEMALE
<ul style="list-style-type: none">• 12 - 16 members• 1 male minimum, 10 male maximum• 16 years old• Proof of Insurance	<ul style="list-style-type: none">• 12 - 16 members• 16 years old• Proof of Insurance

DRESS CODE

Uniform must be appropriate for cheerleading. (no pockets, no hoods). No see through material may be worn. Underwear must not be visible. No tear-away uniforms or removal of clothing is allowed. No tights (pantyhose) are allowed.

Uniforms worn in the official championships must meet the requirements of the **"International Championships standards for Uniforms and Shoes," and/or have been examined and approved by the IFC.** In case of uncertainty please contact the IFC **Before** ordering your team's uniform. (Dress code violations - see PENALTIES).

Shoes

Shoes worn in the official championships must meet the requirements of the **"International Championship Standards for Uniforms and Shoes" and/or have been examined and approved by the IFC.** All competitors and spotters must wear proper, non-marking cheerleader shoes. Shoes that the IFC has temporarily permitted can be worn as an exception. Everyone must wear the same shoe color.

Hair

All competitors whose hair is longer than a bob have to tie it back from the face. **Color:** Natural looking hair color and/or uniform color for the whole team.

Accessories

All accessories (ex: scrunchies, hair bands) have to be secured tightly on competitors. Only flat hairpins may be worn. (Accessories violation - see PENALTIES)

Jewelry May not be worn. (Safety - see PENALTIES)

Medical Items

Glasses, (other than flexi-glass) hearing aids and/or other medical items may not be worn during the performance. Please check with Competition Organizing Committee (COC) Chairperson prior to the CWC for exemptions. **Participants needing to wear such items must apply in writing to COC, and must have WRITTEN approval to do so.**

ROUTINE REQUIREMENTS - CHEER

SAFETY

The Safety of the competitors must come first in every competition. All coaches are responsible for the training of their athletes on the execution of skills for the level they are competing. Country representatives or coaches must not encourage any skill (building or gymnastics) that may put their athletes at risk.

ROUTINE ELEMENTS

The routine must include a minimum of 1 (one) cheer, 1 (one) sideline in which all members execute a continuation of at least 4 (four) different arm motions simultaneously. (Claps, clasps, hand on hips/thigh are not acceptable). The compulsory cheer/sideline must be performed without music. (There are no restrictions as to what language is used for cheering.) In addition, the program must include at least 1 (one) stunt and 1 (one) pyramid. Although these are the only required elements, there are other categories on the score form that should be considered when creating your routine (See JUDGING/SCORING CATEGORIES).

PROPS

Props allowed are poms, signs, flags, banners and megaphones. Audience participation is encouraged. Harder materials may not be utilized.

PRACTICE

Each squad will be given 3 (three) minutes to run through their routine on the performance stage. The competition routine must be shown in full at least once.

Judges will be present during on mat practice to check for any violations or rule infractions.

Uniforms must be worn.

TIME

Routine minimum time **2:15** (two minutes fifteen seconds) maximum time limit is **2:30** (two minutes thirty seconds). Timing will begin with the first note of music, the first vocal command, or the first cheer movement. And end when all team members come to a final and stationary position.

PENALTIES

AGE

Any violation against the stated age will be penalized with the **disqualification of the TEAM** concerned.

DRESS CODE

Any violation against the dress code will be penalized with the **disqualification of the TEAM** concerned.

Performing with jewelry and accessories will result in **team disqualification**.

Performing with a medical item not agreed on by the COC Officer prior to the CWC will result in **team disqualification**.

Routine Time Violations

A deduction of **10 (ten) points penalty** will be taken off final score for time violation.

Entrance and Exit

60 (sixty) seconds are allowed for a team to set any props and get into position. After performance squads are to exit immediately.

A **5 point penalty** will be assessed for failure to comply or for any skill performed outside the allotted time.

Area Violation

A **5 point penalty** will be assessed for any line violation. (A penalty will be taken for **each competitor every time** the line is crossed).

Safety Guideline Violations

A **10 point penalty** will be assessed for each occurrence of all violation of the Safety Guidelines.

Compulsory Exercises

A **10 point penalty** will be taken from final score for failure to perform any of the compulsory exercises. (If the cheerleader can not do the compulsory exercises because of injury during the performance, it will not be considered a violation).

SAFETY GUIDELINES

Partner Stunts and Pyramids

- 1) All pyramids are limited to 2 1/2 high and three layers. (During a transition or mount, a person may pass above 2 1/2 high in direct physical contact with brace.)
- 2) The base must have at least one foot on the ground.
- 3) Any toss, tumbling, jumps over/under or through any stunts/pyramids or a person are prohibited.
- 4) Any stunt over/under or through any stunt/pyramid are prohibited.
- 5) A stunt may transition into another set of bases but must have at least one original base, brace or spotter with physical contact during the entire skill series.

Spotting

- 1) Spotters must be active performing members of your team.
- 2) All pyramids over 2 high must have a spotter for each top person on the 3rd layer.
- 3) If the number of the top person on the extended stunts (extended stunts means bases' arms are in full extended position.) is over the number of base, there must be a spotter for each top person. (ex: double cupie)

Tosses

- 1) Any type of toss must be performed from ground level.
- 2) Any toss where the top person is not caught in the stationary position must be caught by the original base(s). (ex: double base toss flip - original bases, toss up to 2-2-1(stunt/pyramid) - O.K. into another set of bases)
**when the top person is being tossed into a stunt/pyramid, it is suggested that the traveling distance of the top person should not exceed 3 meters and requires a spotter at arrival point of top person.*
- 3) Basket toss and any similar type of toss must be performed by no more than 4 bases.
- 4) Basket toss must be caught in the double base cradle catching. (Double base cradle catching means 2 catchers and a spotter for the top person's head and shoulders.)
- 5) Top Person, in executing a double twist or somersault skill from basket toss or similar type of toss must be caught in double base cradle catching.
- 6) Any toss over/under or through any stunt/pyramid or a person are prohibited.

Dismounts

- 1) Top person cannot dismount to the floor unassisted from 2 high or over.
- 2) Top person dismounting from single based-stunts with a forward flipping or 2 twists must be caught in a cradle by the original base and an additional spotter.
- 3) Top person dismounting from 3rd layer pyramids with a gymnastic skill (meaning: twist, somersault, toe touch etc.) must be caught in a cradle by at least two catchers.
- 4) Twisting dismount from stunts/pyramids exceeding 2 rotations are prohibited.
- 5) Forward roll dismount from stunts/pyramids exceeding 1 rotations are prohibited.
- 6) Backward roll dismounts are prohibited.

7) Stunts in which the base uses only one arm for support may not twist or flip.

Climbing

- 1) Any toss to the 3rd layer of a pyramid where the top person is flipping is prohibited.
- 2) Free twisting mount into stunts/pyramids exceed 2 rotations are prohibited.
- 3) Free flipping mount into a stunt must originate from ground level and limited to 1 rotation.
- 4) Flipping mounts into a pyramid are prohibited.

Aerial Body Position

TOP PERSON	FLIPPING ROTATIONS	TWISTING ROTATIONS
ON 2ND AND 3RD LAYERS	<p>Climbing Flipping mounts into a stunt must originate from the ground level and is limited to 1 rotation</p> <p>Dismount 1 forward rotation</p>	<p>Climbing and Dismount 2</p>
Basket toss Similar type of toss	<p>1 Rotation</p> <p>(OK= 1 rotation and 1 or 2 twists)</p>	3

May **NOT** Combine

*No exception above the list

Inversion

- 1) Inverted pyramids are limited to 2 1/2 persons high and 3 layers. Inverted person must be supported by at least one person on 2nd layer or below.
- 2) Downward inversions from prep level and below must be assisted by at least two bases. The top person must maintain contact with an original base.
- 3) Braced flips/suspended forward rolls are allowed if the top person remains in direct physical contact with at least one person at prep level or below and must be caught by at least two catchers.

Landing

Landing on the ground with any body part other than feet is prohibited.

Tumbling

- 1) Tumbling over or under any stunts/pyramid or person is prohibited.
- 2) Tumbling while in contact with any prop other than pompons is prohibited.
- 3) Tumbling skills are limited to 1 flipping and 2 twisting rotations.
- 4) No tumbling skill should be attempted until mastered through proper progression.

Prohibited

Use of mini tramps, spring boards, or any height increasing apparatus are prohibited.