



EUROCUP 2019

**CHEERLEADING RULEBOOK
(ADVANCED, BASIC & DANCE)**

GET IN THE GAME

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CHEERLEADING BASIC & ADVANCED RULES

Here you will find:

- A) Cheerleading Basic & Advanced Rulebook
- B) Cheerleading Dance Rulebook

1.0. GENERAL REGULATIONS

The following rules and regulations apply for DHL Express EuroCup 2019 Championship and are based upon the rules given by the ECU European Cheerleading.

Any DHL team can register for this competition. All team members must work for DHL Express and should have been on the payroll as of 1st January 2019, working at least 20 hours per week. Teams will be disqualified if any team members do not comply with this rule.

2.1. DIVISION - CHEERLEADING

The following divisions with number of athletes exist for Cheerleading:

DIVISIONS	PERSONS
TEAM CHEER BASIC	Maximum 16
TEAM CHEER ADVANCED	Maximum 16

2.2. CROSS-OVERS

Each athlete may only compete in one team in the specific division.

2.3. TIME OF THE ROUTINE

Team Cheerleading:

1. Cheer portion: can only be placed at the beginning or at the end of the routine. Time minimum requirement of thirty seconds (0:30).
2. Maximum time between Cheer and Music portion: twenty seconds (0:20).
3. Music portion: Maximum two minutes, thirty seconds (2:30).

2.4. MUSIC / ENTRANCES

1. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
2. Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music, whichever comes last.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave several seconds cushion to allow for variations in sound equipment.
5. Each team must have a coach/representative responsible for the music. This person is responsible for notifying the music technician to start the music at the right timing.
6. Each team has to send his/her music in advance and bring it to the championship on a USB-stick.
7. In order to keep the competition running on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

2.5. PERFORMANCE SURFACE CHEERLEADING

1. No spring floor, standard airtrack floor with a standard foam mat surface. Minimum surface area of 12m X 12m.
2. Teams need to line up in the area between the preparation tent and the performance floor.
3. No penalty will be given for stepping outside the area.

2.6. HOW TO HANDLE PROCEDURAL QUESTIONS

1. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach of the team and will be directed to the Competition Director (Aranka Zwart). Such questions should be made prior to the team's competition performance.
2. Performance - Any questions concerning the team's performance should be made to the Competition Director (Aranka Zwart) immediately after the team's performance and/or following the outcome of the competition.

2.7. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The coach of each team is responsible for seeing that team members conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

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2.8. INTERRUPTION OF PERFORMANCE

A. Unforeseen Circumstances

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should stop the routine.
2. The team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. Fault of Team

1. In the event that a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

2.9. INTERPRETATIONS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Competition Director. The committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

2.10. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

2.11. JUDGING PROCEDURE

As the teams perform, a panel of qualified and certified judges will score the teams using a 100 point system.

2.12. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group.

2.13. FINALITY OF DECISIONS

By participating in this championship, each team agrees that judges' decisions are final and will not be subject for review.

2.14. PENALTIES

A five (5) point penalty per judge whose individual score was added to the overall team's score will be assessed to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule and will result in just five (5) point penalties. If you have any questions concerning the legality of a move or trick, please send a video to Aranka.zwart@dhl.com This must be submitted clearly labeled with team name, contact person name, telephone number and e-mail.

3. CHEERLEADING DIVISIONS

3.1. GENERAL CHEERLEADING SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a coach.
2. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams and coaches must have an emergency response plan in the event of an injury.
4. Athletes and coaches must not be under the influence of alcohol, narcotics, and performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind including, but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed.
8. Any height increasing apparatus used to propel an athlete is not allowed.
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team

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- members and be trained in proper spotting technique.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.
 14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
 15. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
 16. An athlete must not have gum, candy, cough drops or other edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
 17. Basic and Advanced divisions must follow the safety rules.
 18. If in doubt, please contact the EuroCup Rules Committee for prior approval.
 19. A. All required spotter positions as mentioned in the rules and regulations for both Basic and Advanced divisions, must be filled from within the team. These spotters are known as **internal spotters**, who are primarily responsible for protecting the head-and-shoulders area of the flyer. Internal spotters may help control, but may not provide primary support for a Pyramid or Stunt.
B. In addition to internal spotters, teams may use, extra **external spotters**. External spotters cannot be part of the competing team and must not participate in the routine. External spotters do not meet the requirements for spotter positions as mentioned in the rules and regulations.
 21. If in doubt, please contact the EuroCup Rules Committee for prior approval.

3.2. TEAM CHEER LEVEL BASIC

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group.

LEVEL BASIC - GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. Clarification: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump (rebound) over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.

LEVEL BASIC - STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed. Clarification: A back walk over into a back handspring is allowed.
- C. Jump skills in immediate combination with handspring(s) are not allowed. Example: toe touch handspring and handspring toe-touch are not allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne. Exception: Round offs are allowed.

LEVEL BASIC - RUNNING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne. Exception: Round offs are allowed.

LEVEL BASIC - STUNTS

- A. Stunts above prep level (extended position) are not allowed. Clarification 1: stunts of 1½ height, such as a prep level Swedish fall or a straddle/ teddy sit, are allowed if the top person does not exceed the height of the bases' shoulder level. Bases may not perform these stunts with extended arms, as well as the top person in the Swedish fall.
- B. A backspotter is required for **all** stunts.
- C. Single leg stunts above prep level are not allowed. A single leg stunt may not be passing through above prep level. Clarification 1: Taking the top person in a single leg stunt above the head of the bases would be illegal. Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- D. Twisting mounts and transitions are allowed up to total of ½ twisting rotation by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- E. During transitions, at least one base must remain in contact with the top person.
- F. Free flipping or assisted flipping stunts and transitions are not allowed.
- G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual. Example: a shoulder sit walking under prep is illegal. Exception: an individual may jump over another individual.

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- H. Single based split catches are not allowed.
- I. True (unassisted) double cupies not allowed. Clarification: true (unassisted) double cupies = one base holding two top persons. Clarification: true (unassisted) double cupies are not allowed at extended, prep or below prep level.
- J. However, depending on the technique used, other variations of "fake" (assisted) double cupies may or may not be allowed.
- K. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base. Clarification: Log-Barrel roll may not include any skill (example: kick full twists) other than the twist. Clarification: the log roll may not be assisted by another top person.
- L. **Basic Stunts-Release Moves**
 - 1. No release moves allowed other than those allowed in "Dismounts" and "Tosses".
 - 2. Release moves may not land in a prone or inverted position.
 - 3. Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance.
 - 4. Helicopters are not allowed.
 - 5. Single full twisting log/barrel roll as long as it starts and ends in a cradle position. Clarification: The log roll may not be assisted by another top person. Clarification: Log/barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists.
 - 6. Release moves may not intentionally travel.
 - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- M. **Basic Stunts-Inversions**
 - 1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below.
 - 2. Downward inversions are only allowed at waist level and must be assisted by at least two bases/catchers positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base. Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern). Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.

Catchers and bases must be stationary prior to the initiation of the dismount.

- I. Cradles from 1 arm stunts that involve a twist, must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

BASIC LEVEL - TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases, one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Example: no intentional traveling tosses.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 1 trick allowed during a toss. Twisting tosses are not allowed. (ex 1: Legal: toe-touch, ball out, pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The 'arch' does not count as a trick exception: A Ball X toss is allowed at this level as an "EXCEPTION".
- F. Top persons in separate tosses may not come in contact with each other.
- G. Only a single top person is allowed during a toss.

BASIC LEVEL – PYRAMIDS

- A. Pyramids must follow Basic Level "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top person must receive primary support from a base. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the Basic Level dismount rules.
- C. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: a shoulder sit walking under a prep is illegal.
- D. Prep single-leg stunts:
 - 1. Prep single-leg stunts must be braced by at least one top person at prep level or below with hand/arm connection only. The hand-arm of the top person must be, and remain, connected to the hand-arm of the bracer.
 - 2. The connection must be made prior to initiation of the prep single leg stunt.
 - 3. Prep level top persons must have at least one foot in bases hand. Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, shoulder stand, flat back or straddle lift.

BASIC LEVEL – DISMOUNTS

Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.

- A. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base.
- D. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.

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- E. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
- F. Only straight pop downs, basic straight cradles and ¼ turns are allowed.
- G. Twisting dismounts are not allowed. All other positions are not allowed. Clarification: Toe touch, pike, tuck, etc. are not allowed. Prone cradles (top person landing on belly) are not allowed.
- H. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- I. Cradles from prep single leg stunts in pyramids are allowed.
- J. No free flipping or assisted flipping dismounts allowed.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.
- N. Tension drops/rolls of any kind are not allowed.

3.3 ADVANCED LEVEL

ADVANCED LEVEL - GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round off or standing back handspring are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump over another individual.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed. Exception: Dive rolls that involve twisting are not allowed.

ADVANCED LEVEL – STANDING / RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 1 twisting rotations.

ADVANCED LEVEL – STUNTS

- A. A spotter is required for all stunts above shoulder level.
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.
- C. Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1 ¼ twisting rotations. Exception 1: Rewinds to a cradle position are 1 ¼ flips. All rewinds caught below shoulder level must use 2 catchers (Example: a rewind that lands in a straddle position). Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted. Clarification: Free flipping stunts and transitions that do not start on the performing surface are not allowed. Clarification: Toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills.
- D. Single based split catches are not allowed.
- E. Single based double cupies require a separate spotter for each top person.

ADVANCED LEVEL STUNTS - RELEASE MOVES

- A. Release moves are allowed but must not exceed more than 18 inches (46 centimeters) above extended arm level. Clarification: If the release move exceeds more than 18 inches (46 centimeters) above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules.
- B. Release moves may not land in an inverted position.
- C. Release moves must return to original bases. An individual may not land

- on the performing surface without assistance from above waist level.
- D. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
- E. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- F. Top persons in separate release moves may not come in contact with each other.

ADVANCED LEVEL STUNTS - INVERSIONS

- A. Downward inversions from above prep level must be assisted by at least 2 bases and a back spotter. Top person must maintain contact with a base.

ADVANCED LEVEL – PYRAMIDS

- A. Pyramids are allowed up to 2-½ high.
- B. For 2½ high pyramids, there must be a spotter in front and back for each person on the top level and the spotters must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters may not be a primary support of the pyramid. Clarification: For all "2-1-1 thigh stand tower" pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter, who is not in contact with the pyramid, is required.
- C. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level.
- D. Free-flying mounts must originate from ground level and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
- E. Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
- F. Free-flying mounts may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individual.

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ADVANCED LEVEL PYRAMIDS – RELEASE MOVES

- A. During a pyramid transition, a top person may pass above 2-½ high
 - 1. Anytime a pyramid release move is released from a second layer base and is caught by a second layer base, the second layer base that is catching the top person must also be the second layer base that originally released that top person (i.e. 2-1-1 thigh stand tower tic-tocks).
 - 2. Free release moves from 2 ½ high pyramids may not land in a prone or inverted position.

ADVANCED LEVEL PYRAMIDS - INVERSIONS

- A. Inverted stunts are allowed up to 2-½ persons high.
- B. Downward inversions from above prep level must be assisted by at least 2 bases and 1 back spotter. Top person must maintain contact with a base or another top person.
- C. **Advanced Pyramids – Release Moves w/ Braced Inversions**
 - 1. Braced flips are allowed up to 1-¼ flipping and 1 twisting rotation.
 - 2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers and 1 backspotter.
- D. Free released dismounts from 2 ½ high pyramids may not land in a prone or inverted position.

ADVANCED LEVEL – DISMOUNTS

Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.

- A. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base and 1 back spotter. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
- C. Up to a 2¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers and 1 back spotter. Cradles from 2½ high pyramids are allowed up to 1½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle, and 1 back spotter. Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free released dismounts from 2 ½ high pyramids may

- not land in a prone or inverted position.
- E. Free flipping dismounts to a cradle:
 - 1. Are allowed up to 1-¼ flipping and ½ twisting rotations (Arabians).
 - 2. Require at least 2 catchers, one of which is an original base, and 1 backspotter.
 - 3. May not intentionally travel.
- 4. Must originate from prep level or below (may not originate from 2 ½ high pyramid). Exception: ¾ front flip to cradle may occur from a 2 ½ high pyramid and requires 2 catchers, 1 on each side of the top person and 1 of which must be stationary when the cradle is initiated, ¾ front flip to cradle from 2---½high may not twist.
- F. Free flipping dismounts to the performing surface are only allowed in front flipping rotation: Clarification: back flipping dismounts must go to cradle.
 - 1. Allowed up to 1 front flipping and 0 twisting rotations.
 - 2. Must return to an original base.
 - 3. Must have a spotter.
 - 4. May not intentionally travel.
 - 5. Must originate from prep level or below (may not originate from 2 ½ high pyramid).
- G. Tension drops/rolls of any kind are not allowed.
- H. When cradling single based double cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- I. Cradles from 1 arm stunts that involve a twist, must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
- J. Dismounts may not pass over, under or through other stunts, pyramids or individuals.
- K. Dismounts must return to original base(s).
- L. Dismounts may not intentionally travel.
- M. Top persons in dismounts may not come in contact with each other while released from the bases.

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ADVANCED LEVEL - TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases, one of which is positioned at the head and shoulder area of the top person. Tosses may not be directed so that the bases must move to catch the top person.
- C. Flipping tosses are allowed up to 1¼ flipping rotation and 2 additional skills. A tuck, pike or layout are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full illegal because the X-out is considered a skill.
Legal (Two Skills) Tuck flip, X-Out, Full Twist Double Full-Twisting Layout Kick, Full-Twisting Layout Pike, Open, Double Full-Twist Arabian Front, Full-Twist. **Illegal (Three Skills)** Tuck flip, X-Out, Double Full Twist Kick, Double Full-Full Twisting Layout Kick, Full-Twisting Layout, Kick Pike, Split, Double Full-Twist Full-Twisting Layout, Split, Full-Twist. Arabian Front followed by 1-½ twist is considered to be a legal skill.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 2-½ twists.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. Only one single top person is allowed during a basket toss.

3.4. SCORESHEETS – CHEER

Distribution of points in Team divisions: Team Cheer Basic and Advanced

JUDGING CRITERIA	DESCRIPTION	POINTS
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions, Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	15
Tumbling	Group tumbling, Execution of skills (includes jumps if applicable*), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation	Overall presentation, showmanship, dance, crowd effect	10
	TOTAL	100

3.5. DEDUCTION SHEET - CHEER

Distribution of penalties in Team divisions: Team Cheer Basis and Advanced.

ACCESOIRES (PER TEAM)	POINTS
- Jewelry (2 points) - Loose Hair/Long Nails (2 points) - Other Apparel/Accessories (2 points)	_____ POINTS
TIMINGS (PER TEAM)	POINTS
- Failure to report at the Performance area on time (2 points) - Exceeding maximum routine length (2 points)	_____ POINTS
GENERAL: (PER TEAM)	POINTS
- Blatant rules/Safety violation (5 points) - Ineligible/incorrect number of athletes (2 points) - Not choreographed, dropped poms (1 point for each pom)	_____ POINTS
STUNTS: (PER OCCURRENCE)	POINTS
- Fall/Drop: Pyramid, Tumbling etc. (1 point) - Dismounts: Early release (1 point) - No spotter (2 points per team)	_____ POINTS
TOTAL DEDUCTIONS: _____ POINTS	

KEY WORDS

- TTD Tumbling touch down
- TF Tumbling fall
- SMF Stunt minor fall, early release, miss
- SF Stunt fall
- PMF Pyramid minor fall, early release, miss
- PF Pyramid fall

NOTE: PLEASE SCROLL DOWN FURTHER FOR THE CHEER DANCE RULEBOOK

EUROCUP 2019

CHEERLEADING DANCE RULES

GENERAL REGULATIONS

The following rules and regulations apply for DHL Express EuroCup 2019 Championship.

Any DHL Express team can register for this competition. All team members must work for DHL Express and should have been on the payroll as of 1st January 2019, working at least 20 hours per week. Teams will be disqualified if any team members do not comply with this rule.

1.0 CHEER DANCE – DEFINITION

A technical style of dance, containing compulsory elements and more than one single dance style. A Cheer dance performance should be entertaining, powerful, creative and include visual effects that will surprise.

1.1. DIVISIONS – CHEER DANCE

The following divisions with number of athletes exist for Cheer dance:

DIVISIONS	PERSONS
TEAM CHEERDANCE	Maximum 16

1.2. CROSS-OVERS

Each athlete may only compete in one team in the specific division.

1.3. TIME OF THE ROUTINE

Team Cheerdance:

1. Cheer portion: can only be placed at the beginning or at the end of the routine. Time minimum requirement of thirty seconds (0:30).
2. Maximum time between Cheer and Music portion: twenty seconds (0:20).
3. Music portion: Maximum two minutes, thirty seconds (2:30).

1.4. MUSIC / ENTRANCES

1. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
2. Timing will begin with the first choreographed movement or note of the music, and end with the last note of music or when all team members come to a stationary position, whichever comes last.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave several seconds cushion to allow for variations in sound equipment.
5. Each team must have a coach/representative responsible for the music. This person is responsible for notifying the music technician to start the music at the right timing.
6. Each team has to send his/her music in advance and bring it to the championship on a USB-stick.
7. In order to keep the competition running on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed.

1.5. PERFORMANCE SURFACE CHEERDANCE

1. Standard airtrack floor with a standard foam mat surface as used for the Cheerleading categories
Minimum Surface area of 12m X 12m.
2. Teams need to line up in the area between the preparation tent and the performance floor.
3. No penalty will be given for stepping outside the area.

1.6. HOW TO HANDLE PROCEDURAL QUESTIONS

1. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach of the team and will be directed to the Competition Director (Aranka Zwart). Such questions should be made prior to the team's competition performance.
2. Performance - Any questions concerning the team's performance should be made to the Competition Director (Aranka Zwart) immediately after the team's performance and/or following the outcome of the competition.

1.7. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The coach of each team is responsible for seeing that team members conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

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1.8. INTERRUPTION OF PERFORMANCE

A. Unforeseen Circumstances

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should stop the routine.
2. The team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. Fault of Team

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

1.9. INTERPRETATIONS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Competition Director. The committee will render a judgement in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

1.10. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, and will automatically forfeit any right to any prizes or awards presented by the competition.

1.11. JUDGING PROCEDURE

As the teams perform, a panel of qualified and certified judges will score the teams using a 100 point system.

1.12. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group.

1.13. FINALITY OF DECISIONS

By participating in this championship, each team agrees that judges' decisions are final and will not be subject for review.

1.14. PENALTIES

A five (5) point penalty per judge whose individual score was added to the overall team's score will be assessed to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule and will result in just five (5) point penalties. If you have any questions concerning the legality of a move or trick, please send a video to Aranka.zwart@dhl.com. This must be submitted clearly labeled with team name, contact person name and e-mail.

2. CHEER DANCE DIVISION

2.1. GENERAL CHEER DANCE SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a coach.
2. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams and coaches must have an emergency response plan in the event of an injury.
4. Athletes and coaches must not be under the influence of alcohol, narcotics, and performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Suggestive, offensive, or vulgar choreography, costuming, makeup, and/or music are inappropriate and therefore lack overall audience appeal. This may cause penalties. Every effort should be made to ensure that the costuming, choreography and lyrics of the music are appropriate for all audience members. Clarification: Vulgar or suggestive choreography is defined as any movement implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
7. All participants must wear dance appropriate shoes. Jazz shoes, ballet shoes, textile shoes, dance paws etc are allowed in Cheer dance. Pumps, boots, socks only, roller skates and shoes with high heels are not permitted.
8. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed.
9. Any height increasing apparatus used to propel an athlete is not allowed.
10. Use of fire, noxious gas, live animals and other potentially hazardous elements are strictly prohibited. Violation will result in disqualification.
11. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of element in the performance. All props must be

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safely discarded out of harm's way (e.g. throwing a hard sign across the mat would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

12. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.
14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
15. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
16. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
17. Every participant must follow the safety rules.
18. If in doubt, please contact the EuroCup Rules Committee for prior approval.

2.2. CHEER DANCE – COMPULSORY ELEMENTS

All compulsory elements have to be performed by all participants at the same time, or in a ripple. Clarification: a ripple is a flow of movement performed by one person or one line at a time quickly followed by another.

1. Compulsory Cheer or Chant (vocal expression). A Cheer or Chant must be performed to encourage crowd participation and DHLspirit. The Cheer Dance rules under tumbling, acrobatics, stunts and lifts, apply identical during the Cheer or Chant portion of the performance.

2. Compulsory Use of Pompoms
 - A. The use of pompoms during the entire performance is compulsory.
 - B. Dropped poms cause a penalty of 1 point for each pom.
 - C. Choreographed throws of poms will not be considered a drop.
3. Compulsory Dance Styles Minimum. The choreography during the music portion should include at least, but not limited to, **two dance styles** such as jazz, urban, cheer dance, pop, lyrical, modern, (female) hip hop, pom dance swing, funk, latin, theme, fusion, house and so on. The specific, different dance styles should be easily recognizable as such, differing from each other. Teams are encouraged to display the mastering of various/multiple dance styles (at least two).
4. Compulsory Technical elements:
 - A. **Motions** - Minimum 2x 8 counts of arm motions. Sharp, choreographed arm placements, such as high-V, T, Clap, touchdown, etc.
 - B. **High Kicks** - Minimum Two different high kicks. Front, back, side, diagonal and/or circular kicks and kick combinations, performed in correct, flexible technique.
 - C. **Pirouette** - Minimum One single pirouette. A controlled 360° turn in either direction, performed on one leg and the other non-supporting leg lifted up in any position.
 - D. **Leap** - Minimum One Leap. A light, springing movement, shown forwards, backwards, sideways and/or switched, executed from one leg, landing on one leg.
 - E. **Jumps** - Minimum Two different Jumps. A powered, springing movement to gain height from prep to landing, including jumps known from cheerleading and dance, such as a toe touch, pike, c jump, kick jump, etc.

5. The omission of one of these minimum requirements, cause a penalty of max. 5 points per element.

2.3. CHEER DANCE – PROHIBITED ELEMENTS

- 2.3.A. The following elements are considered to be prohibited:
 1. Static acrobatics in dance.
 2. Static dance lifts.
 3. Stunts and/or pyramids as known from Cheerleading.
 4. Tumbling.
 5. Additional props that are not mentioned in allowed props.
 6. Offensive music and/or clothing.
- 2.3.B. The occurrence of one of these prohibited elements, cause a penalty of max. 10 points per element.

2.4. CHEER DANCE – ACROBATICS IN DANCE

Any flowing, moving element where the weight of an athlete is on their hands and the hips rotate or come up, straight over the head without the support of one or both feet, will be considered as acrobatics in dance.

- 2.4.A. A static acrobatic element is prohibited and will cause a penalty.
- 2.4.B. A flowing acrobatic element that keeps on moving from prep to ending is allowed. Example: A windmill from breakdance is allowed. Clarification 1: a static handstand will be considered tumbling. Clarification 2: tumbling and acrobatics in dance do not count as the same.
- 2.4.C An acrobatic element over or under another acrobatic element is not allowed.

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2.5. CHEER DANCE – DANCE LIFTS/STUNTING

Any move, where the body weight is supported by another competitor, without the flyer's foot/feet touching the ground, will be considered a lift or stunt in dance.

2.5.A. A static dance lift is prohibited and will cause a penalty.

2.5.B. A stunt/pyramid from Cheerleading is prohibited and will cause a penalty.

2.5.B. A flowing dance lift that keeps on moving from prep to landing is allowed, provided:

- The height of the skill does not exceed 1,5 person high.

- The flyer's body weight is supported from prep to landing.

Clarification: airborne skills (cradle, release moves, etc.) are not allowed.

- An internal spotter, who does not bear the weight of the flyer, is required for protecting the head-and-shoulder area of the flyer.

2.5.C Lifting over or under another lift is not allowed.

2.6. CHEER DANCE – TUMBLING

Any move, where gymnastic skills are performed on the floor, will be considered as tumbling in dance. Clarification: Jumps are not considered a tumbling skill in Cheer Dance.

2.6.A. A tumbling/gymnastic skill is prohibited and will cause a penalty.

Clarification: gymnastic skills involve somersaults and handstands to handsprings and tucks.

2.6.B. Assisted tumbling will be considered a dance lift/stunt and must follow the rules under 2.5 Cheerdance – Dance lifts/Stunting.

2.7. CHEER DANCE – SAFETY

Any element, where the body weight is supported by another competitor, without the flyer's foot/feet touching the ground, an internal safety spotter is required for protecting the head-and-shoulder area of the flyer. Spotter may help control, but may not primary support the element. Clarification1: required in, for example, dance lifts or assisted tumbling. Clarification 2: The internal spotter is part of the competing team. The compulsory spotting requirement cannot be fulfilled by an external spotter.

2.8. SCORESHEET – CHEER DANCE

Distribution of points in the division of Team Cheer Dance.

JUDGING CRITERIA	DESCRIPTION	POINTS
Vocal Expression		10
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Compulsory Elements		40
Compulsory skills	Display of the minimum compulsory requirements: (5 points each) <ul style="list-style-type: none"> • 2x 8 counts of Motions • Two different high kicks • One single pirouette • One Leap • Two different Jumps • Two different dance styles 	30
Difficulty	Overall difficulty, Level of skill, Number of performers able to perform skill, Number of difficult skills, Display of progress and development.	10
Execution		30
Execution of skills	Accuracy of Technique, Precise placement, Flexibility, Sharpness, Strength, Cleanness, Execution different dance styles.	10
Synchronization	Uniformity, Same sharp and accurate movement, Timing of Movement Together, Synchronized spacing, Collaboration, Synchronization within contrasting movement; expansion and contraction, high and low, ripples, etc.	10
Speed, transitions, effects	Speed and pace, Seamlessly moving into and out of routine sections and from skill to skill, Continuity, Timing of skills, Surprise effect.	10
Overall evaluation		20
Choreography	Variety of routine components, Cleanly composed routine precise and well thought out, Visual effects, Use of floor, Formation Changes, Moves and timing synchronized with words and music, Telling a story/bringing a concept, Creative.	10
Spirit	Overall presentation, Showmanship, Energy, Cheerfulness, Eye contact, Crowd effect and appeal, Confidence, Evoking contagious emotion of positivity and excitement, Dynamic.	10
TOTAL		100

2.9. DEDUCTION SHEET – CHEER DANCE

Distribution of penalties in the division of Team Cheer Dance.

ACCESOIRES (PER TEAM)	_____ POINTS
- Jewelry (2 points) - Loose Hair/Long Nails (2 points) - Other Apparel/Accessories (2 points) - Inappropriate choreography, costuming, makeup, and/or music lyrics (2 points)	
TIMINGS (PER TEAM)	
- Failure to report at the Performance area on time (2 points) - Exceeding maximum routine length (2 points)	_____ POINTS
GENERAL: (PER TEAM)	
- Blatant rules/Safety violation (5 points) - Ineligible/incorrect number of athletes (2 points) - Not choreographed, dropped poms (1 point for each pom)	_____ POINTS
ELEMENTS: (PER OCCURRENCE)	
- Missed compulsory element (max. 5 points for each element) - Prohibited element (max. 10 points for each element)	_____ POINTS
TOTAL DEDUCTIONS: _____ POINTS	