

Austrian Rulebook



Competition Season 2018-2019

valid from September 2018 to July 2019

Revised Version

Table of Contents

I. General Rules	3
1. Miscellaneous	3
2. Club changes	3
3. Participation Requirements	3
A. General	3
B. Registration	3
C. Registration Fee	4
D. Austrian Regional Championships	4
E. Austrian Cheerleading Championship	4
F. Austrian International Open	4
4. Age Groups	5
5. Divisions	5
A. Divisions for the Austrian Regional Championships	6
B. Divisions for the Austrian National Championships	6
C. Divisions for the Austrian International Open	7
6. Substitutes	7
7. Cross-overs	7
8. Time of the routine	8
9. Timing / Entrances	8
10. Image Policy	8
11. Performance Surface	8
12. How to handle procedural questions	9
13. Sportsmanship	9
14. Interruption of performance	9
A. Unforeseen Circumstances	9
B. Fault of Team	9
C. Injury	9
15. Interpretations and / or Rulings	10
16. Disqualification	10
17. Judging Procedure	10
18. Scores and Rankings	10
19. Finality of Decisions	10
20. Jury	10
21. Penalties	11
22. Doping	11
23. Participation in official international competitions	11
II. Cheerleading Divisions	12
1. Score Sheets – Cheerleading	12
III. Performance Cheer Divisions	14
1. Score Sheets – Performance Cheer	14
IV. Glossary of Terms	18
V. Age Group – Detailed Overview	18

I. General Rules

The following rules, regulations and appendixes apply to competitions and championships held or supported by the "Österreichische Cheerleading und Cheer Performance Verband" (ÖCCV).

1. Miscellaneous

1. A club member of the ÖCCV and all its teams, athletes and coaches may be banned from Championships hosted by the ÖCCV if that club has outstanding financial obligations towards the ÖCCV or has taken actions that are considered damaging for the sport of Cheerleading or Performance Cheer. The decision to ban a club and the details of such a ban will be made by the managing board of the ÖCCV on a case-by-case basis.
2. A coach may be banned from Championships hosted by the ÖCCV if it has come to the attention of the ÖCCV that the team of that coach has performed skills in public that are not in conformity with the safety rules and level restrictions for the respective age group. The decision to ban a coach and the details of such a ban will be made by the managing board of the ÖCCV on a case-by-case basis.

2. Club changes

1. The change of an athlete from one club member of the ÖCCV to another club is only allowed during either one of the following time periods and when the athlete has given written notice of changing the club of origin by the dates as stated below:
 - from 01 July to 31 July, due date for written notice 31 May.
2. A change is only allowed if all outstanding financial issues have been settled with the club of origin.
3. During all other times, an athlete may only change with written agreement of both affected clubs.
4. If requirements stated above are not met, the respective athlete(s) may not
 - participate in any of the championships organized or sponsored by the ÖCCV,
 - participate in any international competitions where the qualification takes place at such championships,
 - participate in any open championships together with a team of another club member of the ÖCCV.
5. Clubs are obliged to inform their members of the applicable regulations about club changes in writing. If a club cannot prove that they have informed the respective athlete(s) about these regulations, they have to agree to a change once all outstanding financial issues have been settled with the club of origin.

3. Participation Requirements

A. General

1. All teams have to designate one official contact person throughout the competition.
2. All teams have to have at least one certified trainer for all Championships hosted by the ÖCCV (undergoing training or being registered for the waiting list for the next training will exceptionally be considered to meet that requirement). New clubs will be granted a two-year period to fulfill this requirement, starting from the first time competing at one of the Championships hosted by the ÖCCV.
3. The order of competing teams will normally be drawn by lot. The order of competition will be communicated no later than one week before the respective competition. That order of competition may not be changed. Exceptions may only be decided upon by the ÖCCV representative.

B. Registration

1. The registration for the championship takes place either online or in writing by sending in the filled out and signed registration forms to the ÖCCV representative. The registration for the championship is binding.
2. The deadlines for submitting the registration and number of participating Cheerleaders as well as the list of participants and substitutes (full names) and the list for accompanying persons (external spotters, trainers, mascots and supervisors) will be communicated through the respective competition announcement.

C. Registration Fee

1. By registering for a competition, teams acknowledge that the respective registration fees have to be paid to the ÖCCV or the organizer responsible. If the total amount of registration fees due has not been paid, the ÖCCV or the organizer responsible may ban the team from starting at the competition.
2. There is no right for refund of registration fees.

D. Austrian Regional Championships

1. Participation is open to cheerleaders from clubs both members and not members of the ÖCCV.
2. Every participant (including substitutes) of a club member of the ÖCCV has to be in the possession of a valid official cheerleading pass of the ÖCCV. Participants from clubs not member of the ÖCCV have to present a valid official photo identification proving age and nationality.
3. The managing board of the ÖCCV will determine the number and location of Regional Championships for each competition season.

E. Austrian Cheerleading Championship

1. Only teams from clubs members of the ÖCCV may compete at the Austrian Cheerleading Championship.
2. The qualification mode is the following:
 - a) Cheerleading teams for all categories and age groups and Performance Cheer teams for the category Senior Freestyle Pom have to compete at one of the Austrian Regional Championships (see above).
 - b) Alternatively, teams must have competed at the previous ECU European Cheerleading Championships.
3. Every participant (including substitutes) must have citizenship or permanent residency for at least six (6) months in Austria at the time of the respective Austrian Cheerleading Championship.
4. Every participant (including substitutes) has to be in the possession of a valid official cheerleading pass of the ÖCCV.
5. Only one person from cheerleading orientated countries (US, Canada, Mexico and Japan) may participate per team. Exception: this person has permanent residency for more than two years in Europe. In the youth categories, three persons from cheerleading orientated countries (US, Canada, Mexico and Japan) may participate.
6. Every club member of the ÖCCV is obliged to register one person on the day of the Austrian Cheerleading Championship for the support of the competition, e.g. as volunteer or judge. If a club cannot meet this obligation, it has to pay a penalty fee to the ÖCCV of 300,00 Euros for that competition.
7. For reasons of good sportsmanship, it is not allowed to wear costuming that could suggest for a team to represent an official Austrian National Team (e.g. uniforms bearing the lettering "Austria").

F. Austrian International Open

1. Participation in the Austrian International Open (AIO) is open to cheerleaders from all clubs.
2. Every participant has to be in the possession of a valid photo identification (personal ID, passport or drivers license). This identification has to be shown at the check in.
3. Every club member of the ÖCCV is obliged to register one person on the day of the Austrian International Open for the support of the competition, e.g. as volunteer or judge. If a club cannot meet this obligation, it has to pay a penalty fee to the ÖCCV of 300,00 Euros for that competition.

4. Age Groups

The following age groups will be available for the 2018-2019 competition season (until 01.07.2019):

Age groups for 2018-2019	Age	Time of birth
Senior Performance Cheer & Cheerleading Level 5 and 3 Cheerleading Level 6, Group Stunt & Partner Stunt	14 or older 15 or older	31.12.2004 or before 31.12.2003 or before
Junior Performance Cheer & Cheerleading Level 5 Cheerleading Level 4	12 to 16 11 to 16	2006 to 2002 2007 to 2002
Peewee Youth Cheerleading Level 3 Performance Cheer & Mini Cheerleading Level 2	9 to 13 7 to 13	2009 to 2005 2011 to 2005
Mini / Peewee	7 to 13	2011 to 2005
Tiny Performance Cheer & Cheerleading Level 1	5 to 8	2013 to 2010

The age of athlete is considered as the age that athlete will become in the year of the respective competition. Any team proven to be in violation of the age requirements will be automatically disqualified.

A more detailed overview of the age groups can be found at the end of this Rulebook.

5. Divisions

Cheerleading:

In the age group Tiny, All Girl and Coed teams participate together and teams will receive written feedback from the judges instead of scoring points.

In Coed divisions at least one male athlete must be participating on the team.

In All Girl divisions, no males are allowed (Exception: maximum of one male athlete for Mini and Youth).

Partner stunt couple division must have one male and one female athlete and one spotter.

Performance Cheer:

Males and females are allowed to participate on the same team.

A. Divisions for the Austrian Regional Championships

The following divisions with number of athletes exist for Cheerleading:

Division / Age group	Senior	Junior	Youth	Mini	Tiny
Team Level 1	/	/	/	/	8 - 24
Team All Girl / Coed Level 2	/	/	/	8 - 24	/
Team All Girl / Coed Level 3	8 - 24	8 - 24	8 - 24	/	/
Team All Girl / Coed Level 4	/	8 - 24	/	/	/
Team All Girl / Coed Elite (L5)	8 - 24	8 - 24	/	/	/
Team All Girl / Coed Premier (L6)	8 - 24	/	/	/	/
All Girl Group Stunt	up to 5	up to 5	/	/	/
Coed Group Stunt	up to 5	up to 5	/	/	/
Coed Partner Stunt	2	2	/	/	/

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

Division / Age group	Senior	Junior	Peewee	Tiny
Performance Cheer Freestyle Pom	8 - 24	8 - 24	8 - 24	8 - 24
Performance Cheer Jazz	8 - 24	8 - 24	/	/
Performance Cheer Hip Hop	8 - 24	8 - 24	8 - 24	/
Doubles Freestyle Pom	2	2	/	/
Doubles Jazz	2	2	/	/
Doubles Hip Hop	2	2	/	/

B. Divisions for the Austrian National Championships

The following divisions with number of athletes exist for Cheerleading:

Division / Age group	Senior	Junior	Youth	Mini	Tiny
Team All Girl / Coed Level 2	/	/	/	8 - 24	/
Team All Girl / Coed Level 3	/	/	8 - 24	/	/
Team All Girl / Coed Level 4	/	8 - 24	/	/	/
Team All Girl / Coed Elite (L5)	12 - 24	12 - 24	/	/	/
Team All Girl / Coed Premier (L6)	12 - 24	/	/	/	/

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

Division / Age group	Senior	Junior	Peewee	Tiny
Performance Cheer Freestyle Pom	12 - 24	12 - 24	8 - 24	/
Performance Cheer Jazz	12 - 24	12 - 24	8 - 24	/
Performance Cheer Hip Hop	12 - 24	12 - 24	8 - 24	/
Doubles Freestyle Pom	2	2	/	/
Doubles Hip Hop	2	2	/	/

C. Divisions for the Austrian International Open

The following divisions with number of athletes exist for Cheerleading:

Division / Age group	Senior	Junior	Youth	Mini	Tiny
Team Level 1	/	/	/	/	8 - 24
Team All Girl / Coed Level 2	/	/	/	8 - 24	/
Team All Girl / Coed Level 3	8 - 24	8 - 24	8 - 24	/	/
Team All Girl / Coed Level 4	/	8 - 24	/	/	/
Team All Girl / Coed Elite (L5)	8 - 24	8 - 24	/	/	/
Team All Girl / Coed Premier (L6) *	8 - 24	/	/	/	/
All Girl Group Stunt	up to 5	up to 5	/	/	/
Coed Group Stunt	up to 5	up to 5	/	/	/
Partner Stunt	2	2	/	/	/

- * Please note that if you intend to have your score counted for the European Cheer League, you have to fulfill the international criteria for the number of minimum athletes currently set at 16 persons.

Divisions without age groups	Participants
Open Age Large Level 3	8 - 24
Open Age Small Level 2	6 - 12
Beginner Group Stunt Level 2	up to 5
ParaCheer Level 2	8 - 24

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

Division / Age group	Senior	Junior	Peewee	Tiny
Performance Cheer Freestyle Pom *	8 - 24	8 - 24	8 - 24	8 - 24
Performance Cheer Jazz *	8 - 24	8 - 24	8 - 24	/
Performance Cheer Hip Hop *	8 - 24	8 - 24	8 - 24	/
Doubles Freestyle Pom	2	2	/	/
Doubles Jazz	2	2	/	/
Doubles Hip Hop	2	2	/	/

- * Please note that if you intend to have your score counted for the European Cheer League, you have to fulfill the international criteria for the number of minimum athletes currently set at 16 persons.

Divisions without age groups	Participants
ParaCheer Freestyle Pom	8 - 24

6. Substitutes

Team divisions: up to 5 substitutes per team.
 Group Stunt divisions: up to 2 substitutes per team.
 Partner Stunt division: up to 2 substitutes per couple
 (if 2 substitutes are registered then one must be male and one female athlete).
 Doubles divisions: one substitute per team.

7. Cross-overs

Each athlete may only compete in one team in the specific division. Cross-overs to other divisions are allowed.
 Each athlete may only compete in one age group. Cross-overs to other age group are not allowed.

8. Time of the routine

- A. Team Cheerleading:
 - 1. Cheer portion: can be placed in the beginning or middle of routine. Time minimum requirement of thirty seconds (0:30).
 - 2. Maximum time between Cheer and Music portion: twenty seconds (0:20).
 - 2. Music portion: Maximum two minutes, thirty seconds (2:30).
- B. Group Stunt / Partner Stunt: Maximum one minute (1:00).
- C. Performance Cheer Team: Maximum two minutes, thirty seconds (2:30).
- D. Performance Cheer Doubles: Maximum one minute, thirty seconds (1:30).

9. Timing / Entrances

- 1. Timing of each portion 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.
- 2. If a team exceeds the maximum time limit of the Music portion or the time between Cheer and Music portion or if a team falls short of the minimum time limit of the Cheer portion, 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 per judge (see also point 14. Deductions).
- 3. 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.
- 4. Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.
- 5. All music must be on a CD. ECU recommends that you also bring mp3 type music file in case the sound systems has trouble reading your CD.
- 6. 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.

10. Image Policy

- 1. All choreography, uniforms, makeup and/or music should be age appropriate and acceptable for family viewing. Suggestive, offensive, or vulgar choreography, uniforms, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, uniforms, makeup and/or music may affect the judges' overall impression and/or score of the routine. Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate'.
- 2. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs.
- 3. Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck.

11. Performance Surface

- 1. Performance Cheer: Marley dance floor or a wooden parquet floor surface. Minimum surface area of 12 meters x 12 meters.
- 2. Cheerleading: No spring floor, standard foam mat surface. Minimum Surface area of 12 meters x 12 meters.
- 3. Teams may line up anywhere inside the competition area.
- 4. No penalty for stepping outside the area.

12. How to handle procedural questions

1. Rules & Procedure - Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. 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 immediately after the team's performance and/or following the outcome of the competition.

13. 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 advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly throughout the entire event. Severe cases of unsportsmanlike conduct are grounds for disqualification.

14. 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.

C. Injury

1. The only persons that may stop a routine for injury are:
 - a) competition officials,
 - b) the advisor / coach from the team performing, or
 - c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may 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.
4. The injured participant that wishes to perform may not return to the competition floor unless:
 - a) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b) If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c) In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
 - d) In addition to the head injury policy, the ÖCCV encourages to be familiar with the specific policies and regulations where the competition is being held.

15. Interpretations and / or Rulings

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 Rules Committee. 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. If the interpretation needs to be made during an ongoing competition, it is made together by those committee members present and holding a function in the jury of the respective competition and the Head Judge.

16. 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, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

The following behaviour may, in any case, lead to disqualification:

- Assaults or insults to the judges, officials, participants, visitors;
- Competing of a non-registered person;
- Violation of the anti-doping-decree;
- Violation of age requirements;
- Unsportsmanlike conduct.

17. Judging Procedure

1. As the teams perform, a panel of judges will score the teams using a 100 or 50 point system. If the panel consists of five or more judges, the highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be added to determine the overall team score.
2. For the Austrian Cheerleading Championship, the team who receives the highest overall score from the jury in a category wins. In the event of a tie of two or more teams, all teams take the same place. The respective number of following places will remain unfilled. In the event of a tie for the first place, the high and low score will be added back into the total score. If the tie remains, the ranking points from each judge will be used to break the tie.
3. For the Austrian Regional Championships and the Austrian International Open (AIO), the team who receives the highest overall score from the jury in a category wins. In the event of a tie of two or more teams, all teams take the same place. The respective number of following places will remain unfilled.
4. If only one team competes in a category, this team will be judged, but will not receive a place in the official ranking.

18. Scores and Rankings

1. 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.
2. 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.
3. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

19. Finality of Decisions

By participating in this championship, each team agrees that judges' decisions are final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

20. Jury

1. The judging panels generally consist of a minimum of three (3) scoring judges (who will give points for the routines), and at least one (1) safety judge.

2. The judging panels of the Austrian Cheerleading Championship consist of a minimum of five (5) scoring judges (who will give points for the routines), and at least one (1) safety judge (who will take time for the routines and take note of possible violations of the rules).
3. The choice of judges is made by the responsible representative of the ÖCCV.
4. All judges participate in a judges meeting prior to the competition, where the head judge is being designated. Jury protocols are being made showing the numbers of the judges, decisions made and so on. The deductions are marked by the head judge and will be deducted from the overall sum. A list of all places and rankings will be made for the jury protocol, the moderator and the ÖCCV.
5. The jury stays in a separate area, not open to the participants and coaches. For the award ceremony, the head judge has to be available for possible questions.

21. Penalties

1. In the case of rule violations the following deductions from the overall sum will be made:
 - In cases of illegal elements (Stunts, Tumbling, Toss, Pyramids, Props, etc.) a deduction of fifteen (15) points per element is applied. The illegal element itself is taken out of the judging process.
 - In case of a missing spotter a deduction of fifteen (15) points per missing spotter is applied.
 - In cases of drops from Stunts, Tumbling, Tosses or Pyramids a deduction of nine (9) points per element is applied.
 - If a team exceeds the time limit for a routine, a penalty of three (3) points will be applied for 5-10 seconds and a penalty of nine (9) points for 11 seconds and over.
 - In case of any other violation of the safety guidelines fifteen (15) points are deducted per violation.
2. 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.

22. Doping

1. Doping is not allowed in accordance with the rules of the "Bundessportorganisation" (BSO). Further information can be found on the website www.nada.at. Controls by the World Anti-Doping Agency (WADA) can occur any time unannounced. In the case of a positive doping test the affected person will be banned from national and international competitions.
2. When applying for an ÖCCV official cheerleader pass (only needed for the Austrian Cheerleading Championship), a specific form has to be filled out by the responsible doctor, if medication on the doping list has to be taken. This form may be downloaded on the website www.afboe.at or be retained from the respective ÖCCV representative.

23. Participation in official international competitions

1. The ÖCCV reserves the right to decide to send national teams to the European Cheerleading Championship (ECU) and the World Cheerleading Championship (ICU).
2. The team names "Team Austria" or "National Team" or any variations thereof are reserved for the national teams sent by the ÖCCV.
3. Clubs not member of the ÖCCV may not participate in official international competitions of the ECU or ICU.
4. If the ÖCCV does not send national teams, the following principles apply:
 - a) Only teams that have reached at least 75 % of the points possible for the respective category in the respective qualification competition qualify for official international competitions.
 - b) For the European Cheerleading Championship (ECU), the first and second team of the respective qualification competition qualifies for the respective Cheerleading and Performance Cheer categories (please note that a qualification for the ECU in the Senior team divisions is only possible for Level 6). If the first and / or second team does not participate, the teams following in the ranking may participate.
 - c) For the World Cheerleading Championship (ICU), the first team of the respective qualification competition qualifies for the respective Cheerleading and Performance Cheer categories. If the first team does not participate, the teams following in the ranking may participate.
 - d) In any case, the final clearance for official international competitions is made by the ÖCCV in consultation with the responsible representatives.

II. Cheerleading Divisions

For the 2018-2019 competition season, the Safety Rules of the ECU (2018 version) will be applied. They can be found at:

<http://www.cheerunion.eu/competitions/rules/rules-documents/>

1. Score Sheets – Cheerleading

Distribution of points in Team divisions for Levels 1, 2 and 3:

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	10
Motions & Sharpness	Correct placement of Motions, Strength of Movement	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
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Jumps	Difficulty, Variety, Execution	5
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Dance	Choreography, Difficulty, Creativity	5
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	5
TOTAL		100

Distribution of points in Team divisions for Level 4, Level 5 (Elite) and Level 6 (Premier):

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	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 (Jumps)	Group tumbling, Execution of skills (jumps in All Girl Divisions), Difficulty, Proper Technique, Synchronization	10
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	5
Overall Presentation, Crowd Appeal (Dance)	Overall presentation, showmanship, (dance in All Girl Divisions), crowd effect	10
TOTAL		100

Distribution of points in Group Stunt and Partner Stunts divisions:

Judging Criteria		Description	Points
Stunts und Tosses	Execution of Technique	Execution of proper technique to perform stunts, making the stunts appear to be easy.	30
	Difficulty	Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions)	25
	Form and Appearance of Stunts	This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc.	20
Overall Performance	Transitions	Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible.	15
	Showmanship	Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy.	10
TOTAL			100

III. Performance Cheer Divisions

For the 2018-2019 competition season, the Safety Rules of the ECU (2018 version) will be applied. They can be found at:

<http://www.cheerunion.eu/competitions/rules/rules-documents/>

1. Score Sheets – Performance Cheer

Distribution of points in Freestyle Pom divisions:

Judging Criteria		Description	Points
Technique	Execution of Pom Motion Technique	Clean arm lines, levels, placement is sharp, strong and precise	10
	Execution of Dance Technique	Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension	10
	Execution of Technical Skills	Proper execution of leaps, turns, jumps, lifts, partner work, etc.	10
Group Execution	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, poms, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Hip Hop divisions:

Judging Criteria		Description	Points
Technique	Strength of Movement	Strength and presence in movement	10
	Execution of Hip Hop Style(s) – Placement / Control	Correct placement & levels of arms / torso / hips / legs / hands / feet and body control in the extension of style of hip hop: tutting, popping, locking, waving, lyrical, etc.	10
	Execution of Skills / Athletic Incorporations	Execution of floor work, freezes, partner work, lifts, tricks, jumps, etc.	10
Group Execution	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity / Clarity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

Distribution of points in Jazz divisions:

Judging Criteria		Description	Points
Technique	Execution of Technical Skills	Proper execution of leaps, turns, jumps, lifts, partner work, etc.	10
	Placement / Control / Extension	Correct placement & levels of arms / torso / hips / legs / hands / feet, body control, extension, balance	10
	Style / Strength of Movement	Style, strength and presence in movement	10
Group Execution	Synchronization / Timing with Music	Moving together as one with the music	10
	Uniformity of Movement	Movements are the same on each person, clear, clean and precise	10
	Spacing	Equal / correct spacing between individuals on the performance surface during the routine and transitions	10
Choreography	Musicality / Creativity / Originality	Use of the music accents, style, creative, original movement	10
	Routine Staging / Visual Effects	Formations and transitions, visual impact of group work, levels, opposition, etc.	10
	Degree of Difficulty	Level of difficulty of skills, movement, weight changes, tempo, etc.	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
GESAMTSUMME			100

Distribution of points in Doubles divisions:

Judging Criteria		Description	Points
Technique	Execution of Skills / Style (Freestyle Pom – Jazz – Hip Hop)	Execution of movements and skills in the style of the category	10
	Placement / Control	Exhibits control, proper levels and placement (in pom motions) arm movements. "Turnout" and proper hip/leg/foot placement in Kicks, Leaps, Turns, etc. control of torso and body parts throughout movements and skills	10
	Strength of Movement	Intensity, strength and presence in movements	10
	Extension / Flexibility	Exhibits full extension (in arms, legs, feet etc.), and when applicable, stretch and flexibility in movement	10
Choreography	Musicality	Use of the music accents, rhythms, lyrics and style	10
	Difficulty	Level of difficulty of skills, movement, weight changes, tempo etc.	10
	Routine Staging	Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine	10
	Routine Staging	Utilization of floor space, transitions, partner work, group work, interaction of the pair while allowing for a seamless flow of the routine	10
Execution	Synchronization	The uniformity of all movement, moving together and with the music	10
Overall Effect	Communication / Projection / Audience Appeal & Appropriateness	Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance	10
TOTAL			100

IV. Glossary of Terms

For the 2018-2019 competition season, the Glossary of Terms of the ECU (2018 version) for both Cheerleading and Performance Cheer will be applied. It can be found at:

<http://www.cheerunion.eu/competitions/rules/rules-documents/>

V. Age Group – Detailed Overview

The following age groups exist for 2018-2019 competitions for Cheerleading (valid until 01.07.2019):

Age group	Age	Years of birth
Senior Level 6	15+	2003, 2002, 2001, 2000, ...
Senior Level 5 and 3	14+	2004, 2003, 2002, 2001, ...
Junior Level 5	12 – 16	2006, 2005, 2004, 2003, 2002
Junior Level 4	11 – 16	2007, 2006, 2005, 2004, 2003, 2002
Peewee (Youth) Level 3	9 – 13	2009, 2008, 2007, 2006, 2005
Peewee (Mini) Level 2	7 – 13	2011, 2010, 2009, 2008, 2007, 2006, 2005
Tiny Level 1	5 – 8	2013, 2012, 2011, 2010

The following age groups exist for 2018-2019 competitions for Performance Cheer (valid until 01.07.2019):

Age group	Age	Years of birth
Senior	14+	2004, 2003, 2002, 2001, ...
Junior	12 – 16	2006, 2005, 2004, 2003, 2002
Peewee	7 – 13	2011, 2010, 2009, 2008, 2007, 2006, 2005
Tiny	5 – 8	2013, 2012, 2011, 2010