



CHEERLEADING DANCE CONTEST RULES & REGULATIONS

1. GENERAL INFORMATIONS

The following rules and regulations apply to the “World InterUniversities Championships” **Cheerleading Dance Contest**, which is governed by IUSF Federation and must be fully understood and adhered to by all participants.

The following rules and regulations follow the Federazione Italiana di Cheerleading (member of ICU) Rules and Regulations, with some exception due to the University format competition.

The competition is open to all the universities, colleges and equivalent institutions.

The team and each participating team member/coach should constantly display good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as any discrimination of any nature.

It is recommended that the team and each of its members display an overall appearance conducive to servicing as public representatives and ambassadors of their school in regard to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

2. TIMETABLE

Saturday 9th November in the afternoon

3. WORLD INTERUNIVERSITIES CHEERLEADING DANCE CONTEST CHAMPIONSHIP FORMAT

Cheerleading Dance Contest

Cheer and encourage your University and spread your cheer spirit! Cheerleading Dance Contest is designed in accordance with University and WIUC Championships feeling/experience and for crowd interaction and involves crowd response and to showcase your team’s energy, leadership, visual appeal, and your team’s connection to the crowd. Also, cheerleading skills will be required.

Divisions:

- . All Girl (minimum 8 female athletes – maximum 30 female athletes)
- . Coed (minimum 9 athletes – maximum 30 athletes)
 - In Coed division, will be limited to 50% male participants per team (i.e. team composed by 16 athletes: maximum 8 male; team composed by 20 athletes: maximum 10 male; etc...)
- . If a team is composed by only 8 athletes, they have to be all women.
- . A university can only participate in one division (thus, only All girl or only Coed, you cannot participate in both).

4. AWARDS AND TROPHY

. Cheerleading Dance Contest competition

All Girl: 1st + 2nd + 3rd university teams: medals

Coed: 1st + 2nd + 3rd university teams: medals

. World InterUniversities Cheerleading Dance Contest Championship Trophy

The scores obtained by All Girl or Coed will contribute to the single ranking for determining the WIUC Cheerleading Championship Final Ranking.

1ST Place: TROPHY + mascotte + CONTRIBUTION of 500 euro to be used for the registration to the 10th World InterUniversities Championships

2nd and 3rd place: CUP + mascotte for all cheerleaders

From 4th place: all the teams will receive a cup

5. TIME LIMITATIONS

CHEERLEADING DANCE CONTEST: minimum of 3 minutes to maximum 4 minutes.

Acknowledging the potential variance cause by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 4:03.

Timing will begin on the first note of music and stop with the last note of the music or when all squad members come to a stationary position.

The vocal skill (Cheer/chant/sideline) at the beginning of the routine (if present), does not count toward the 4-minute maximum time (it is considered as extra time).

Similarly, the time required for athletes to position themselves, after the vocal skill (Cheer/chant/sideline), for the beginning of the performance with the music, does not concur in the formation of the 4-minute maximum time.

It is recommended that the duration of the vocal skill at the beginning (if present) + the time needed to position themselves for the begin of the routine, should not exceed 30 seconds

6. CODE OF CONDUCT

- A. WIUC encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading and dance including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.
- B. To ensure the most positive experience for all attendees, WIUC asks that the following Code of Conduct be adhered to during all Championship:
 1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Head Judge or designated WIUC Official to discuss the situation with the coach.
 2. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
 3. Judges' rulings are final related to deductions, final team placements and legalities.
 4. Any unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future WIUC Championships.
 5. WIUC reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.
- C. The choreography, music and clothing must be respectful of the audience and the participants. Are not permitted aspects, behaviors, language, movements or actions violent, vulgar, racist or offensive
- D. Remember: coaches are role models and need to set positive examples; Cheerleaders should strive to promote good sportsmanship

7. SPORTSMANSHIP

- A. 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.
- B. The advisor and coach of each team are responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
- C. When a coach is in discussion with an official, other coaches, athletes, and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in a 1-point penalty, removal of coach, or disqualification.
- D. Additionally, athletes and coaches who do not comply with the face covering requirement may be assessed an unsportsmanlike deduction of 1 point.

8. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the WIUC. The judges will score each team according to the judging criteria to determine their total score. Judges scores will be averaged together to determine the overall team score. The judges' score will be combined with deductions taken off the total score.

The jury will be composed of technical / coach / judges belonging to the Federation of Cheerleading and Gymnastics, to ensure the respect and objectivity, and to provide a professional opinion on the various performances.

9. 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.

10. FINALITY OF DECISIONS

Judges decisions are final. No discussion with judges will be permitted. A formal submission is required on all questions/clarification.

By participating in this Championship, each team agrees the decision by the judges will be final and that the results may only be reviewed for clarification. 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.

11. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the director/coach of the team and will be directed to the Competition Director. Such questions should be made prior to the event.

B. PERFORMANCE

Any questions and/or criticism about the organizational part of the Cheerleading Dance Contest and about the routine scores have to be filled and send by email after the end of the competition:

info@wiusc.com

Questions regarding another team and/or their performance will not be allowed.

12. UNIFORM

Cheer uniform must be worn: top, skirt, shorts, trousers, dress, socks and trainers/pumps
Jewels are prohibited.

13. SPOTTER

WIUC 2024 organization will not provide spotters.

In an effort to promote a higher level of safety for competition athletes, is highly recommended that all the University teams will have their own spotter(s) on the competition floor. However, the use of spotters is not mandatory and is discretionary to the coach.

Guidelines for Spotters:

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Spotters should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed.
3. Spotters should only be used to prevent a fall to the competition floor.
4. Spotters are not allowed to count or coach while on the floor.
5. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes (should not wear clothing similar to the performing team’s uniform).
6. Should not dress or act in a manner that distracts from the athletes and their performance.
7. Should be at least 18 years old, listed on the official event roster and familiar with spotting the skills of the performing team.

14. WIUC COMPETITION RULES

While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based, please be assured that the WIUC is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms&Conditions as the authorized person from my program I agree and acknowledge to abide by the WIUC Competition Rules.

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Also, cheerleading skills will be required.

Introductions:

1. All team breaks, rituals and traditions need to take place prior to entering the performance surface.
2. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc. This would include running of the flags or other similar entrances and exits.
3. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE (1) point deduction.

REQUIREMENTS FOR ROUTINE

The routine must be made by specific techniques identified with the sport of cheerleading and cheer dance. The routine will consist of arm motions, jumps, tumblings, stunts, pyramids and tosses, and must include the use of music. The routine has to contain both compulsory elements that original creativity. In addition, there must be parts of the choreography focused on cheer dance, which highlight the choreography and movement abilities.

Cheerleading

The routine must be made by specific techniques identified with the sport of cheerleading and follows the regular rules and regulations of the Cheerleading. The routine will consist of arm motions, jumps, tumblings, stunts, pyramids and tosses.

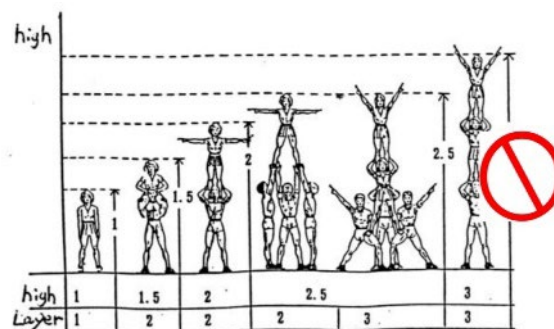
P.S. The execution of arm motions, pirouette, split and a large number of all skills written above, especially if high difficulty, should be done by entire or majority of the team (in order to maximize points).

Compulsory elements

Minimum 1 Jump, 1 toss, 1 Pyramid, 1 Tumbling, 1 stunt, that must be performed in time to the music. (for jump and tumbling, it's enough if only 1 cheerleader performs the element).

Pyramids and stunts over prohibited

2.5 persons high are



Cheer Dance

Dance and Dance Choreography have to be present in the routine.

Cheer Dance motion technique, creativity, variety, good footwork, creative transition, strong formation, control and rhythm, energy, originality, execution, pirouettes, sharpness, correct placing, strength, a team's ability to show a high level of energy and entertainment value.

Poms

Poms are compulsory (males are not required to utilize poms) and have to be used for at least the 50% of the routine.

ENCOURAGED ELEMENTS

Props

Banners, Signs, Megaphones, Flags are encouraged.

No other props, musical instruments, etc. may be used by anyone on the performance floor. Props may not be thrown into the crowd.

Vocal skill

Cheer/chant/sideline are encouraged

Mascot

Dressed in a mascot outfit, perform a part of the routine that engages and motivates the crowd. No compulsory elements are required – completely freestyle. Crowd reaction will be taken into consideration. The mascot will not count toward the number of participants allowed but may impact the overall impression score.

JUDGING CRITERIA

WIUC Competition Routine Criteria:

1. The judges will score using criteria listed on the WIUC score sheet. Each team will be evaluated on a 100 point system.
2. Any deduction or violations will be removed from the final score.

The good performance is based on a correct technique of the elements of cheerleading, cheer dance, choreography, creativity, performance and unit-group harmony and an excellent execution; perform a routine of cheer skills, movements and vocals which should be dynamic and exciting, incorporating all the compulsory elements, ability to lead the crowd, motion technique and of the overall performance.

Note: For a visual reference of what WIUC Cheerleading Dance Contest is, on the YouTube please search WIUC Channel <https://www.youtube.com/channel/UCOtFIH2w3cdhG03pu-w7Hpg> and see the WIUC Cheerleading Dance Contest past editions routines.

JUDGING SHEET – CHEERLEADING DANCE CONTEST

Evaluation Criteria	Points
1. Technical Components:	20
Tumblings/jumps/tosses/pyramids/stunts/arm motions In addition to the compulsory elements, the execution of arm motions, pirouette, split and a large number of all skills written above, especially if high difficulty, should be done by entire or majority of the team (in order to maximize points). Will be evaluated: . Difficulty . Level of skills . Execution and perfection of skills	
2. Dance elements	20
Cheer Dance, dance ability, movements technique: the dancer's ability to exhibit the presented style effectively and continually throughout the routine; creativity, variety, pirouettes. Difficulty: visual elements, variety of levels, formation change, footwork, floorwork, pace; Execution: technique, perfection, motion strength/placement, synchronization	
3. Poms	5
This includes the overall strength and sharpness of poms motions and movement, as well as the dancer's superior musicality, motion control and precision. Includes the accuracy of poms work and body placement and incorporation of a variety of poms motions that supports the flow of the routine and complements music.	
4. Choreography/Routine composition	10
Performance, use of show elements, attractiveness, variety (routine content, flow, creativity and floor usage), innovative ideas, originality of the routine, new concepts and visuals and any additional skills performed to enhance the overall appeal.	
5. Uniformity and Spacing	10
Synchronization, timing, rhythm, unity with group, perfection of routine, use of the floor Change pattern, number of changes, transitions, flow of routine. Routine staging: the seamless incorporation of unique and challenging formations and transitions. Transitions create a natural flow between formations and visuals within the routine and across the performance space Uniformity: consistent unison of timing/rhythm by the group as a whole. Uniformity and precision showed by the team in both choreography and skills. Spacing: the ability of dancers to gauge and position themselves correct distances between each other in and throughout all formations and transitions. Perfection and accuracy of formations and transitions	
6. Expression and Showmanship	10
Genuine spirit, strong energy level in entire the routine, facial expression, confidence, eye contact, positive	

sportsmanship, showmanship and impression, connection to the crowd, confidence, enthusiasm

7. Vocal skill

5

Cheer/Chant/Sideline: sharp motion, difficulty voices loudness, facial expression, ability & energy to lead the crowd, proper use of skills to lead the crowd, execution, flow, synchronization & spacing

8. Props

5

Proper use of banners, signs, megaphones, flags & motion technique

9. Mascot

5

Crowd appeal and crowd interaction, creativity, animation and enthusiasm, overall impression

10. Overall impression

10

Routine Total

100

The good performance is based on a correct technique of the elements of cheerleading, cheer dance, choreography, creativity, performance and unit-group harmony and a excellent execution; perform a routine of cheer skills, movements and vocals which should be dynamic and exciting, incorporating all the compulsory elements.

15. DEDUCTIONS

GENERAL

Code of Conduct

- . Any vulgar, racist, suggestive language, appearance or movements of the competitors, coaches or fans could result in disqualification of the team/competitor.
- . The lack of compliance with regulations, for teams, athletes, spectators, judges and commissioners, will result in the disqualification of the team /athlete.
- . Violation of duration of routine*
 - 1 point for 1-5 seconds over
 - 2 points for 6 seconds and more
- . Music inappropriate
 - 10 points
- . Unsuitable uniform/uniform safety violation
 - 10 points
- . Offensive complaint to the courts
 - disqualification

*considering the potential variance reported at 5.Time Limitations

CHEERLEADING DANCE CONTEST SPECIFIC DEDUCTIONS

- . Absence of the compulsory elements
 - NB Except in the case of injury evident that the athlete must leave the area
 - 10 points
- . Lack of use of poms
 - 10 points

Judges decisions are final. No discussion with judges will be permitted.