



**RUGBY FOOTBALL LEAGUE
POM DANCE 20th March 2010
MANCHESTER VELADROME**

Rules and Regulations



www.abc-ukca.co.uk
www.ukca@hotmail.com
www.british-gymnastics.org

RFL POM DANCE COMPETITION REQUIREMENTS

**12 and under
13 and over**

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc.

Additional props may be used

COMPULSORY ELEMENTS

Cheer Arm Motions

Cheer Jumps

Poms must be used by all participants at some point during the routine (optional for males)

Points will be deducted from total score for each compulsory element not performed

PROHIBITED

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all squad members come to a stationary position. The routine must begin & end within the marked 12m x 12m performance area. Performers not allowed outside the marked area once routine has started.

Set up time is 20 seconds and begins when the 1st performer enters the marked area

Time

Routine **maximum** time limit is **2.30** minutes

Timing will begin on the first note of music and stop with the last note of music.

Music

All squads must provide their own CD with backup, which must be clearly labelled.

Music for each performance should begin at the start of a CD.

A representative of the squad must start and stop your music.

AGE DIVISIONS

12 and under on day of competition

13 and over on day of competition

The oldest competitor of the team distinguishes which age category your team is entered into. For example if you have a team of 12 year olds and one member is 13 they must enter the 13 and over category.

COMPETITION TEAM SIZE

SQUAD NUMBERS – There is no restrictions on squad numbers for this competition

IMPORTANT:

CHEERLEADERS CANNOT COMPETE AS PART OF MORE THAN 1 TEAM WITHIN A CATEGORY

CHEERLEADERS CANNOT ENTER 2 AGE DIVISIONS OF THE SAME CATEGORY (i.e. JUNIOR CHEER & SENIOR CHEER)

CHEERLEADERS FROM REGISTERED UKCA SCHOOL SQUADS CAN ENTER BOTH SCHOOLS CHEERLEADING & COMMUNITY, CLUB OR NATIONAL

CHEERLEADING CATEGORIES: CHEERLEADERS FROM REGISTERED UKCA SCHOOL SQUADS CAN ENTER BOTH SCHOOLS POM DANCE & COMMUNITY, CLUB, RFL OR NATIONAL POM DANCE CATEGORIES

THE COACH MUST ENSURE THAT:

- **CHEERLEADERS ARE DRESSED APPROPRIATELY**
- **MUSIC IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **CHOREOGRAPHY IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**

The Judge's decision in respect of any interpretation of the competition rules is final. In respect of any other rules UKCA's decision is final. Break dance skills will be allowed and transitional stunts will be allowed. No mats will be provided, so only those skills appropriate to a hard surface should be attempted. These skills will be at the performers and coaches risk. UKCA, its partner organisations and any other organisers of this event will not accept any liability for any injury sustained by a competitor and does not provide insurance cover. Coaches must ensure the performer is competent to perform the skills they are intending to perform. They must also ensure their insurance covers the competitor and themselves.

D/Cheer/Streetcheernat/Rules/2009 V1

COSTS OF COMPETING AND COACH QUALIFICATION REQUIREMENTS

It **is** necessary to be an existing UKCA or BG registered coach or member to enter a team into the competition. You can do this free of charge at www.abc-ukca.co.uk we will also require proof of valid public liability.

It is **not** necessary to hold a UKCA cheerleading coach qualification to enter a team into the competition. However it is **ADVISABLE** that you are. This will ensure full understanding of the rules, skills and **SAFETY** requirements.

Please be aware it is necessary that you are supporting an RFL team in order to enter this category of competition. You will be asked to list the RFL team on your entry form.

ENTRY FEES

UKCA Coach Membership 2010
FREE OF CHARGE

UKCA Cheerleader Membership 2010
FREE OF CHARGE

Competition Entry Fees
£15.00 per person, per entry

Coach Entry
FREE OF CHARGE

Helper Tickets
£5.00 per person, per day

Spectator Tickets
£8.00 per ticket, per day (No Concessions)

Entry forms/Tickets can be purchased at www.abc-ukca.co.uk

DANCE GLOSSARY

Acrobatics in Dance: ALLOWED: Side rolls, back bends, modified hand-stand (hips are momentarily less than vertical with the shoulders), break dance moves
Such as "the worm", neck stand (candle)

PROHIBITED: Forward or back rolls, handstands, cartwheels etc. Any move where the weight of the performer is on their hands and the hips rotate /come up straight over the head, without the support of one or both feet.

Stunting in Dance: ALLOWED: Pulling the Cheerleader up from a sitting/crouching position on the ground. Assisted jumps or, leaning on another Cheerleader with at least one foot on the ground

PROHIBITED: Any move where the body weight is supported by another person, without the performers foot/feet touching the ground. (i.e. High stand, all lifts, leap frog etc)

POM DANCE

Cheer Arm Motions High 'V' – 'T' – Daggers etc

Jumps Executed from 2 feet to 2 feet – landing feet together on balls of feet

Additional Props Any items used, or clothing removed during a routine will be considered as an additional prop

Hats If worn as part of the costume and not used throughout the routine, hats are not an additional prop. If used at all, hats will be marked as a prop.

Cheer Jumps

- **Straight (approach)** Low Level
- **Tuck** Low Level
- **Straddle (Star)** Low Level
- **Herkie/Hurdler** Mid Level
- **Toe Touch** Mid Level
- **Universal** Higher Level
- **Pike** Higher Level
- **Around The World** Higher Level

| |
|--------------|
| 12 and under |
| 13 and over |

**RUGBY FOOTBALL LEAGUE
POM DANCE
SCORE SHEET 2010**

SQUAD NAME..... Judge Number.....

1. Arm Motions 1 2 3 4 5 6 7 8 9 10

Sharpness, correct placing

2. Jumps 1 2 3 4 5 6 7 8 9 10

Difficulty, execution, power, variety

3. Choreography 1 2 3 4 5 6 7 8 9 10

Musical interpretation, visual effects, originality

4. Transitions & Formations 1 2 3 4 5 6 7 8 9 10

Flow of routine, change of patterns

5. Timing & Synchronisation 1 2 3 4 5 6 7 8 9 10

Timing, unity

6. Execution 1 2 3 4 5 6 7 8 9 10

Confidence, facial expression, spirit, energy

7. Entertainment Value 1 2 3 4 5 6 7 8 9 10

Overall appearance, enthusiasm, crowd appeal

Total/70

Comments

DEDUCTIONS

PENALTY DEDUCTION

1 SAFETY VIOLATION 10 POINTS

To be deducted from the final score for each safety violation as defined by the judging panel

2 PROHIBITED ELEMENTS/ITEMS 10 POINTS

Deduction made for each prohibited element performed or item in a routine, e.g. rotations in Club Cheerleading

3 COMPULSORY ELEMENTS 10 POINTS

Points will be deducted from the final score for each compulsory element not performed.

4 UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM 10 POINTS

Trainers/pumps must be worn in all Cheerleading Divisions

5 MEDICAL ITEMS 10 POINTS

Unless approved in writing by UKCA/BG hard medical items **MUST NOT** be worn during performance. This includes glasses (excluding flexi-glasses) and hearing aids. Please email ukca@hotmail.co.uk

6 JEWELLERY 10 POINTS

No jewellery should be worn for each item

7 UNSUITABLE MUSIC 10 POINTS

8 GLITTER 5 POINTS

NO glitter on hair, face or uniforms in Cheerleading Divisions

9 HAIRPINS, GRIPS, PLASTIC COMBS ETC 5 POINTS

Only soft accessories should be worn – metal hairpins, grips, for each item plastic combs/head-bands are not allowed

10 TIME OVER DEDUCTION 1 POINT

Points deducted for each second over time limit for set up and routine per second

11 OUTSIDE AREA VIOLATION 1 POINT

Movement that takes the competitors foot or feet outside the marked area for each violation

12 DROPPED POMS 1 POINT

Choreographed throws will not be considered a drop for each pom

13 LOST ACCESSORIES 1 POINT

All accessories must be secure for each item (e.g. uniform/costume attachments, scrunchies, head-bands)