

Cheerleading (28 & Under) Rules



1. **DATE & VENUE** - The County Final will be held on the weekend of 26th and 27th February 2022 at Exmouth Pavilions.
2. **REPRESENTATION** - Each Group may enter TWO Teams
3. **ELIGIBILITY** - The team may consist of between 6 and 10 members, all of whom must be 28 years of age or under on 1st September 2021 and a full member of a Club affiliated to the NFYFC. The team must consist of a minimum of 2 members of the opposite gender.
4. **SUBSTITUTION** - If more than half of the original team are unable to proceed; the next highest scoring team will represent that area. **All substitutes must have been eligible to compete in the County Final.**
5. **PROCEDURE**
 - 1.0. Each team is required to perform a Cheerleading routine. Cheerleading is a physical activity, which contains many elements including dance, jumps, cheers and stunts to direct spectators of events to cheer-on sports teams at games and to encourage spectators to participate in competitions/sports.
 - 1.1. Each team to be allocated a 10-minute rehearsal slot prior to their performance, before audience is present.
 - 1.2. **Safety Clarification:** This clarification should make clear what can be included in the routine and protect the safety to all participating.
 - 1.2.1. For the purposes of this competition, **Tumbling** is a gymnastic element and a **Stunt** is a lift (normally a static nature at this level) where a person has their weight off the ground)
 - 1.2.1.1. **Tumbling**
Allowed: Forward Rolls, Backward Rolls, Cartwheels, Front Walkovers and Back Walkovers
Not Allowed: Tumbling that involves a spring or run (i.e. Flips, Somersaults, Handsprings)
 - 1.2.1.2. **Stunts:** For the purposes of this competition, we are defining Stunts as 'an element performed by a group of Cheerleaders, involving Flyers, Bases and Spotters.
Flyer: A person without contact to the ground – Also known as Mounter/Top person
Base: A person in direct contact with the floor who provides primary support for the flyer and could also be responsible for catching the flyer during dismount
Back Spot: A person primarily responsible for protecting the head, neck and shoulders of the flyer. They must be positioned to the side or the back of the stunt. The Back Spot may not have both hands providing primary weight-bearing support to the flyer. The Back Spot must be a participating member of the team.
 - 1.2.2. These rules state that Stunts are allowed, to note that at the NFYFC Final a MATTED FLOOR will be provided
 - 1.2.3. **No Stunt to be more than 1½ persons high (a member sitting on another members shoulders = 1½ members high)**
 - 1.2.4. All stunts at this height must have a Back Spot. Not Allowed: Stunts that involve a Twist or Rotation. Teams must adhere to these guidelines. At the area rounds and NFYFC finals, if the judge(s) believe moves in the routine to be dangerous, the performance will be stopped and will not be scored.

- 1.3. At the NFYFC Final the size of the dance area will be in the region of 8.6m x 8.6m (The County or Area will confirm detail of their Final)
- 1.4. Music to be submitted to NFYFC no later than **Friday 10th June 2022** on CD format.
- 1.5. A **Performing Rights (PRS) Society for Music Form** will be supplied to finalist teams by the NFYFC (as directed by the venue license holders) for the final of the competition. This form must be completed and returned to NFYFC together with the Music CD no later than **Friday 10th June 2022**
- 1.6. All music must be, at every round, a **Radio Edit – i.e. suitable and passed for radio broadcast to family (pre watershed) audiences.**

6. **TIMING**

- 6.1. A minimum of 3 minute and a maximum of 5 minutes will be allowed for the routine.
- 6.2. **Time Penalties** - time deductions are one mark for each 15 seconds (or part thereof) over or under the allocated time by any member of the team.

7. **SCALE OF MARKS**

Creativity & Choreography	30
(Formations/Shapes/Use of Floor)	
Technical Marks	30
(Gym skills/Jumps/Lifts/Travelling)	
Showmanship & Spirit	20
(Enthusiasm/Voice Projection)	
Costume	10
Overall Presentation	10
TOTAL	100

8. **Awards** – The Jethro Perpetual Cup will presented to the winning team
DFYFC Prize Cards to teams placed 2nd and 3rd

The winning team will go forward to the South West Area Final