

Cheerleading

Format:	Next Step Cheerleading
Age group(s):	Y7-11 mixed
Team & squad numbers:	Min. 5 and Max.16 in team
Level 3 qualification:	Top TWO teams per district
Sport organiser:	Clare Diggle – British Gymnastics – clare.diggle@british-gymnastics.org
Further information:	www.british-gymnastics.org

Selection

Key Stage 3 and 4 - Year 7/8/9/10/11 – 2 teams per district

Selection will be made from a preliminary competition in the individual Local Authorities to take place prior to the WYSG.

Eligibility

There are no restrictions on eligibility at the West Yorkshire School Games. Any young person may enter the competition.

Dress

Cheerleaders should wear either PE kit, dancewear or Cheerleading uniforms with appropriate footwear, i.e. dance shoes or trainers. **Bare feet are not allowed.** Dance shoes / trainers should be clean, non-marking, indoor footwear and not the footwear worn to arrive at the event.

All jewellery must be removed and hair must be tied back.

Team Requirements

Minimum of 5 participants in a team

Max. 16 in team and please note the floor area will be approx 12m x 12m

Single sex or mixed teams

Routine Criteria

Perform any style of dance incorporating Cheer arm motions, Cheer jumps, vocal skills and the use of Poms

Routines should be performed to lively, up-beat music and should be creative and entertaining with the use of visual effects and levels

Poms must be used by all cheerleaders at some point in the routine (optional for males). Poms can be used for the entire of the routine if desired

Stunts, pyramids, acrobatics and tumbling are NOT ALLOWED

Timing

Teams will perform a routine to music of their choice (with or without vocals) that is **1.30min – 2.30mins long** – inclusive of the cheer and chant. A mark will be deducted for every second that the routine is under or over time. Timing will start on the first note of the music or start of the cheer or chant and end on the last note of the music or end of the cheer or chant.

Criteria – following Next Step Pom Dance Step 2

Arm Motions – all of the following must be included:

- High V to Low V
- T to Broken T
- Right Diagonal to Left Diagonal
- High Touchdown to Low Touchdown

Jumps – compulsory jump is:

- Tuck Jump to star jump

And **2** of the following jumps must also be performed:

- Straight jump
- Double Hook jump
- Side hurdler / hurkie
- Toe Touch

Cheer and Chant – both of the following must be performed:

- 1 cheer (*more than 4 lines, telling a story*)
AND
- 1 chant (*short phrase repeated 3 times*)

Level changes (high / low) – there must be 3 changes of level

Effects – must include a cannon or ripple effect

Formations – 4 different formations must be shown

Extra jumps / arm motions / formations etc will not be marked but can be included to contribute to the overall effect and will be considered in this area of marking

Competition area

The routines will be performed on a wooden or sports hall floor and mats will not be used.

A 12m x 12m floor area will be marked out and cheerleaders must stay within this floor area

Props

Teams are encouraged to use props during their cheer and chant. The following items may be used as props

- Banners
- Signs
- Megaphones
- Flags
- Hats /scarves used during the routine (not just worn)

Judging

Teams must ensure they fulfil the criteria in each of the boxes below to score the highest mark they can.

Please note that there will be 1 mark deducted for every second the routine is over or under time.

Teams will be judged out of 35 as follows:

Cheer and chant	Loud (1 mark)	Clear (1 mark)	Pace (1 mark)	Props (1 mark)	Relevant Words (1 mark)
5 marks	Cheers and chants must be easy to hear without shouting	Judges must be able to hear the whole cheer and chant	The cheer and chant must both have a regular rhythm with words that are synchronised	Teams must use props during both their cheer and chant to enhance performance. Poms must be used by all cheerleaders at some point in the routine (optional for males).	The words used in both the cheer and chant should relate to the squad ie colours
Arm Motions	Low V to High V (1 mark)	T to broken T (1 mark)	Right diagonal to left diagonal (1 mark)	High Touchdown to low touchdown (1 mark)	Correct arm and hand placement (1 mark)
5 marks	This is a compulsory element	This is a compulsory element	This is a compulsory element	This is a compulsory element	Judges are looking for straight arms and fists to be facing the right way during arm motions

Jumps	TUCK JUMP TO STAR JUMP (1 mark)	JUMP 2 (1 mark)	JUMP 3 (1 mark)	Height (1 mark)	Safe Landing (1 mark)
5 marks	This jump must be included and in good technique	Chosen from the list given in the criteria.	Chosen from the list given in the criteria.	Awarded for good elevation in all jumps and for the whole squad attaining the same height	The judges are looking for feet being together, bent knees and straight backs on the landings of all the jumps
Effects	Cannon/ Ripple (1 mark)	Formations (1 mark)	Transitions (1 mark)	Synchronisation (1 mark)	Levels (1 mark)
5 marks	Judges will be looking for this to be performed and how well it fits with the music	4 formations must be shown to get the full mark	This is how well the team flows between the 4 formations	Judges will be looking for how well the moves fit to the music and how well the movements are performed together as a team	3 must be shown in the routine (high/ low)
Overall Impression	The judges will make a subjective judgment based on the following: Showmanship, pace/ tempo, flow of the routine, control, use of choreography, how polished the performance is.				
15 marks					

General information

There is a Next Step Cheerleading Support Pack that will be available, which schools can purchase to support the delivery of the cheerleading routines and cheerleading within schools. The support packs contains information on 3 different levels of competition for both pom dance and cheerleading (stunts) and includes information on how to improve the routines / skills. It also includes a DVD showing how to teach all of the skills in the routines and the progressions for them.

Packs can be purchased online at www.british-gymnastics.org by clicking on 'shop on line' and will be under the schools tab or by contacting GEL (Gymnastics Enterprise limited) on 0845 1297129 ext 2355

Any questions or queries about the criteria please contact Clare Diggle, West Yorkshire Gymnastics Development Officer – 07827242502, clare.diggle@british-gymnastics.org

UK Cheerleading Association (UKCA) run coaching courses for coaches / teachers which can support the delivery of cheerleading in schools / clubs. Information on these courses can be found at www.british-gymnastics.org