

# EUROPEAN CHEER UNION

## RULEBOOK

### OPEN TROPHY 2018



[www.europeancheerunion.org](http://www.europeancheerunion.org)

[www.fisacgym.it](http://www.fisacgym.it)

24th-25th FEBRUARY FIRST PART OF THE ITALIAN CHAMPIONSHIP – SANTA CROCE SULL'ARNO (Pisa)  
5th-6th MAY SECOND PART OF THE ITALIAN CHAMPIONSHIP – CAORLE (Venezia)

## OPEN TROPHY

### GENERALS

The Cheer Open Trophy is a competition that arises from the team's need to compete with the application of age derogations and facilities in age categories and the addition of some divisions.

The competition rules, with reference to the rules for security and control, are unchanged, so it is required to consult the Italian Rules of the Italian Championships 2017. The Cheer Open Trophy will take place at the Italian Championship and will be a stand-alone stand , championship by championship. (There's no sum of votes in the 2 championships expected)

CLARIFICATION: Whoever attends the Open Cheer Trophy is not ranked in the national ranking, but it will be published in the Cheer Open Trophy rankings.

Teams that will participate in Cheer Open will not be qualified for International Competitions.

### REGISTRATION

The way and the costs to participate in the Cheer Open Trophy are the same as those of the National Championship.

In the registration form you will need to point out which of the two competitions you intend to participate by writing: CHEER OPEN or NATIONAL CHAMPIONSHIP.

It will be possible to show the same choreography presented at the National Championship with the addition of those athletes who were not eligible for the National Championship.

### AGE GROUPS

DIVISION	BORN IN	TO	EXCEPTION FOR OLDER ATHLETES	EXCEPTION FOR YOUNGER ATHLETES
<b>MINI</b> (just performance cheer) (3-6 years)	2015	2012	Max. 3 years (2011-2010-2009)	-
<b>PEEWEE</b> ( 6-12 years)	2012	2005	Max. 2 years (2004-2003)	Max. 2 years (2013-2014 )
<b>JUNIOR</b> ( 12-16 years)	2006	2002	Max 3 years (2001-2000-1999)	Max 3 years (2007-2008-2009)
<b>SENIOR ELITE</b> (L5) (14 years and older)	2004	-	-	Max.3 years (2005-2006-2007)
<b>SENIOR PREMIER</b> (L 6) (15 years and older)	2003	-	-	Max. 3 years (2004-2005-2006)

## **NUMBER OF ATHLETES PER DIVISION**

<b>DIVISIONS</b>	<b>VALID FOR ALL THE AGE GROUPS</b>
<b>CHEERLEADING</b>	<b>MINIMUM NUMBER – MAXIMUM NUMBER</b>
<b>Junior &amp; Senior Cheerleading</b> – L3 – L5 – L6 All girl e Coed	6/25 Athletes
<b>Peewee</b> - Cheerleading	6/25 Athletes
<b>Junior e Senior</b> – Group stunt All girl e Coed	4/5 Athletes
<b>Junior e Senior</b> - Partner Stunt	2 Athletes
<b>PERFORMANCE CHEER</b>	
<b>Junior e Senior</b> – Freestyle Pom e cheer hip hop	6/25 Athletes
<b>Mini e Peewee</b> - Freestyle Pom e cheer hip hop	4/25 Athletes
<b>All age groups</b> - Cheer Jazz	4/25 Athletes
<b>All age groups</b> - Doubles	2 Athletes

### **DIVISION INDIVIDUALS**

NUMBER OF ATHLETES	Min. – Max. 1
PREPARATION TIME IN COMPETITION FLOOR	Max.20"
DURATION ROUTINE WITH MUSIC	Max. 1"
TIME OF EXIT BY THE COMPETITION FLOOR	Max.20"

#### **Required elements (for all age groups):**

- At least 3 jumps
- At least 2 series of tumbling in motion (diagonal)
- At least 1 series of standing tumbling
- Cheer (Any element performed during cheer will be rated as cheer)
- Props are allowed.

#### **PERMITTED ELEMENTS:**

PEEWEE: up to a maximum of 1 rotation on the transverse axis (flip) and no rotation on the longitudinal axis (twist)

JUNIOR: Up to a maximum of 1 rotation on the transverse axis flip in sequence with one on the longitudinal axis (twist)

SENIOR: Up to a maximum of 1 rotation on the transverse axis flip in sequence with 2 rotations on the longitudinal axis (twist)

## **PARTNER STUNT E GROUP STUNT**

Group Stunt All Girl/Coed e Partner Stunt MAX : 1 minute (1:00)

### **PARTNER STUNT**

In the Partner Stunt division, the pair must be composed by a male and a female athlete and a spotter, which can be both male and female.

Consecutive single-base Partner Stunts can be executed according to the age's rules and regulations. All members must have at least one foot on the floor at the start of the routine.

Each pair must have their own spotter to assist during the dismounts in "cradle" and to provide assistance, if necessary, throughout the routine. The spotter's responsibility is to observe, assist, and protect, but can not help throwing or supporting stunts during routine.

Prohibited: various kinds of accessories (props) and cheers or chants.

For the illegality of certain items please follow the safety rules of Level 6 for Senior and the safety rules of level 5 for Junior.

### **GROUP STUNTS**

Consecutive stunts can be executed in accordance with the rules and regulations of the age group. All members must have at least one foot on the floor at the start of the routine.

Each Stunt Group must have its own spotter to provide assistance, if necessary, throughout the routine. The spotter's responsibility is to observe, assist, and protect, but cannot help throwing or supporting stunts during routine.

Prohibited: various kinds of accessories (props) and cheers or chants.

For the illegality of certain stunts please follow the safety rules of Level 6 for Senior and the safety rules of level 5 for Junior.

### **DOUBLES (Freestyle pom, hip hop, jazz & high kick)**

Skills can be performed in accordance with the rules and regulations of the age group. For the legality or the illegality of certain elements, observe the Safety rules chapter of each category in the Rulebook of the Italian Championship.

Distribution of points in Doubles divisions:

<b>Judging Criteria</b>		<b>Description</b>	<b>Points</b>
<b>TECHNIQUE</b>	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
<b>CHOREOGRAPHY</b>	Musicality	Use of the music accents, rhythms, lyrics and style	10
	Difficulty	Level of difficulty of skills, movement, weight changes, tempo etc.	10
	Creativity / Style	Exhibiting creative and original movement in accordance with the style of the category	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
<b>EXECUTION</b>	Synchronization	Uniformity of all movement, moving together and with the music	10
<b>OVERALL EFFECT</b>	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
<b>TOTAL</b>			<b>100</b>

Distribution of points in Group Stunt and Partner Stunts divisions:

Judging Criteria		Description	Points
<b>STUNTS AND TOSSES</b>	<b>Execution of Technique</b>	Execution of proper technique to perform stunts, making the stunts appear to be easy.	30
	<b>Difficulty</b>	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
	<b>Form and Appearance of Stunts</b>	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
<b>OVERALL PERFORMANCE</b>	<b>Transitions</b>	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
	<b>Showmanship</b>	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
<b>TOTAL</b>			<b>100</b>

#### Distribution of points - Individuals

Difficulty	Difficulty, and the ability to perform difficulty in the routine. (Difficulty based on progressions)	10
Jumps	Difficulty, Execution and Proper Tecnique of jumps	10
Running Tumbling	Running Tumbling, Execution of skill, difficulty, proper tecnique	30
Standing Tumbling	Standing Tumbling , Execution of skill, difficulty, proper tecnique	30
Showmanship	Excitement level of routine, routine is choreographed to music and exercises hit to beats of music , facials, energy	10
Communication /Audience Appeal	Ability to exhibit a dynamic routine with showmanship and audience appeal. Age appropriate music, costume and choreography that enhances the performance	10
TOTALE		100

**IF SPECIAL NEEDS ARE REQUIRED TO COMPETE IN THE OPEN TROPHY, THEY CAN BE REQUIRED EXEPTIONS TO THE RULEBOOK RESPONSIBLE WHO IS RESERVED TO ACCEPT IT OR DENY IT.**

ATTENTION:

FOR ALL THAT CONCERN THE SAFETY RULES FOR ANY AGE GROUP, COMPULSORY ELEMENTS PER DIVISION, MODALITY AND COSTS OF REGISTRATION, TECHNICAL AND LOGISTICAL ASPECTS, REFER TO THE RULEBOOK OF NATIONAL COMPETITIONS 2018.

FOR FURTHER INFORMATION: [www.fisaccheer.it](http://www.fisaccheer.it)