## 

## Active Tameside and Tameside School Sports Partnership

Presents

Virtual Cheerleading Dance Competition

**Rationale**

To continue the development of grass roots participation in Cheerleading, open up performance opportunities and highlight exit routes in line with UKCA’s performance pathway

**Date: WEDNESDAY 14TH JULY 2021**

**Venue**: N/A

**Time**: 10:45am on Microsoft Teams

**Other Info**: Team entry is free if you are an SSP partner school- others are £10 per team.

All entries MUST send a completed entry form (page 4 of this document) to Lianne Owen at [lianne.owen@activetameside.com](mailto:lianne.owen@activetameside.com) by 9pm on Wednesday 30th June. Any teams who do not enter by this date will NOT be allowed to compete and there will be no exceptions to this due to scheduling.

**RULES AND REGULATIONS**

**AGE GROUPS**

Primary School- Years 1 to 6 (KS1 and KS2 Categories)

KS1 – 75% of the team must be in KS1

KS2 – 75% of the team must be in KS2

*Teams will Dance in their bubbles that the School has set for them*.

**SQUAD / TEAM**

33 maximum / 4 minimum

The aim of the competition is to develop grassroots participation therefore mixed teams are welcome.

**COMPETITION FORMAT**

Perform any type of Pom Dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Street, Lyrical, Hip-hop or festive routine which must include; **a chant & cheer, high ‘v’, low ‘v’ and a bow and arrow and cheer jumps.**

All participants must use poms during the routine (optional for males).

**TIME**

Squads will have **a maximum of 3 minutes** (including chant & cheer) to perform their routine.

Timing will begin on the first note of music or chant and stop with the last note of music or chant. Anything over the time- points will be deducted but under time no points deducted.

**TECHNICAL ELEMENTS ALLOWED**

* Splits
* Cartwheels
* Pyramids (up to ½ person height).
* Cheer jumps
* Freestyle Tricks
* Handstands
* Round-offs
* Front and Back walk-overs

You must include a minimum of **1 cheer jump within your routine**. This can include assisted jumps. You will be judged on **quality of jump rather than difficulty** i.e. Star Jump, Stag jump, Tuck jump.

**PROHIBITED**

Stunts, Pyramids (above 1 person height) and Advanced Acrobatics such as free cartwheels (aerials), somersaults, round-off flicks, standing flicks and front and back hand springs.

**Music**

Any inappropriate music will be marked down (i.e. sexual, racial; not suitable for age group).

**VIDEOS**

All team entry video performances must be emailed over to Lianne Owen at [lianne.owen@activetameside.com](mailto:lianne.owen@activetameside.com) no later than **9pm on Wednesday 7th July.**

Please identify your school name and Key Stage and if you have a team name.

**Kit**

Participants must wear PE kit, appropriate costumes or cheerleading uniforms. No jewellery is permitted.

# EQUIPMENT

Pom poms, banners and props may be used throughout the routine.

**AWARDS**

1st, 2nd and 3rd place in each group (KS1 & KS2) will receive a school trophy. Additional awards will also be given in the following category:

Cheerleader of the Competition.

**JUDGES**

Judges will be comprised of industry professionals and Dance/Cheerleading Coaches. The judge’s decisions are final. Thanks in advance for your continued support.

**TAMESIDE SCHOOLS CHEER FESTIVAL**

**SCORE SHEET**

Squad name: Judge number:

**1. Cheers & Chants 1 2 3 4 5 6 7 8 9 10**

Clarity, catchiness, timing, volume, use of props

Strong Arm Motions, correct placing

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

Musical interpretation, visual effects, originality

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

Flow of routine, change of patterns

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

Timing & unity

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

Confidence, facial expression, spirit, energy,

entry and exit

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

Overall appearance, enthusiasm

**7. Technical Elements 1 2 3 4 5 6 7 8 9 10**

Jumps, execution of movements

and arm positions

TOTAL /70

**COMMENTS:**

**Tameside Primary Virtual Cheerleading Competition 2021**

**Team Entry Form**

**School Name:**

**Team Name:**

**Key Stage:**

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|  | **Name** | **Photographic / video consent** |
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Please return team entry form to Lianne Owen at [lianne.owen@activetameside.com](mailto:lianne.owen@activetameside.com)