

Performance Cheer Division List

CHEER DIVISIONS	OPEN / SCHOLASTIC	AGE DIVISION	AGE / GRADE REQUIREMENTS		GENDER				CATEGORY				LEVEL		
			AGE / GRADE	YEAR OF BIRTH	All Girl	All Male	Coed	Unified	Pom	Hip Hop	Jazz	Cont / Lyr	Premier	Intermediate	Novice
					G	M	C	U	P	H	J	L	P	I	N
TEAM 16 to 24 athletes (Pom, Hip Hop, Cont/Lyr) 18 to 24 athletes (Jazz) Minimum 1 coach Routine: 2:00min LARGE GROUP 8 to 16 athletes (Pom, Hip Hop, Cont/Lyr) 8 to 18 athletes (Jazz) Minimum 1 coach Routine: 2:00min SMALL GROUP 4 to 8 athletes Minimum 1 coach Routine: 2:00min	SCHOLASTIC DIVISIONS	University	18 to 24 years	2001 to 2008				U	P	H	J	L	P	I	N
		Senior High	Grade 10 to 12	-				U	P	H	J	L	P	I	N
		Junior High	Grade 7 to 9	-				U	P	H	J	L	P	I	N
		Secondary	Grade 7 to 12	-				U	P	H	J	L	P	I	N
		Primary	Grade 1 to 6	-				U	P	H	J	L	P	I	N
	OPEN DIVISIONS	Senior	16 years and older	2010 and before				U	P	H	J	L	P	I	N
		Junior	15 to 18 years	2007 to 2011				U	P	H	J	L	P	I	N
		U18	18 years and younger	2007 and after				U	P	H	J	L	P	I	N
		U16	16 years and younger	2009 and after				U	P	H	J	L	P	I	N
		Youth	12 to 14 years	2011 to 2014				U	P	H	J	L	P	I	N
		U14	14 years and younger	2011 and after				U	P	H	J	L	P	I	N
		U12	12 years and younger	2013 and after				U	P	H	J	L	P	I	N
		U10	10 years and younger	2015 and after				U	P	H	J	L		I	N
		U8	8 years and younger	2017 and after				U	P	H	J	L		I	N
	U6	5 to 6 years	2019 to 2021				U	P	H	J	L			N	
LEVEL	PREMIER	INTERMEDIATE	NOVICE												
Minimum Age	8 years	5 years	5 years												
Year of Birth	2018 & before	2021 & before	2021 & before												

Performance Cheer Division List ...continued

CHEER DIVISIONS	OPEN / SCHOLASTIC	AGE DIVISION	AGE / GRADE REQUIREMENTS		GENDER				CATEGORY				LEVEL		
			AGE / GRADE	YEAR OF BIRTH	All Girl G	All Male M	Coed C	Unified U	Pom P	Hip Hop H	Jazz J	Cont / Lyr L	Premier P	Intermediate I	Novice N
TRIO 3 athletes Minimum 1 coach Routine: 1:30min DOUBLES 2 athletes Minimum 1 coach Routine: 1:30min	SCHOLASTIC DIVISIONS	University	18 to 24 years	2001 to 2008				U	P	H	J	L	P	I	N
		Senior High	Grade 10 to 12	-				U	P	H	J	L	P	I	N
		Junior High	Grade 7 to 9	-				U	P	H	J	L	P	I	N
		Secondary	Grade 7 to 12	-				U	P	H	J	L	P	I	N
		Primary	Grade 1 to 6	-				U	P	H	J	L	P	I	N
	OPEN DIVISIONS	Senior	16 years and older	2010 and before				U	P	H	J	L	P	I	N
		Junior	15 to 18 years	2007 to 2011				U	P	H	J	L	P	I	N
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		U16	16 years and younger	2009 and after				U	P	H	J	L	P	I	N
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		U14	14 years and younger	2011 and after				U	P	H	J	L	P	I	N
		U12	12 years and younger	2013 and after				U	P	H	J	L	P	I	N
		U10	10 years and younger	2015 and after				U	P	H	J	L		I	N
		U8	8 years and younger	2017 and after				U	P	H	J	L		I	N
		U6	5 to 6 years	2019 to 2021				U	P	H	J	L			N

Non-Competitive Division

U6 divisions are non-competitive. Teams will not be ranked but will be adjudicated under the Achievement Award Program and will receive the same awards and entitlements for non-placing teams.

Routine Requirements

Team and Group Cheer Divisions

Cheer Portion

1. A Cheer must be included in the beginning or middle of routine. Use of native language (including sign language) in the Cheer and using a more school pride style cheer is encouraged. The Cheer portion of the routine is based on the ability to lead the crowd for the team's school/organization, use of signs, poms, flags, megaphones, and practical use of stunt/pyramids to lead the crowd.
2. The cheer portion must be performed without music. No voice-overs or words may be recorded to make the team vocal projection louder.

Tumbling Portion

1. To attribute to the unique team nature of the sport of cheerleading, a minimum of two athletes tumbling in synchronization is required for a score in the tumbling component of the score sheet.
2. No scores will be awarded under the tumbling component on the score sheet for individual tumbling but will go under overall effect component on the score sheet.

Pyramid Divisions

Pyramid division is a **PYRAMID-ONLY** division performed to music. The division uses the Group Stunt and Coed Stunt score sheet.

Routine Limitations

1. Props are NOT allowed
2. Stunts, basket tosses, tumbling, dance, and jumps are not adjudicated components in the score sheet. You are permitted to do them but note that they are subjected to legalities.

Double and Group/Partner Stunt Divisions

These divisions are **STUNT-ONLY** routines performed to music. These divisions use the Group Stunt and Coed Stunt score sheet.

Routine Limitations

1. Double Group/Partner Stunt Divisions: Two groups of group/partner stunt groups will perform the exact same routine at the same time. Stunts executed by the two stunt groups should be identical.
2. Pyramids and props are not allowed.
3. Tumbling, dance, and jumps are not adjudicated components in the score sheet. You are permitted to do them but note that they are subjected to legalities.
4. **Double Group Stunt & Group Stunt Divisions:**
 - a. Basket tosses are not required but will be considered as a stunt in the score sheet.
 - b. Single base stunts are not allowed.
Clarification: Single based stunts are not allowed as teams who wish to do single based stunts can participate in the Double Partner Stunt / Partner Stunt division, giving Double Group Stunt / Group Stunt division participants an opportunity to compete in the division with "group" stunts as opposed to "partner" stunts.

Routine Requirements...continued

Performance Cheer Category Definitions

Pom

Incorporates the use of proper Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. The uniform/costuming should reflect the category style. See score sheet for more information.

Hip Hop

Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn. See score sheet for more information.

Jazz

Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality. The uniform/costuming should reflect the category style. See score sheet for more information.

Contemporary / Lyrical

A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, dynamics, alignment, use of breath, uniformity, communication and may incorporate purposeful elements and skills.

Kick

This category is not offered as one of the divisions. The definition is included here for reference.

Incorporates the use of proper high kick technique that includes flexibility, endurance, stamina, upper and lower body strength, placement, and control, while allowing for the use of creative concepts such as staging and skills. High Kicks are required to be used throughout the routine in a purposeful manner and should be the emphasis of routine content. The choreography of a dynamic and effective high kick routine focuses on musicality, staging of visual effects through intervals in kick lines, fluid and creative transitions, levels and groups, along with complexity of movement and athleticism. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The uniform/costuming should reflect the category style.

Performance Surface

1. Cheer

The performance floor will be approximately 42 feet x 54 feet / 9 strips (12.8 metres x 16.5 metres). The surface will be traditional carpeted foam mat. Nine [9] mats will be arranged vertically.

2. Performance Cheer

The performance floor will be approximately 42 x 42 feet (12.8 x 12.8 meters). The surface will be professional grade material (e.g. Marley floor or a wooden parquet floor). Fourteen [14] mats will be arranged vertically.

3. Athletes may line up anywhere inside the competition area.

4. There is no penalty for stepping outside the area, however all skills must originate from the performance surface. Penalty will be assessed for skills which do not originate from the performance surface.

Time of Routine

DIVISION	ROUTINE TIME
<u>Cheer</u>	
Team Cheer Group Cheer	Routine Total (Cheer + Music): Maximum three [3:00] minutes 1. <u>Cheer Portion</u> : Minimum thirty [0:30] seconds <i>Can be placed in the beginning or middle of routine</i> 2. <u>Music Portion</u> : Maximum two [2:00] minutes
Pyramid	Maximum one minute, thirty seconds [1:30]
Double Group Stunt Double Partner Stunt Group Stunt Partner Stunt	Maximum one [1:00] minute
<u>Performance Cheer: Pom, Hip Hop, Jazz</u>	
Team Large Group Small Group	Maximum two [2:00] minutes
Trio Doubles	Maximum one minute, thirty seconds [1:30]

1. **Routine Timing**: Timing will begin with the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
2. Please refer to **Competition Guidelines – Time Limitations, Floor Entrances and Exit** under Event Rules for more information on time of routine pertaining to floor entrances and exits.

Division Split and Combination

1. To maintain a competitive atmosphere, divisions may be split or combined at any time leading to the competition.
2. All Girl and Coed divisions will be combined into one division if only one team compete in each division.

New Division Request

To encourage participation, new divisions will be added (subject to approval) if there is a minimum of two teams requesting for the new division. Request for new divisions are to be made via the email to the Competition Office.

Crossovers

Athlete Crossovers

1. Crossovers are allowed between divisions. Each athlete may not represent more than one team within the same division.
2. Crossovers are undertaken at the athlete's own risk. Crossover athletes may miss scheduled warm-ups. Although the organisers will try to allow time for uniform changes or rest between routines, an interval of more than 10 minutes between competition performances is not guaranteed. The rehearsal and championship schedule will not be changed or delayed to accommodate crossover athletes.
3. Due to scheduling limitations, we advise a maximum of three [3] routines between all Performance Cheer divisions.

Team Crossovers

1. Teams are allowed to participate in multiple divisions with a single routine performed one time, if the crossover division(s) eligibility criteria are met.

Eligibility

Eligibility Policy Enforcement

1. In fairness to all, the organiser strictly enforces its eligibility policy and requirements for each division.
2. The organiser reserves the right to assess a penalty, disqualify, reclaim any and/or all awards and remove television appearance (if applicable) for any team found to be in violation of the eligibility policy, whether before, during or after the event.

Eligibility Challenge

1. All athletes are required to carry photo identification verifying their age and/or student status.
2. Any concern regarding an athlete's eligibility must be raised with the Competition Director by the coach or manager of a team competing at the event.
3. An athlete eligibility challenge requires a SGD100.00 fee. If the challenge is valid, the fee will be waived. If it is not valid, the fee will be donated to a charity of the organisers' choice.
4. Challenges will be reviewed and determined before awards are issued for the relevant division.

Participation and Substitution

1. Only registered athletes and substitutes may take part in the competition. Any team that fields an unregistered athlete or substitute will be automatically disqualified.
2. The athletes who begin a routine must remain the same throughout; no performer may be replaced during the routine.
3. **Unplanned Athlete Substitution**: If an absent or injured team member cannot be replaced by a registered substitute, and the proposed replacement athlete is not eligible for the division: The team may not compete in that division and may perform only in the exhibition division.
4. **Compliance Ownership**: The organisation, school, gym, studio, club, or programme managers, coaches, and/or owners are responsible for ensuring that all team participants comply with the division's eligibility requirements.

Waiver Form

1. Each participant is to submit the **INDIVIDUAL PARTICIPANT RELEASE/WAIVER FORM** "Waiver" to complete the registration.
2. Participants who did not submit the Waiver will NOT be eligible to compete in the competition.
3. Participants aged below eighteen years of age "Minors" require a parent/guardian to complete the Waiver.

Scholastic Requirement

1. The competition is open to bona-fide student-athletes who are currently enrolled in a **FULL-TIME ACADEMIC PROGRAM** in school and have not graduated (*Exception: University student-athletes*).
Clarification: Graduation is determined by the school's official graduation date. It does not refer to the graduation ceremony or the date the certificate is issued.
2. **Scholastic Divisions:** Only students from the same school may represent the school in the scholastic divisions.
3. **University Divisions:** Under the International University Sports Federation (FISU) guidelines, participants in University divisions must meet both the age and the following scholastic requirements:
 - a. **Student Status:** Participants must be officially enrolled in and pursuing a full-time programme leading to a degree or diploma at a university or equivalent institution recognised by their country's national academic authority; OR
 - b. **Recent Graduates:** Individuals who completed their degree or diploma in the year before the event remain eligible.
4. **Open Divisions:** Student-athletes representing a gym, club, studio, or organisation may compete in Open divisions, subject to the relevant scholastic and age requirements.
Clarification: Student-athletes representing their school may also enter Open divisions if they meet the age requirement.

Grade Requirement

1. The applicable grade requirement is based on the athlete's grade level **AT THE TIME OF THE EVENT** for participation in Scholastic divisions.

Scholastic Division	Grade
University	University/College
Senior High	Grade 10 to 12
Junior High	Grade 7 to 9
Secondary	Grade 7 to 12
Primary	Grade 1 to 6

2. **Secondary, Senior High, Junior High Divisions:** The Secondary division overlaps with the Senior High and Junior High divisions to accommodate differences in school systems across countries and regions. These divisions may include equivalent institutions such as secondary schools, junior colleges, high schools, junior high schools, and middle schools.
3. **Crossover:** Teams in the Senior High or Junior High divisions may cross over to the Secondary division if they meet the applicable grade and level minimum age requirement
4. **Primary Divisions:** The Primary division is open to student-athletes enrolled in primary school, elementary school, or an equivalent level.

Age Requirement

1. **Age Requirement:** The age of the athlete must be **IN THE YEAR** of the competition.

E.g. Participants in Junior Divisions (15 to 18 years old) must be at least 15 and no older than 19 on December 31 of the event.

Age Division	Age Range	Year of Birth
Senior	16 years and older	2010 and before
Junior	15 to 18 years	2007 to 2011
U18	18 years and younger	2007 and after
U16	16 years and younger	2009 and after
Youth	12 to 14 years	2011 to 2014
U14	14 years and younger	2011 and after
U12	12 years and younger	2013 and after
U10	10 years and younger	2015 and after
U8	8 years and younger	2017 and after
U6	5 to 6 years	2019 to 2021

2. **University Divisions:** Participants must be at least 18 and no older than 25 years of age on December 31 of the year of the event.

3. **Level Minimum Age Requirement:** All athletes must meet the minimum age requirement for their Cheer or Performance Cheer level. This policy accommodates student-athletes in accelerated academic programmes who may fall outside the usual age range for their grade and student-athletes in open divisions with no lower age limit.

Cheer Level	Minimum Age
Premier	16 years old
Elite	12 years old
Advanced	10 years old
Median	8 years old
Intermediate	7 years old
Novice	5 years old
Beginner	5 years old

Performance Cheer Level	Minimum Age
Premier	8 years old
Intermediate	5 years old
Novice	5 years old

Team Composition

1. **All Girl Divisions:** All members in the team must be female.
2. **Coed Divisions:** At least one male must be participating on the team. All male teams may participate in the Coed Division.
3. **Unified Divisions:** Unified divisions are gender neutral. All Girl and Coed teams will compete together in the same division.
4. **Performance Cheer Divisions:** All Performance Cheer divisions are unified.

Team Size

Athletes

Divisions	Number of Athletes
Team Cheer	16 to 24
Group Cheer	8 to 16
Pyramid	10
Double Group Stunt	6 to 10 (2 groups of 3 to 5)
Double Partner Stunt	4 (2 groups of 2)
Group Stunt	3 to 5
Partner Stunt	2
Team Pom, Hip Hop, Cont/Lyr	16 to 24
Team Jazz	18 to 24
Large Group Pom, Hip Hop, Cont/Lyr	8 to 16
Large Group Jazz	8 to 18
Small Group Pom, Hip Hop, Jazz, Cont/Lyr	4 to 8
Trio Pom, Hip Hop, Jazz, Cont/Lyr	3
Doubles Pom, Hip Hop, Jazz, Cont/Lyr	2

Substitutes

1. It is optional to register substitutes on the team roster.
2. Substitutes are considered registered members of the team and may substitute an athlete on the team. Substitutes enjoy the same entitlements as a registered athlete and is required to pay the competition fee as a registered athlete.

Coaches

1. **Registered Coach:** Each team must include **AT LEAST ONE [1] REGISTERED COACH** on its roster be eligible to compete. The organization is responsible for making sure the coach holds the appropriate coaching accreditation for the relevant level or category and is at least twenty-one [21] years of age.
2. **Assistant Coaches:** Teams that have registered coach(es) aged at least twenty-one [21] may also include assistant coaches on the roster, provided they are at least eighteen [18] years of age.

Safety Spotters for Double Partner Stunt

1. Safety Spotters for Double Partner Stunt teams may be:
 - a. Registered as substitutes to receive the same award and entitlements as the athletes; or
 - b. Registered as entourage as safety spotters.