

Speciality Division Guidelines

SWCC has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in these guidelines. SWCC will render a judgment in an effort to ensure that the Competition is conducted in a manner consistent with the general spirit of the Competition SWCC.

Stunt Group Overview

Each Stunt Group will perform a routine choreographed to demonstrate its competency in the fundamental Cheerleading Stunt Skills.

All Stunt Groups MUST follow SCUK Age Guidelines.

All skills performed MUST follow the IASF Cheer Safety Guidelines for all elements incorporated in a routine.

See IASF Cheer Legality Rules and SCUK Age Grid to reference Level and Age Guidelines.

Each Stunt group **MUST** consist of a minimum of three athletes, and a maximum of five athletes. Each team is to consist of at least one Base, one Flyer, and one Spotter. Positions of Flyers Bases and Spotters are interchangeable.

Additional Guidelines for your routine are listed below. Strict compliance with all rules is required.

If you have any questions, contact rules@cheerleading.org.uk **no less than 3 weeks prior to competition.**

Stunt Group Guidelines

1. **TIME:** Routine **maximum** time limit is (1.15) one minute fifteen second. Timing begins on the first beat of music or choreographed movement after your team is announced on the floor. **3 seconds over the maximum time limit will incur a time penalty.**
2. **BEGINNING OF ROUTINE:** Routine must begin within the performance area. You may not begin your routine in a pyramid or stunt.
3. **MUSIC:** Routines must include only music in their presentation. Music should be uploaded to the BCA in advance or provided on a digital device for use on the day of the event. **A representative of your squad must start and stop your music and remain at the sound desk during the performance.**
4. **DANCE/TUMBLING:** Jumps, dance or tumbling is **discouraged during stunt group routines as there are not scored.**
5. **PERFORMANCE AREA:** Generally, the performance area will be a standard 42' x 54' carpet bonded spring cheer performance floor. At some events, the surface may be smaller and not spring.
6. **PROPS:** **No** additional Props are permitted.
7. **ENDING OF ROUTINE:** Timing will stop when your squad comes to a complete final stationary position or final beat of music. Failing to make the end of your routine clear may result in additional time being added.
8. **POINT DEDUCTIONS:** Stunt Falls or obvious mistakes will incur a 0.25 penalty.
9. **LEGALITY INFRACTIONS:** A penalty will be deducted from your final score for each General Rule Infraction 0.25 or Safety Rule infraction 0.50.
10. Routines must be appropriate for family viewing. Suggestive, offensive, or vulgar choreography, costuming and/or music are inappropriate for family viewing and therefore lack audience appeal. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc), words, costuming or music will result in a 0.25-point deduction per violation.

Partner Stunt Overview

Each Partner Stunt Pair will perform a routine choreographed to demonstrate its competency in the fundamental Cheerleading Stunt Skills.

All Partner Pairs MUST follow SCUk Age Guidelines.

All skills performed MUST follow the IASF Cheer Safety Guidelines for all elements incorporated in a routine.

See IASF Cheer Legality Rules and SCUk Unified Age Grid to reference Level and Age Guidelines.

Each Partner Stunt Pair **MUST** consist of 2 athletes.

Guidelines for your routine are listed below. Strict compliance with all rules is required.

If you have any questions, contact rules@cheerleading.org.uk **no less than 3 weeks prior to competition.**

Partner Stunt Guidelines

1. **TIME:** Routine **maximum** time limit is (1.15) one minute fifteen second. Timing begins on the first beat of music or choreographed movement after your team is announced on the floor. **3 seconds over the maximum time limit will incur a time penalty.**
2. **BEGINNING OF ROUTINE:** Routine must begin within the performance area. You may not begin your routine in a stunt.
3. **MUSIC:** Routines must include only music in their presentation. Music should be uploaded to the BCA in advance or provided on a digital device for use on the day of the event. **A representative of your squad must start and stop your music and remain at the sound desk during the performance.**
4. **DANCE/TUMBLING:** Jumps, dance or tumbling is **discouraged during stunt group routines as there are not scored.**
5. **PERFORMANCE AREA:** Generally, the performance area will be a standard 42' x 54' carpet bonded spring cheer performance floor. At some events, the surface may be smaller and not spring.
6. **PROPS:** No additional Props are permitted.
7. **ENDING OF ROUTINE:** Timing will stop when your squad comes to a complete final stationary position or final beat of music. Failing to make the end of your routine clear may result in additional time being added.
8. **POINT DEDUCTIONS:** Stunt Falls or obvious mistakes will incur a 0.25 penalty.
9. **LEGALITY INFRACTIONS:** A penalty will be deducted from your final score for each General Rule Infraction 0.25 or Safety Rule infraction 0.50.
10. **SUITABILITY:** Routines must be appropriate for family viewing. Suggestive, offensive, or vulgar choreography, costuming and/or music are inappropriate for family viewing and therefore lack audience appeal. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc), words, costuming or music will result in a 0.25-point deduction per violation.

Cheer Individual/Duo Overview

Each Athlete will perform a routine choreographed to demonstrate his/her competency in the fundamental Individual Cheerleading skills.

All Stunt Groups MUST follow SCUk Age Guidelines.

All skills performed MUST follow the IASF Cheer Safety Guidelines for all elements incorporated in a routine.

See IASF Cheer Legality Rules and SCUUK Unified Age Grid to reference Level and Age Guidelines.

Additional Guidelines for your routine are listed below. Strict compliance with all rules is required.

If you have any questions, contact rules@cheerleading.org.uk **no less than 3 weeks prior to competition.**

Cheer Individual/Duo Guidelines

1. **TIME:** Routine **maximum** time limit is **(1.15) one minute fifteen seconds**. Timing begins on the first beat of music or choreographed movement after your team is announced on the floor. **3 seconds over the maximum time limit will incur a time penalty.**
2. **BEGINNING OF ROUTINE:** Routine must begin within the performance area.
3. **MUSIC:** Routines must include only music in their presentation. Music should be uploaded to the BCA in advance or provided on a digital device for use on the day of the event. **A representative of your squad must start and stop your music and remain at the sound desk during the performance.**
4. **PERFORMANCE AREA:** You are **not** allowed outside the approx. 54 x 42' performance area after you begin your routine. The performance area will generally be a carpet bonded foam spring cheer floor.
5. **PROPS:** **No** additional Props are permitted.
6. **ENDING OF ROUTINE:** Timing will stop when your squad comes to a complete final stationary position or final beat of music. Failing to make the end of your routine clear may result in additional time being added.
7. **POINT DEDUCTIONS:** Hand/Knee/Elbow/Head touch downs during tumbling skills will incur a 0.10 penalty.
8. **LEGALITY INFRACTIONS:** A penalty will be deducted from your final score for each General Rule Infraction 0.25 or Safety Rule Infraction 0.50.
9. **SUITABILITY:** Routines must be appropriate for family viewing. Suggestive, offensive, or vulgar choreography, costuming and/or music are inappropriate for family viewing and therefore lack audience appeal. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc), words, costuming or music will result in a 0.25-point deduction per violation.

Dance Solo/Duo/Trio Overview

Dancers may perform a Solo/Duo/Trio routine with choreography that supports one of the following categories: Pom, Jazz, Hip-Hop, Contemporary/Lyrical

All Solos/Duos/Trios MUST follow SCUUK Age Guidelines and IASF Dance Safety Guidelines. See IASF Cheer Legality Rules and SCUUK Unified Age Grid to reference Level and Age Guidelines.

If you have any questions, contact rules@cheerleading.org.uk **no less than 3 weeks prior to competition.**

Dance Solo/Duo/Trio Guidelines

1. **TIME:** Routine maximum time limit is **(1.15) one minute fifteen seconds**. Timing begins on the first beat of music or choreographed movement after your team is announced on the floor. **3 seconds over the maximum time limit will incur a time penalty.**

2. **PERFORMANCE AREA:** The performance area will generally be a 16-meter x 14-meter Harlequin Dance Surface OR a 54' x 42' carpet bonded foam cheer spring floor.
3. **SUBSTITUTIONS:** Duos/Trios – may be made in the event of any injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.
4. **ADDITIONAL ITEMS:** All staging, backdrops, special effects, costumes, or any items that may damage or otherwise alter the performance floor or environment, including backstage and practice area, are prohibited, including (but not limited to) water, baby powder, sliding oil, feathers, etc.
5. **SUITABILITY:** All choreography, costuming and makeup should be age appropriate.
6. **FOOTWEAR:** Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited. Exception: Socks are allowed on a carpeted performance surface. Shoes with wheels are not allowed (roller skates, roller blades, heelys etc.)
7. **LEGALITY INFRACTIONS:** A penalty will be deducted from your final score for each General Rule Infraction 0.25 or Safety Rule infraction 0.50.
8. **SUITABILITY:** Routines must be appropriate for family viewing. Suggestive, offensive, or vulgar choreography, costuming and/or music are inappropriate for family viewing and therefore lack audience appeal. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc), words, costuming or music will result in a 0.25-point deduction per violation.