

ACHIEVEMENT DAY
Saturday 7th December 2019

Entry Date: 04/11/2019
Winter Marks: 50
Last Amended: 07/10/2019
Withdrawal by: 02/12/2019

AT HAFOD-Y-HENDRE, ROYAL WELSH SHOWGROUND, BUILT H WELLS, POWYS

(Entry Date: Monday 4th November 2019)

(1 entry allowed per club)

CHEERLEADING

ELIGIBILITY

A team shall consist of between six and ten members, all of whom must be 26 years of age or under on 1st September 2019.

NOTE:

The team must consist of a minimum of two members of the opposite gender.

PROCEDURE

Each team is required to perform a Cheerleading routine.

Cheerleading is a physical activity, which contains many elements including dance, jumps, cheers and stunts to direct spectators of events to cheer-on sports teams at games to encourage spectators to participate in competitions / sports.

Safety Clarification: This clarification should make clear what can be included in the routine and protect the safety of all participating.

For the purposes of this competition, Tumbling is a gymnastic element and a Stunt is a lift (normally a static nature at this level) where a person has their weight off the ground).

Tumbling

Allowed:

Forward Rolls, Backward Rolls, Cartwheels, Front Walkovers and Back Walkovers.

Not Allowed:

Tumbling that involves a spring or run (i.e. Flips, Somersaults, Handsprings).

Stunts:

For the purposes of this competition, we are defining Stunts as 'an element performed by a group of Cheerleaders, involving Flyers, Bases and Spotters.

Flyer:

A person without contact to the ground - Also known as Mounter / Top person.

Base:

A person in direct contact with the floor who provides primary support for the flyer and could also be responsible for catching the flyer during dismount.

Back Spot:

A person primarily responsible for protecting the head, neck and shoulders of the flyer. They must be positioned to the side or the back of the stunt. The Back Spot may not have both hands providing primary weight-bearing support to the flyer. The Back Spot must be participating members of the team.

These rules state that Stunts are allowed, but to note that the competition is being performed on a CARPETED FLOOR.

No Stunt to be more than 1½ persons high (a member sitting on another members shoulders = 1½ members high).

All stunts at this height must have a Back Stop.

Not Allowed:

Stunts that involve a Twist or Rotation. Teams must adhere to these guidelines. If the judge(s) believe moves in the routine to be dangerous, the performance will be stopped and will not be scored.

All music must be, a *Radio Edit* - i.e. suitable and passed for radio breakfast to family (pre watershed) audiences. Music to be provided in CD/MP3 format only.

TIMING

A minimum of 3 minutes and a maximum of 5 minutes will be allowed for the routine.

TIME PENALTIES

Time deductions are one mark for each 15 seconds (or part thereof) over or under the allocated time by any member of the team.

SCALE OF MARKS

Creativity & Choreography (Formations/Shapes/Use of Floor)	30
Technical Marks (Gym skills/Jumps/Lifts/Travelling)	30
Showmanship & Spirit (Enthusiasm/Voice Projection)	20
Costume	10
Overall performance	10
TOTAL	100

The Judge's decision is final.

(For 2020 Wales YFC Public Speaking Day, Saturday 21st March, Royal Welsh Showground)

Entries to be submitted online by Monday 4th November 2019. **NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.**

WITHDRAWAL FROM COMPETITIONS

Clubs/Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club Secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours then a message should be left on the answer phone.**

FOR COMPETITORS/TEAMS WHO DO NOT TURN UP FOR A COMPETITION ON THE DAY, THE COUNTY OFFICIALS WILL MAKE THE DECISION WHETHER TO DEDUCT THE 5 POINTS OR NOT, DEPENDING ON CIRCUMSTANCES.

Please Note: "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms and photos must be attached to the Entry Form when returned by clubs."

PLEASE NOTE: If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition. If they have not yet joined, they will have 7 days to send a form and photograph to the YFC Office.