



SHARKS LADIES CHEERLEADER SPORTEGYESÜI

✉ : 9025 GYŐR BÜKK. U. 5

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**MAGYAR
CHEER
SZÖVETSÉG**

SANTA'S CHEER CUP

Rules

Rules of Individual category (Based on ECU rulebook)

Duration: 1:00 min

floor: gymastic floor (not springfloor)

parts of the routine:

1. cheer section:

- maximum 30 sec
- equipments are allowed to be used(poms, flag, megaphone)

2. main section

- thumbling (eg.: round off, back handspring, tuck.....)
- jumps (eg.: toe touch, pike, herkie.....)
- standing thumbling and jump combinations are allowed but maximum 4 consecutive item out of which maximum 3 jumps in a row
- rotations and twists are allowed in flips and tucks
- running thumbling combination rows are allowed but maximum 5 item in a row

maximum 4x8 count in dance

Partner stunt „NOVICE”

Safety Guidelines

One spotter is required at all time. At dismounts to cradle the spotter has to support the catch.

Mounts to extension are not allowed, for example toss extension, walk up extension.

The base is not allowed to loose contact of the flyer except of toss hands and dismounts to cradle.

All stunts has to be hold by both hands. Awesome is not allowed to be performed.

Allowed positions for the flyer; on both feet, on both feet in cupie, one foot in liberty, high torch.



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During mounts and dismounts the flyer is not allowed to perform twists neither other rotations except the half turn in walk up.

Level 5 és Level 6 :

http://www.cheerunion.eu/wp-content/uploads/2016/08/2016-1_ecu_competition_rulebook.pdf

http://www.cheerunion.eu/wp-content/uploads/2016/08/2015-06_ecu_rules_clarifications_level_5.pdf

http://www.cheerunion.eu/wp-content/uploads/2016/08/2015-06_ecu_rules_clarifications_level_6.pdf

Level 3:

[http://usasf.net.ismmedia.com/ISM3/std-content/repos/Top/2013%20Website/Safety/docs/USASF Rules 15-17 15-08-27.pdf](http://usasf.net.ismmedia.com/ISM3/std-content/repos/Top/2013%20Website/Safety/docs/USASF_Rules_15-17_15-08-27.pdf)