

GET IN THE GAME
25-26 November 2023
Singapore



CHEER POM

RULE BOOK 2023

Version 2.0

1.0. GENERAL REGULATIONS

The following rules and regulations apply for DHL Express AsiaCup 2023 Championship and are based upon the rules given by the Cheerleading Association (Singapore) (CAS). The competition is supported by CAS.

All team members must work for DHL Express and should have been on the payroll as of 31 March 2023, and approved by local HR. Teams will be disqualified if any team members do not comply with this rule.

There will be 2 categories for the cheerleading competition: Cheer Pom Division and Cheerleading Division. Teams without certified cheerleading coaches are to register for the Cheer Pom Division in view of safety considerations. Teams are required to have a certified cheerleading coach in order to be eligible for the Cheerleading Division. The certification should be International Cheer Union (ICU) Level 2 Coaching Certification or equivalent. The coach will be required to submit his/her cheerleading coaching qualifications to the Organising Committee. Please refer to the Cheerleading Rule Book.

There will be two [2] days of competition, i.e., Day 1 (First Round) and Day 2 (The Final). Only the top 5 teams in each division on Day 1 will proceed to the Final on Day 2. Teams will perform the same routine on both days. (Note: Teams will only be allowed to adjust their final day routine for the purpose of rectifying the portion of routine that received penalties during the first round).

2.1. Division – Cheer Pom

The number of athletes required:

Division	Rules Reference	Team Size
CHEER POM	Freestyle Pom	12 persons

2.2. Participation and Substitution

1. Only registered participants are permitted to participate in the competition.
2. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be “replaced” by another performer during a routine.
3. Substitutions may be made in the event of any injury or other serious circumstance, approved by the organisers on a case-by-case basis. Substitutes must abide by the eligibility requirements and must be reported to the organisers beforehand.

2.3. Cross-overs

Each athlete may only compete in one team in the specific division.

2.4. Routine Requirements

Poms are required to be used throughout the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and technique. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as “one.” A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. keep in mind that a pom routine carries a more traditional cheering theme while incorporating the concepts of Jazz and Hip Hop. See Score Sheet for more information.

2.5. Choreography and Music

1. Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences and therefore lack crowd appeal.
2. All facets of a performance/routine, including both choreography and music selection, should be age-appropriate, entertaining, and suitable for all audience members.

3. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or replaying lewd or profane gestures or implications. Examples of inappropriate choreography may include but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.
4. Every effort should be made to ensure that the lyrics of the music are appropriate or all audience members. Music or words unsuitable for family listening, which includes, but is not limited to, swear words and connotations of any type of sexual act or behaviour, are examples of inappropriate choreography.
5. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'.
6. Music or movement in which appropriateness is questionable or with which uncertainty exists should be assumed to be inappropriate and removed so as not to put the team in an unfortunate situation.
7. Inappropriate choreography and music will be assessed a penalty of five [5] point deduction to overall score and may affect the overall impression score.
8. Use of music that has been cleared and approved for use as you have mixed for your routine(s), specifically for the purpose of being fully compliant with the law is highly recommended. The organisers do not have any control over the content of your music, nor does it possess the authority or interest to police it. This responsibility remains solely on the team who has provided the music. Teams by way of competing and opting to play their music at the event are also fully releasing any and all liability specific to their own music and its rights or lack thereof. If you have any questions concerning your music, we suggest consulting a music attorney. To the fullest extent of the law, registered teams and all their affiliates, supporters, and competitors shall indemnify, defend and hold harmless the Organizer, Cheerleading Association (Singapore), its officers, employees, agents, representatives, consultants, and contractors from and against any and all loss, costs, penalties, fines, damages, claims, expenses (including attorney's fees) or liabilities arising out of, resulting from, or in connection with the services contemplated by the policies and rules stated in the Rule Books, including but not limited to a team's choice of music.

2.6. Time Limit and Music Control

Division	Time of Routine
CHEER POM	Music Portion: Maximum: 2:30min

1. Each team will have a maximum of two minutes and thirty seconds [2:30].
2. 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.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. One [1] point deduction for five to ten [5 – 10] seconds and three [3] point deduction for eleven [11] seconds and over per judge.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several-second cushion to allow for variations in sound equipment.
5. Each team must have a representative to play their music. This person is responsible for bringing the music to the music table and must report to the sound console before the start of the routine. This person is responsible for notifying the music technician to start the music at the right timing. The organisers will not be responsible for any timing errors or routine interruptions that result from the music person leaving his/her position or assigning another individual to control the music.
6. All music must be sent to the attention to DHLAsiaCup.Cheerleading@dhl.com in MP3 format before 03 November 2023. The organisers reserve to right to impose any penalties for last minute changes in music.
7. All music should be in MP3 format. It is recommended to prepare an additional backup of MP3 in a USB drive in case the sound system has trouble reading the submitted audio.

2.7. Floor Entrances and Exits

1. Athletes are expected to exhibit the utmost of sportsmanship, respect, and support throughout the entire event.
2. Entrance: In order to keep the competition on time, teams must enter the performance floor as quickly as possible. When teams are introduced, teams are expected to take the floor within a thirty [30] second window and assume the starting position for their routine. Elaborate choreographed entrances will not be allowed.

3. Exit: At the conclusion of the routine, teams are expected to exit the performance floor immediately, within a thirty [30] second window.
4. Although teams are allowed to show spirit briefly to the crowd, any skill performed before or after the allotted routine time is not allowed and will be assessed a penalty of five [5] point deduction to overall score.
5. Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, unprofessional behaviour, etc, may be assessed a penalty of five [5] point deduction to overall score. These actions may include, but not limited to, things such as
 - a. Taunting another team. Taunting may be defined as the use of baiting or taunting acts of words that engender ill will between teams;
 - b. An athlete calling unnecessary attention to her/himself, E.g., High five's, chest bumps, etc.
 - c. Excessive pre or post-competition team rituals (team bonding traditions must take place behind the stage area);
 - d. Displays of public affection;
 - e. Running the perimeter of the performance floor (like a "victory" lap);
 - f. Stepping outside of the floor bounds to approach coaching staff, crowd members and/or other members of the audience;
 - g. Excessive celebration; any prolonged, excessive, or premeditated celebration by individual athletes or a group of athletes while on the competition floor, E.g., Athletes wrapping their legs around coaches and/or each other, victory dances, etc.
 - h. Coaching staff, fans and/or other members of the performing team taking the performance floor before, during or after a performance (unless in direct response to an obvious athlete injury). The only people allowed on the performance floor are the competitors and competition personnel; or
 - i. Athletes collapsing to the floor following a performance when an injury does not seem apparent.

2.8. Competition Area

1. The performance floor will be approximately 42 feet x 42 feet / 7 strips (12.8 metres x 12.8 metres). The surface will be a traditional foam mat.
2. Teams may line up anywhere inside the competition area.
3. There is no penalty for stepping outside the area; however, all skills must originate from the performance surface. Skills which do not originate from the performance surface will be assessed a one [1] point penalty per judge.

2.9. Appearance and Image Policy

1. Uniform Guidelines

- a. No risqué, sexually provocative or lingerie-looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
 - b. Athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. All garments must properly cover the athlete and the athlete's undergarments during the routine.
2. Uniform Skirt - When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and fall at least one [1] inch below briefs (regular and boy cut briefs).
 3. Uniform Shorts - When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.
 4. Uniform Top - Uniform tops must be secured by straps or material over at least one shoulder or around the neck. Tube tops are not allowed.
 5. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
 6. Tights should be worn under briefs, hot pants or excessively short shorts.
 7. Make-Up
 - a. Make-up should be uniform and appropriate for the athletes' performance and age.
 - b. Face/eyelid rhinestones are not allowed.
 - c. False eyelashes are allowed but may not be decorated in rhinestones or additional jewellery.
 8. Bows and Hair Accessories
 - a. Bows and hair accessories should be worn in a manner to minimise risk for the participants, adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.
 9. Jewellery as part of the costume is allowed.
 10. Judges reserve the right to assess warning and/or a deduction of five [5] point per judge when a team's appearance does not meet the standards of appropriate described in this policy.

2.10. Safety Spotter Policy

No safety spotter is required in the Cheer Pom Category.

2.11. How to Handle Procedural Questions

1. Questions concerning the rules and regulations or procedures of the cheerleading tournament will be handled exclusively by the Cheerleading Coach and will be directed to the head of the Cheerleading Association for seeking resolution.
2. Such questions should be made prior to the team's performance. Any questions concerning the team's performance should be made to the head of the Cheerleading Association immediately after the team's performance.
3. Cheerleading Association (Singapore) will NOT handle any questions or feedback by any other person other than the coach of the team. Insistence on directing questions to the Cheerleading Association (Singapore) will constitute harassment and will risk a five [5] point deduction to the team's overall score.

2.12. Interpretations and/or Rulings

Any interpretation of any aspect of these rules and regulations, or any decision involving any other aspect of the cheerleading tournament, will be rendered by the Organizing Steering Committee. The committee will render a judgement in an effort to ensure that the tournament proceeds in a manner consistent with the general spirit and goals of the cheerleading tournament.

2.13. Interruption of Performance

A. Unforeseen Circumstances

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety, with all skills performed full-out from the beginning of the routine but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials. All point deductions up to that point (if any) will carry over.
3. If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

B. Fault of Team

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety with all skills performed full-out from the beginning of the routine but will be evaluated ONLY from the point where the interruption occurred. All point deductions up to that point (if any) will carry over.
3. If a team needs to re-perform a routine again in its entirety but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

C. Injury

1. The only persons that may stop a routine for injury are: a) competition officials, b) administrator/coach from the team performing, c) injured individual or d) judges.
2. An injured athlete may cause a potential safety hazard because of the inability to hold, support, spot or catch. For the safety of all athletes competing, a routine may be interrupted if:
 - a. An athlete is clearly injured.
 - b. An athlete is questionably injured and does not resume their role in the routine within five [5] seconds of questionable injury.
 - c. An athlete leaves the competition floor due to an injury.
3. In the event that a routine is interrupted due to injury, it will be at the Competition Officials' discretion whether or not that team will be allowed to perform again at a later date.
4. An Injured Participant may not return to the competition floor unless the competition officials receive clearance from all of the representatives listed below:
 - a. Event Medical Personnel attending to that participant.
 - b. Head Coach or Advisor of competing team.
5. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the performance is to take place is at the sole discretion of the competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

6. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries.
7. If a team is permitted to perform again, but fails to perform the routine in its entirety, it is at the discretion of the Competition Official how that team's scores will be affected.

2.14. Sportsmanship

1. We would like to create a positive experience for everyone by encouraging great sportsmanship at our competitions. All behaviours should be kept professional and respectful.
2. All participants (athletes, substitutes, coaches, advisors, entourage) agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches and other persons affiliated with the team conduct themselves accordingly.
3. Severe cases of unsportsmanlike conduct are grounds for disqualification and/or suspension or ban from future championships. Any event staff member can report any unsportsmanlike behaviour from cheerleaders, coaches, and/or supporters to the organizer. Every report will be reviewed, and a decision will be rendered by the organizer and judging panel. A deduction of five [5] points per judge may be given to the team's composite score, or the team may be disqualified. Multiple infractions will result in disqualification. The organizer reserves the right to evict any person in violation of the code of conduct.
4. Should a question of interpretation occur, the question will be discussed between one [1] coach representative and/or one [1] advisor of the team and the organizer and/or judge in private and in an atmosphere of mutual respect and professionalism.
5. Decision of the judges and organizer are final, even in the event of disqualification. Discussion with judges and/or organizers will be conducted only at assigned times and only in an atmosphere of mutual respect and professionalism with one [1] coach representative and/or one [1] advisor of the team.

2.15. Substance Abuse Policy

1. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely while participating in a practice or performance.
2. Should an athlete be found in guilty of substance abuse, the following actions may or will be taken:
 - a. One athlete/coach(es): Disqualification of the individual from the competition
 - b. Two or more athletes on the team: Team disqualification from the competition
 - c. Suspension from future competitions for a period to be determined by Competition Officials
 - d. In all instances deemed appropriate by the organizers, law enforcement officials may be contacted.

2.16. Judging Criteria

1. The judges will score the teams according to the judging criteria on a hundred [100] point system.
2. Scores achieved by teams on Day 1 will not be brought forward to Finals. The final rankings of the teams will depend on Day 2 scores ONLY.

2.17. Penalties

Any team in violation of the Rule Book will be assessed deductions which include but are not limited to, those listed in the penalty table below. The penalty table below assists in defining common violations but should not be deemed a comprehensive and exclusive list.

Any team that does not adhere to the terms and procedures of these “Rules and Regulations” will be subject to disqualification from the competition, will automatically forfeit any right to prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

If you have any questions concerning the legality of a move or trick, please send a video link of your skills in advance to DHLAsiaCup.Cheerleading@dhl.com

VIOLATION	PENALTY
Team Size / Team Composition	Disqualification
Routine Requirements	Five [5] point deduction per judge
Choreography and Music	Five [5] point deduction to overall score
Time Limit: Exceed for five to ten [5 – 10] seconds	One [1] point deduction per judge
Time Limit: Exceed for eleven [11] seconds and over	Three [3] point deduction per judge
Floor Entrances and Exits	Five [5] point deduction to overall score
Competition Area: Skills Origin	One [1] point deduction per judge
Appearance and Image Policy: Costume Malfunction	Disqualification
Appearance and Image Policy	Five [5] point deduction per judge
Safety Spotters Guidelines	Five [5] point deduction per judge
Participation and Substitution / Crossovers	Disqualification
Procedural Questions - Harassment	Five [5] point deduction to overall score
Sportsmanship and Code of Conduct	Five [5] point deduction per judge OR Disqualification and/or suspension or ban from future competitions
Substance Abuse Policy	Individual or Team Disqualification
Safety and Technical Rules	Five [5] point deduction per judge (unless specified otherwise)

2.18. Judging Procedures

1. The judges for the event will be appointed at the sole discretion of the organisers.
2. As the teams make their presentations, judges will score the teams using a 100 point system.
3. The judges' scores will be totalled to determine the team's score.
4. In the event of a tie, the ranking points from each judge will be used to break the tie.

2.19. Scores and Ranking

1. Individual judges' score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams.
2. Scores and rankings will be available only to coaches or administrators after the conclusion of the competition day. No scores or rankings will be given over the telephone.
3. After each round of competition, teams will receive the judges' score sheets as well as their scores. In addition, teams will receive a ranking sheet with the names and scores of the teams' final placement.

2.20. Finality of Decisions

1. By participating in this competition, each team agrees that the decision by the judges will be final and will not be subject for review.
2. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition, and each team, therefore, expressly waives any legal, equitable, administrative, or procedural review of such decisions.

2.21. Appearances, Endorsements and Publicity

All teams winning titles or awards agree to have all appearances, endorsements and publicity approved through the organisers' office.

3.0 CHEER POM DIVISION

3.1. General Safety Rules

A. General Provisions

1. All teams must be supervised during all official functions by a qualified director/advisor/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.
4. CAS is committed to protecting clean athletes and strictly follows the enclosed ICU WADA approved AntiDoping guidelines and procedures for the safety of our athletes and fairness of play for our Sport.
http://cheerunion.org.ismmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADACode.pdf
5. CAS is committed to fair play for our athletes and the integrity of sports and follows ICU's rules and regulations in the fight against illegal betting and competition fixing.
http://cheerunion.org.ismmedia.com/ISM3/stdcontent/repos/Top/2013_Website/About%20Us/Documents/ICU_Rules_Competition-Fixing.pdf
6. All athletes must be legal residents of their respective team's country, as well as within compliance of tournament eligibility rules. A minimum of 6 months of consecutive legal residence in a respective country represented or where the team is located is recommended.

B. Choreography and Costuming

1. Suggestive, offensive, or vulgar choreography, costuming, makeup and/or music are inappropriate for family audiences and therefore lack audience appeal.
2. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.
3. Teams may not compromise the integrity of the performance surface (Examples: residue from sprays, powders, oils, etc.)
4. Use of fire, noxious gases, live animals and other potentially hazardous elements is strictly prohibited.

5. Inappropriate choreography, costuming and/or music may also affect the judges' overall impression and/or score of the routine.
6. All costuming, makeup and choreography should be age appropriate and acceptable for family audiences.
7. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
8. Tights should be worn under briefs, hot pants or excessively short shorts.
9. Shoes must be worn during the competition. Dance paws are acceptable. Performing barefoot, in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the ICU Rules Committee for approval.
10. Jewellery as a part of the costume is allowed.
11. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
12. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
13. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
14. A team's native and local language is recommended (if applicable) for all performances.
15. A team's native and local culture is recommended for inclusion within the performance routine.

C. Props

1. A prop is defined as anything that is used in the routine choreography that is not/was not originally part of the costume.
Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
2. Handheld props and free-standing props in all categories are not allowed. Use of parts of a costume (e.g., costume elements- such as a necklace, jacket, hat, etc.) is allowed and may be used and discarded. (Please see #1 for further clarification)
3. Within the Freestyle Pom Category, it is compulsory to use poms throughout the entire routine. If there are male performers in this category, they are not required to use poms.

4. No large free “standing props” will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a “standing prop”.

3.4. Freestyle Cheer Pom Division Rules

A. INDIVIDUAL SKILLS (Executed by individuals)

Note: Tumbling as a skill is allowed but not required with the following limitations:

1. Airborne inverted skills with hand support are not allowed while holding poms.
2. Skills with hip-over-head rotation:
 - a. With hand support is not allowed while holding poms/props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed)
 - b. Non airborne skills are allowed:
 - c. Airborne skills with hand support are allowed, provided they are limited to 2 consecutive hip-over-head rotation skills.
 - d. Airborne skills without hand support are allowed provided all of the following:
 - i. Involves no more than 1 twisting transition.
 - ii. May not connect to another skill that is airborne with hip-over-head rotation without hand support.
 - iii. Are limited to 2 consecutive hip-over-head rotation skill(s).
3. Simultaneous tumbling over or under another athlete that includes hip-over-head rotation by both athletes is not allowed.
4. Only drops to the shoulder, back or seat are permitted, provided that the height of the airborne individual does not exceed hip level (Clarification: Drops directly to the knee, thigh, front or head are not allowed).
5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind is not allowed.

B. LIFTS AND PARTNERING (Executed in pairs or groups)

Note: Lifts and Partnering are allowed, but not required with the following limitations:

1. The Supporting Individual does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
2. At least one Supporting Individual must maintain contact with the Executing Individuals(s) throughout the entire skill above head level. Exception: When an Executing Individual is supported by a single Supporting Individual they may be released at any level under the following conditions:

- a. The Executing Individual does not pass through an inverted position after the release;
 - b. The Executing Individual is either caught or supported to the performance surface by 1 or more Supporting Individuals;
 - c. The Executing Individual is not caught in the prone position;
 - d. Any Supporting Individual must have hands free for the duration of the skill to aid in the support/catch release as needed.
3. Hip-over-head rotation of the Executing Individual(s) is allowed provided contact between the Executing Individual and at least 1 Supporting Individual(s) is maintained until the Executing Individual returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed provided:
- a. Contact between the Executing Individual and at least 1 Supporting Individual is maintained until the Executing Individual returns to the performance surface or is returning to an upright position
 - b. When the height of the Executing Individual's shoulders exceeds shoulder level there is at least 1 additional athlete to spot who does not bear the weight of the Executing Individual. (Clarification: When there are 3 Supporting Athletes- an additional spot is not required)

C. RELEASE MOVES (Groups & Pairs: Dismounts to the performance surface)

Clarification: May be assisted but not required.

1. An Executing Individual may jump, leap, step, or push off a Supporting Individual provided:
 - a. The highest point of the released skill does not elevate the Executing Individual's hips above head- level.
 - b. The Executing Individual may not pass through the prone or inverted position after the release.
2. Supporting Individual(s) may toss an Executing Individual provided:
 - a. The highest point of the release/toss does not elevate the Executing Individual's hips above head level.
 - b. The Executing Individual is not supine or inverted when released.
 - c. The Executing Individual does not pass through a prone or inverted position after release.

3.5. Judging Criteria

Judging Criteria	Description	Points
Technique	Execution of Pom Motion Technique, Core Technique and Technical Skills (proper execution of leaps, turns, jumps, partner work, etc.)	30
Group Execution	Synchronization / Timing with Music, Uniformity of Movement, Spacing	30
Choreography	Musicality / Creativity / Originality, Routine Staging / Visual Effects, Degree of Difficulty	30
Overall	Communication/Projection/Audience Appeal & Appropriateness	10
Grand Total		100

4. FREESTYLE CHEER POM GLOSSARY

1. **Aerial Cartwheel:** An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.
2. **Airborne (executed by Individuals, Groups or Pairs):** A state or skill in which the performer is free of contact from a person and/or the performing surface.
3. **Airborne Hip-Over-Head Rotation (executed by Individuals):** An action in which the hips continuously rotate over the head, and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).
4. **Category:** Denoting the style of the routine. (Example: Pom, Hip Hop, Jazz, High Kick)
5. **Connected/Consecutive Skills:** An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch)
6. **Contact (executed by Groups or Pairs):** The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

7. **Division:** Denoting the composition of a competing group of individuals. (Example: Junior, Senior)
8. **Drop (executed by Individuals):** An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.
9. **Elevated:** An action in which an individual is moved to a higher position or place from a lower one.
10. **Executing Individual:** An individual who performs a skill as a part of “Groups or Pairs” who use(s) support from another individual(s).
11. **Head Level:** A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
12. **Height of the Skill:** Where the action is taking place.
13. **Hip Level:** A designated and averaged height; the height of a standing individual’s hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
14. **Hip Over Head Rotation (executed by Individuals):** An action characterized by continuous movement where an individual’s hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).
15. **Hip Over Head Rotation (executed by Groups or Pairs):** An action characterized by continuous movement where the Executing Individual’s hips rotate over his/her own head in a lift or partnering skill.
16. **Inversion/Inverted:** A position in which the Individual’s waist and hips and feet are higher than his/her head and shoulders, and there is a stop, stall or change in momentum.
17. **Inverted Skills (executed by Individuals):** A skill in which the individual’s waist and hips and feet are higher than his/her head and shoulders and is characterized by a stop, stall, or pause.

18. **Lift (executed by Groups or Pairs):** A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an Executing Individual(s) and a Supporting Individual(s).
19. **Partnering (executed by pairs):** A skill in which two performers use support from one another. Partnering can involve both Supporting and Executing skills.
20. **Perpendicular Inversion (executed by Individuals):** An inverted position in which the individual's head, neck and shoulders are directly aligned with the performance surface at a 90-degree angle.
21. **Prone:** A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up
22. **Prop:** Anything that is used in the routine choreography that is not/was not originally part of the costume.
Clarification 1: For Freestyle Pom Categories, Poms are considered part of the uniform.
23. **Shoulder Inversion (executed by individuals):** A position in which the individual's shoulders / upper back area is in contact with the performance surface and the individual's waist and hips, and feet are higher than his/her head and shoulders.
24. **Shoulder Level:** A designated an average height; the height of a standing performer's shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
25. **Supine:** A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.
26. **Supporting Individual:** An individual who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an Executing Individual.
27. **Toss:** A skill where the Supporting Individual(s) releases the Executing Individual. The Executing Individual's feet are free from the performance surface when the toss is initiated.

GET IN THE GAME
25-26 November 2023
Singapore



28. **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

29. **Vertical Inversion (executed by Groups or Pairs):** A skill in which the Executing Individual's waist and hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Individual(s) by a stop, stall or change in momentum.

GET IN THE GAME
25-26 November 2023
Singapore



DHL ASIACUP 2023
FREESTYLE POM SCORE SHEET

Date: _____ Judge #: _____ Division: _____

Team #: _____ Team Name: _____

TECHNIQUE

EXECUTION OF POM MOTION TECHNIQUE **10 POINTS** _____
 Clean arm lines, levels, placement, movement is sharp, strong, and precise.

EXECUTION OF CORE TECHNIQUE **10 POINTS** _____
 Correct placement & levels of arms/torso/hips/legs/feet, body control, extension

EXECUTION OF TECHNICAL SKILLS **10 POINTS** _____
 Proper execution of leaps, turns, jumps, partner work etc.

GROUP EXECUTION

SYNCHRONIZATION/TIMING WITH MUSIC **10 POINTS** _____
 Moving together as one with the music

UNIFORMITY OF MOVEMENT **10 POINTS** _____
 Movements are the same on each person, clear, clean and precise

SPACING **10 POINTS** _____
 Equal/correct spacing between individuals on the performance surface during the routine and transitions

CHOREOGRAPHY

MUSICALITY/CREATIVITY/ORIGINALITY **10 POINTS** _____
 Use of the music accents, style, creative, original movement

ROUTINE STAGING/VISUAL EFFECTS **10 POINTS** _____
 Formations and transitions, visual impact of group work, levels, opposition, poms, etc.

DEGREE OF DIFFICULTY **10 POINTS** _____
 Level of difficulty of skills, movement, weight changes, tempo, etc.

OVERALL EFFECT

COMMUNICATION/PROJECTION/AUDIENCE APPEAL & APPROPRIATENESS **10 POINTS** _____
 Ability to exhibit a dynamic routine with showmanship, audience appeal; age-appropriate music, costume, and choreography that enhances the performance.

TOTAL COMMENTS **100 POINTS POSSIBLE** _____