

CHEER POM

RULES & REGULATIONS 2023

Version 2.0

THIS DOCUMENT COVERS THE BASIC RULES OF THE CHEERLEADING CATEGORY FOR THE 2023 TOURNAMENT. THE FULL SET OF RULES WILL BE MADE AVAILABLE IN THE DHL ASIACUP CHEERLEADING RULEBOOK.

Background

The cheerleading performances are as much a highlight of the annual football tournament as the football. The cheerleading teams put in a great amount of time and effort into their routines, the quality of which is outstanding. Some of the teams also hire professional coaches, to help develop their routines.

1.0 Scope of the Rules and Information Document

This document is applicable to the cheerleading tournament that runs at the same time as the football tournament. It contains the rules and regulations that govern the cheerleading tournament and together with the **AsiaCup Cheer Pom Rule Book**, must be used by all cheerleading teams and their coaches. The Cheerleading Coordinator is responsible for maintaining the Rules and Information document, and for ensuring that it is followed.

2.0 Team Members

Each team must provide a list of cheerleaders' names by 22 September 2023 with a team size of 12 cheerleaders and 1 Coach per team. Only 12 cheerleaders are allowed on the floor during the performance. Teams may be a combination of male and female members. All team members must work for DHL Express and should have been on the payroll as of 31 March 2023. Teams will be disqualified if any team members do not comply with this rule. Every single cheerleader has to be approved by the Country Manager and the HR Manager.

3.0 Sideline Performance

For 2023 DHL AsiaCup, the sideline performance is a competition element. We do encourage the teams to still cheer for their football teams during the matches, but these performances will not be judged nor rewarded with a special prize.

4.0 Cheer Pom Judging points

Technique – 30 points

Execution of Pom Motion Techniques: Clean arm lines, levels, placement, movement is sharp, strong, and precise.

Execution of Core Techniques and Technical Skills: Correct placement & levels of arms/torso/hips/legs/feet, body control, extension, Proper execution of leaps, turns, jumps, partner work, etc.

Group Execution – 30 Points

Synchronization / Timing with Music: Moving together as one with the music.

Uniformity of Movement, Spacing: Movements are the same for each person, clear, clean and precise. Equal/correct spacing between individuals on the performance surface during the routine and transitions

Choreography – 30 Points

Musicality / Creativity / Originality: Use of music accents, style, creative, original movement.

Routine Staging / Visual: Formations and transitions, the visual impact of group work, levels, oppositions, poms, etc.

Degree of Difficulty: Level of difficulty of skills, movement, weight changes, tempo, etc.

Overall – 10 Points

Communication/Projection/Audience Appeal & Appropriateness: Ability to exhibit a dynamic routine with showmanship, audience appeal; age-appropriate music, costume and choreography that enhances the performance.

4.1 Performance Length

Each team will have a maximum of two minutes and thirty seconds [2:30]. 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.

4.2 Performance Area, Entry and Exit

The performance area will be 12.8 X 12.8 square meters. After the team is introduced, it enters the performance area and promptly assumes its starting position within a thirty-second window.

4.3 False Starts

A false start is defined as when the team is unable to start their performance after assuming their starting position, or the performance is interrupted prior to its intended conclusion.

An acceptable false start is when the circumstances causing the false start are not within the team's control. This could include failure of equipment or foreign objects interfering with the performance.

The team will be allowed to repeat their performance if the head judge deems it an acceptable false start. Any decision made by the head judge is final.

NOTE: Interrupted performances will be reviewed and treated accordingly to the AsiaCup Cheer Pom Rule Book.

4.4 Safety

Over the years, the complexity and difficulty of routines have increased. In order to ensure the safety of cheerleaders, teams without a certified cheerleading coach are to register for this category. No stunts are allowed in this category.

4.5 Music

All music must be sent to the attention to DHLAsiaCup.Cheerleading@dhl.com in MP3 format before 03 November 2023. The organisers reserve the right to impose any penalties for last minute changes in music.

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.

In case the music cannot start at the beginning of the team's special performance, the Coach (or deputy) of the performing team must make themselves known at the start of the performance and preferably stand next to the music installation to give a sign on when the music can start.

4.6 Performances and Teams

The performances will be executed and concluded with a final. The pools and performance time will be communicated to the team coaches and made available as from 11 October 2023. All scores will be posted on the scoreboard within max 4 hours of completion of the performance (sooner if possible). Score sheets of the competition on Saturday can be picked up from the information desk at the registration counter once all performances are completed. Otherwise, they will be distributed on the night at the hotel party.

4.7 First Round

The first round will take place on Saturday, 25 November, with the teams competing at set times. The top 5 teams will go through to the final on Sunday, 26 November. The judges for this round will be the cheerleading judging panel, as described in 4.9.

4.8 The Final

The top 5 teams from the first round will go through to the final on Sunday, 26 November. The judges for this round will be the cheerleading judging panel, as described in 4.9.

The performances in the final will be judged on the final performance only. Saturday's first-round performance will not be considered in the scoring, i.e., score sheets start at zero again. 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).

4.9 Judging

The panel of judges will consist of independent professional cheerleading judges by Cheerleading Association (Singapore)(CAS), judging all scoring elements of the performance.

5.0 Scoring

The maximum score is 100 points on each day of the competition. For the final performance that takes place on Sunday, First and Second place will be awarded to the teams with the highest scores. If there is a tie, the ranking points from each judge will be used to break the tie. Should the skill scores be identical, the teams who are tied may be asked to repeat their performance in its entirety for re-judging. The scores will start at zero again.

6.0 Chart of Deductions / Penalties

Penalties will be given by the deductions judge if:

Time: Not followed as mentioned in chapter 4.1 – points will be reduced by up to 9 points from the total score. To be decided by the deductions judge.

Team Members: In case there are more than 12 cheerleaders on the performance floor, team will be disqualified. To be decided by the deductions judge.

- Refer to the AsiaCup Cheer Pom Rule Book for the full list of penalties.

7.0 Procedural Questions

Questions concerning the rules and regulations or procedures of the cheerleading tournament will be handled exclusively by the Coach and will be directed to the head of the Cheerleading Association (Singapore) for seeking resolution.

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 (Singapore) immediately after the team's performance and/or following the outcome of the competition by the Coach of the team.

7.1 Disputes

Questions concerning the final score, or team rankings must be handled exclusively by your Coach and should be directed to the head of the Cheerleading Association (Singapore).

Any protest will be investigated and evaluated by the head of the Cheerleading Association (Singapore), and a final decision will be made to uphold or dismiss the protest.

7.2 Sportsmanship

All participants shall conduct themselves in a manner displaying good sportsmanship throughout the cheerleading tournament. The Coach is responsible for seeing that team members, and any other persons affiliated with the team, conduct themselves accordingly.

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25-26 November 2023
Singapore



7.3 Interpretation

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.

7.4 Use of Illegal Substances

The use of soft drugs is becoming more visible and is strictly against DHL policy.

8.0 Disclaimer

These rules are subject to review and can be adjusted at any time. Any new versions automatically replace this version.