

CHEERLEADING 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 Cheerleading 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 certified Cheerleading Coach per team. The coach must have an International Cheer Union (ICU) Level 2 Coaching Certification or equivalent.

Only 12 cheerleaders are allowed on the floor during the Team Cheer. 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 Cheerleading Judging points

Cheer Criteria – 10 points

Crowd Leading Ability: The ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of stunts/pyramids to lead the crowd, execution (native language encouraged).

Stunts – 50 Points

Partner Stunts: Execution of skills, difficulty (Level of skill, number of bases, number of stunt groups), synchronization, and variety.

Pyramids: Difficulty, transitions moving into or dismounting out of skills, execution, timing and creativity.

Gymnastic – 10 Points

Tumbling: Group tumbling, execution of skills (includes jumps if applicable), difficulty, proper technique, synchronization.

Overall – 30 Points

Flow of routine/transitions: Execution of routine components, flow, pace, timing of skills, and transitions.

Overall Presentation, Crowd Appeal, Dance: Overall presentation, showmanship, dance, facials, energy and crowd effect. Execution of dance, synchronization, timing, and creativity.

4.1 Performance Length

Each squad will have a maximum of two minutes and thirty seconds [2:30] for music and a minimum of thirty [30] seconds for cheer which must be performed at the beginning or middle of the routine. Timing will begin with the first movement, voice, or the first note of the music; whichever comes first. The Performance starts with either the cheer element or the music as per the teams' choice; however, there is a time limit of the maximum time interval of thirty seconds between the Cheer and Music portion.

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 Cheerleading 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 are allowed to provide up to four safety spotters. Otherwise, official spotters will be provided by the Organisers. They will not be counted as part of the team member numbers if they only spot the team during pyramids and/or stunts. In this case, they must enter the performance area for the pyramids and/or stunts only and then stand outside during the remainder of the performance.

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 to 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), 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.

Spotter: Not followed as mentioned in chapter 4.4 – points will be reduced by 15 points on the total score. To be decided by the deductions judge.

Team Members: In case there are more than 12 cheerleaders (exclude spotters) on the performance floor.

- team will be disqualified. To be decided by the deductions judge.

Refer to the **AsiaCup Cheerleading 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 Cheerleading 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.

7.1 Disputes

Questions concerning the final score, or team rankings must be handled exclusively by your Cheerleading 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 Cheerleading Coach is responsible for seeing that team members, and any other persons affiliated with the team, conduct themselves accordingly.

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.