

**CHEER DANCE**  
**CHEER DANCE DOUBLES**  
**SENIOR**  
(16 and over)

**JUNIOR 2**  
(Age 12-15)

**JUNIOR 1**  
(Age 7-12)

# 1 COMPETITION GUIDELINES (CHEER DANCE)

## 1.1 Categories and Divisions / カテゴリー&部門

Cheer Dance in IFC is a unique style of Cheerleading activity that incorporates:

IFC におけるチアダンスとはチアリーディング活動における特別なスタイルであり、下記を合体させたものである。

- A combination of dance styles with compulsory elements included to create Cheer Dance.  
必須要素であるチアダンスパートを含んだ様々なダンススタイルの組み合わせ
- Cheer spirit, power, energy, positive personality.  
チアリーディング精神、パワー、エナジー、ポジティブな個性
- Effective use of pompons.  
効果的なポンポンの使い方

DIVISION 部門	SENIOR シニア	JUNIOR 2 ジュニア 2	JUNIOR 1 ジュニア 1
<b>CHEER DANCE</b> チアダンス	*8-16 members (over 16 years old) 8 名から 16 名(16 歳以上) *3 substitutes 補欠は 3 人まで *Male and female can enter (the number of males cannot exceed 50 % of the team) 男女共に出場可能(男性の人数は半数を越えてはいけない)	*8-16 members (12 to 15 years old) 8 名から 16 名(12 歳から 15 歳) *3 substitutes 補欠は 3 人まで *Male and female can enter (the number of males cannot exceed 50 % of the team) 男女共に出場可能(男性の人数は半数を越えてはいけない)	*8-16 members (7 to 12 years old) 8 名から 16 名(7 歳から 12 歳) *3 substitutes 補欠は 3 人まで *Male and female can enter (the number of males cannot exceed 50 % of the team) 男女共に出場可能(男性の人数は半数を越えてはいけない)
<b>CHEER DANCE DOUBLES</b> ダブルス	*2 members (over 16 years old) 2 名(16 歳以上) *2 substitutes 補欠は 2 名まで *Male and female can enter 男女ともに出場可能	*2 members (12 to 15 years old) 2 名(12 歳から 15 歳) *2 substitutes 補欠は 2 名まで *Male and female can enter 男女ともに出場可能	*2 members (7 to 12 years old) 2 名(7 歳から 12 歳) *2 substitutes 補欠は 2 名まで *Male and female can enter 男女ともに出場可能

**Notes:** 12-15 years old means 12-15 years + 364 days

7-12 years old means 7-12 years + 364 days

- ◆ Every team member in Senior must have reached the age of 16 (sixteen) on the day of the competition.  
シニアのメンバーは大会の最初の日までに 16 歳以上であること
- ◆ Every team member in Junior 2 must have reached the age of 12 (twelve) to 15 (fifteen) on the day of the competition.  
ジュニア2のメンバーは大会の最初の日までに 12 歳から 15 歳であること
- ◆ Every team member in Junior 1 must have reached the age of 7 (seven) to 12 (twelve) on the day of the competition  
ジュニア1のメンバーは大会の最初の日までに 7 歳から 12 歳であること
- ◆ Every team member has to have proof of nationality.  
全てのメンバーは日本国籍が必要
- ◆ Every team needs the proof of insurance.  
全てのチームは保険証書が必要
- ◆ Maximum 2 (two) coaches per team (Cheer Dance)  
チアダンス 1 チームについてコーチ 2 名まで
- ◆ Maximum 1 (one) coach per team (Cheer Dance Doubles)  
チアダンス・ダブルス 1 チームについてコーチは 1 名まで

Athletes that are 12 years old cannot compete in both Junior 2 and Junior 1; they must choose either Junior 2 or Junior 1.

12歳の選手はジュニア1かジュニア2のどちらかに出場可能(2部門は不可)

## 1.2 Entry

- ◆ Athletes can compete in CHEER DANCE, CHEER DANCE DOUBLES, CHEERLEADING (All Female or Mixed, but not both), CHEERLEADING SMALL GROUPS (All Female or Mixed, but not both) and CHEERLEADING DOUBLES.
- ◆ If an athlete competes in more than 1 (one) of the above, please inform IFC head office

## 1.3 Apparel

Appropriate uniforms and shoes are essential to secure not only the athletes own but also accompanying athletes from injuries. Uniforms and shoes must be appropriate for Cheer Dance.

Uniforms and shoes worn in the official championships must meet the requirements of the **“International Championships Standards for Uniforms and Shoes”** and/or have been examined and approved by the IFC.

Injuries and accidents caused by uniforms and/or shoes will be the responsibility of the team. Neither the IFC nor the host country will be held responsible.

Teams may display a sponsor's logo/patch/name on their uniform provided it is no bigger than the size of a credit card (about 2×3 inches).

In case of uncertainty, please contact the IFC **before** ordering your team's uniform and shoes.

(Dress code violation-see PENALTIES)

ユニフォームは選手本人を守ることはもちろん、チームメイトもケガから守ることができる(相手にケガを負わせない)ものであること。

ユニフォームとシューズはチアダンスに適したものでなければならない。公式大会で着用するユニフォームとシューズは、ユニフォーム及びシューズの国際大会規定に準じたものであり、かつIFCが承認したものでなければならない。

ユニフォームやシューズが原因で発生したケガや事故はチームの責任となる。IFCや主催国のどちらもその責任は負わない。チームはスポンサーのロゴや名前をユニフォームに着けることができるが、そのサイズはクレジットカードサイズ(2×3インチ)であること。不明な点はユニフォームやシューズを作成する前にIFCに問い合わせること。

### a) Uniform / ユニフォーム

Uniform or Costumes must be appropriate for dance. No see through material may be worn, but parts of uniform/costume may be flesh colored. Underwear may not be visible. No tear-away uniforms or removal of clothing is allowed. The uniform or costume must not too revealing.

ユニフォームはダンスに適していること。シースルー(透けて見えるもの)は着用不可。ただし、ユニフォームの一部が肌色のものを使用することはできる。下着は見えないようにすること。着脱可能なものは使用不可。過度に肌を露出したユニフォームは不可。

### b) Shoes / シューズ

All athletes must wear proper, non-marking dance shoes (jazz shoes, ballet shoes, textile shoes or normal sports shoes). Everyone must wear the same shoe color.

全選手は適切なマーキングのされていない(柄のない)シューズ(つま先とかかとがカバーされているジャズシューズ、バレエシューズ、通常のスポーツシューズ)を着用すること。全選手同じ色のシューズを着用すること。

### c) Hair / 髪型

All athletes whose hair is longer than a bob have to tie it back from the face. It should be arranged so as not to block their view. Only flat hairpins may be worn.

Color: Natural looking hair color and/or uniform color for the whole team.

ボブより長い場合は顔にかからないように結ぶこと。視界を妨げないようにすること。フラットピンは使用可能。自然な髪色またはユニフォームのカラーに合わせて色であること。

### d) Accessories & Jewelry / アクセサリー、ジュエリー

Watches, necklaces, earrings, body pierced and any other jewelry that might not only hurt wearer but also other athletes is strictly prohibited.

時計、ネックレス、イヤリング、ボディピアス等、その他貴金属類は着用不可。

**e) Other / その他**

- Fingernails should be cut short.  
爪は切ること
- Athletes are not allowed to wear stockings, hats, and gloves.  
ストッキング、帽子、手袋の着用は禁止

**f) Medical Equipment & Athletic Supporter / 医療器具**

Generally, medical items may not be worn during the performance. However, if there is an athlete that has difficulties to perform without a medical item such as a hearing aid, it may be allowed. When the athlete needs to use any medical items, approval from IFC is required before the start of the competition.

Basically, glasses may not be worn during the performance. However, flexi-glass may be allowed. If the athlete needs to use flexi-glass, the item should be tightened to avoid coming off during the performance.

The cheerleaders' will to continue and actually being well enough to perform are totally different. Therefore, the injured cheerleader, the coach, and the team member should be consulted by doctors and specialists to determine the cheerleader's fitness. Also avoid using medical equipment and athletic supporter with hard material or metal, as there are risks of hurting the athlete as well as the co-performer. When using an athletic supporter with Velcro, fix it to the body well to prevent it from coming off. Usage of wrist band and tape only to avoid slipping are prohibited.

Please check with Competition Organizing Committee (COC) Chairperson prior to the CWC for exemptions.

**Participants needing to wear such items must apply in writing to COC, and must have WRITTEN approval to do so.**

通常、医療器具は、競技中、着用してはいけません。しかし、補聴器のような医療器具なしで競技することが困難な競技者には、許可される場合があります。競技者が医療器具を使う必要があるときは、大会の前に IFC の承認が必要。

基本的に、眼鏡は競技中、着用できません。しかし、flexi-glass は許可される場合があります。使う必要がある場合は、競技中、脱落しないよう締めること。

続けるチアリーダーの意志と実行するのに十分実際によいことは、全く異なります。したがって、負傷したチアリーダー、コーチとチーム・メンバーは、チアリーダーのフィットネスを決定するために、医者と専門家によって意見を聞かれなければなりません。アスリートならびに共同パフォーマーを傷つける危険があるので、硬い材料または金属でも医療機器と運動用サポーターを使うことを避けてください。ベルクロで運動用サポーターを使うとき、それがとれるのを防ぐために、上手に体にそれを直してください。手首バンドの使用法と滑ることを避けるだけのテープは、禁止されます。

免除のために CWC の前に競争組織委員会 (COC) 議長に確かめてください。そのようなアイテムを着る必要がある参加者には、書面で COC に申し込まなければならなくて、そうするために、WRITTEN 承認がなければなりません。

**Preparing oneself to become a competitive athlete**

Always focus on preparing yourself to give a healthy and positive image as an athlete. Excessive make up, body painting (drawing letters or patterns on in face and body), immoderate nail polish and hair dye are considered inappropriate as an athlete, and are strictly prohibited.

## 1.4 Props / 手具

In Cheer Dance competitions the only allowed props are pompons.

ポンポン以外の手具は禁止

## 1.5 Performance Area / 競技エリア

Competition area will be a 12m × 12m (twelve meters by twelve meters), taped off area. The dance floor should be made of parquet, laminate, professional dance floor or any other sort of wood.

No mats are allowed.

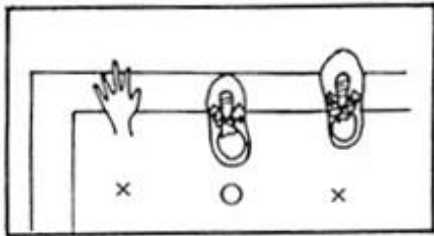
Cheer dancers are not allowed to step outside the marked area once the routine has started.

競技エリアは 12m 四方

### ●Area Violation●

Any body parts contact with floor outside of the designated area during performance.

You may reach out the taped area to get approved props by hand(s).



## 2 GENERAL RULES (CHEER DANCE SENIOR) チアダンスシニア規則

### 2.1 Performance Time／演技時間

Minimum time for the routine is **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

演技時間は 2 分 15 秒以上 2 分 30 秒以内。全て音楽で構成すること。ポンポンは演技時間の 1/3 以上使用すること。

#### The Beginning and the Ending of the Routine / 演技の開始と終了

- The routine must begin within the marked competition area  
演技は演技エリア内で開始すること
- All team members must come to a complete standstill before beginning their routine.  
演技開始前に静止状態をとること
- Timing will begin with the first note of music  
計時は最初の音楽のきっかけで開始する
- The timing will be stopped at the both on the last note of the music  
計時は音楽の最後で終了する

#### Entrance and Exit / 入退場

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

手具はできるだけ速くセッティングすること。セッティングの持ち時間は 30 秒間まで。演技終了後は素早く退場すること。短時間であればアピールすることは可能だが、入退場において技術を実施した場合は違反となる(入退場時にタンブリング・ジャンプの実施は禁止)

#### ●Time Violation● (10 points deducted see PENALTY) 時間規則違反(10 点減点)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

演技時間は2分15秒に満たない場合、2分30秒より短い場合

\*In case that pompon time is shorter than 1/3 (one third) of the routine

ポンポンを演技時間の1/3以上使用していない場合。

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY) 入退場違反(5 点減点)

\*In case that entrance time is over 30 seconds.

入場に30秒以上要した場合

### 2.2 Routine Elements / 演技要素

**Pompons must be used continuously by all participants (optional for males) for 1/3 (one third) of the routine time** (e.g. if routine has a length of 2:30 minutes, teams must use pompons for more than 50 seconds.)

Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited.

**All compulsory elements have to be performed by all team members at the same time or in a ripple.**

ポンポンは演技時間の 1/3 以上使用すること(男性は選択可能)

ポンポン以外の手具は禁止。チアやチャント(チアリーディングのような声出し)、スタンツ、タンブリング、ピラミッド、アクロバットな動作(お尻が肩を越える動作)は禁止

全ての規定内容は全選手で同時またはリブルで実施すること

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

演技は、ジャズ、ファンク、ポップ、リリック、ノベルティなど、様々な種類のダンスを含むことができる。

### Compulsory elements / 規定演技内容

- ◆ Minimum 2 (two) different pirouettes of which 1 (one) must be a double  
最低 2 種類のピルエット、その内 1 回はダブルピルエットであること
- ◆ Minimum 3 (three) different high kicks  
最低 3 種類のハイキック
- ◆ Minimum 1 (one) split front or side  
最低 1 回の前後または横のスプリット
- ◆ Minimum 3 (three) different jumps (all team members must show the same jumps)  
最低 3 種類のジャンプ(全選手は必ず同じジャンプを実施すること)
- ◆ Minimum 2 (two) different leaps (all team members must show the same leaps)  
最低 2 種類のリープ(全選手は必ず同じリープを実施すること)
- ◆ Cheer arm motions with a minimum of 8 (eight) counts  
最低 8 カウントのモーション

## 2.3 Safety Rules / 安全規則

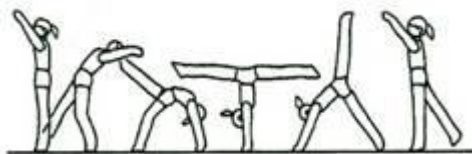
### a) Acrobatics in Dance / ダンス内のアクロバット動作

**Allowed: 実施可能**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"  
前転・横回転・後転、ブリッジ、腰が一時的に肩の上にくるモディファイ倒立(倒立で止まらない)、「ウォーム」「ネックスタンド」「キャンドル」などのブレイクダンス要素

**Prohibited: 禁止動作**

- Handstands, cartwheels, handsprings or other tumbling  
倒立、側転、バク転などのタンブリングは禁止
- Dive rolls  
ダイブロール(飛び込み回転)
- Modified hand stand where hips rotate over the shoulder(s) (as below)  
腰が肩を越えるモディファイ倒立



### b) Dance Lifts/Stunting / ダンスリフト, スタンツ

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

支えられる選手の足が地面から離れた状態で重心を支える動作

**Allowed: 実施可能**

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground.

地面上で座った状態やクラウチングの状態に相手を支える動作／最低片足で立った状態で相手にもたれかかる動作

**Prohibited: 禁止動作**

- Dance Lifts, Stunts  
ダンスリフト、スタッツ

**c) Jumps / ジャンプ**

It is forbidden to jump (leap) over any part of the body of another athlete.

相手の体(どの部分でも)飛び越えることはできない

**d) Collision / 衝突**

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

体のどのパートでも選手同士がぶつかった場合は危険な演技構成であると判断され減点される



## 3 GENERAL RULES (CHEER DANCE JUNIOR 2) チアダンス ジュニア2規則

### 3.1 Performance Time

Minimum time for the routine is **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 3.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 2:30 minutes, teams must use pompons for more than 50 seconds.) Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s)) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements / 規定演技内容

- ◆ Minimum 1 (one) double pirouette  
最低 1 回のダブルピルエット
- ◆ Minimum 2 (two) high kicks  
最低 2 回のハイキック
- ◆ Minimum 1 (one) split front or side  
最低 1 回の前後または横のスプリット
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)  
最低 2 回のジャンプ(全選手が同じジャンプを実施すること)
- ◆ Minimum 2 (two) leaps (all team members must show the same leaps)  
最低 2 回のリープ(全選手が同じリープを実施すること)

- ◆ Cheer arm motions with a minimum of 8 (eight) counts  
最低 8 カウントのモーション

### 3.3 Safety Rules

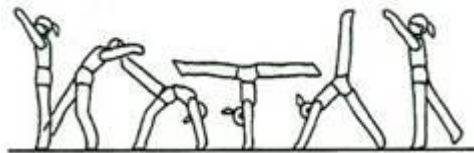
#### a) Acrobatics in Dance

**Allowed:**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

**Prohibited:**

- Handstands, cartwheels, handsprings or other tumbling
- Dive rolls
- Modified hand stand where hips rotate over the shoulder(s) (as below)



#### b) Dance Lifts/Stunting

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

**Allowed:**

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground.

**Prohibited:**

- Dance Lifts, Stunts

#### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

#### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 4 GENERAL RULES (CHEER DANCE JUNIOR 1) チアダンス ジュニア 1 規則

### 4.1 Performance Time

Minimum time for the routine is **2:15** (two minutes fifteen seconds), maximum time limit is **2:30** (two minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 2:15, or longer than 2:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

### 4.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 2:30 minutes, teams must use pompons for more than 50 seconds.) Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s)) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements 規定演技内容

- ◆ Minimum 1 (one) single pirouette  
最低 1 回のシングルピルエット
- ◆ Minimum 2 (two) high kicks  
最低 2 回のハイキック
- ◆ Minimum 1 (one) split front or side  
最低 1 回の前後または横のスプリット
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)  
最低 2 回のジャンプ(全選手同じジャンプを実施すること)
- ◆ Minimum 1 (one) leap (all team members must show the same leap)  
最低 1 回のリープ(全選手が同じリープを実施すること)

- ◆ Cheer arm motions with a minimum of 8 (eight) counts  
最低 8 カウントのモーション

## 4.3 Safety Rules

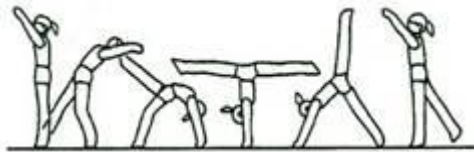
### a) Acrobatics in Dance

#### **Allowed:**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

#### **Prohibited:**

- Handstands, cartwheels, handsprings or other tumbling
- Dive rolls
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

#### **Prohibited:**

- Dance Lifts, Stunts

### c) Jumps

#### **Prohibited:**

- It is forbidden to jump (leap) over any part of the body of another athlete.
- It is prohibited to land after jumps in a split or a knee position.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 5 GENERAL RULES (CHEER DANCE DOUBLES SENIOR)

### チアダンス ダブルスシニア規則

#### 5.1 Performance Time

Minimum time for the routine is **1:15** (one minute fifteen seconds), maximum time limit is **1:30** (one minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

演技時間は 1 分 15 秒から 1 分 30 秒まで

演技は全て音楽で構成すること。ポンポンは演技時間の最低 1/3 は使用すること

#### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

#### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

#### ●Time Violation● (2 points deducted see PENALTY) 時間規則違反(2 点減点)

\*In case that routine time is shorter than 1:15, or longer than 1:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

#### ●Entrance and Exit Violation● (2 points deducted see-PENALTY) 入退場違反(2 点減点)

\*In case that entrance time is over 30 seconds.

#### 5.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

ポンポンは全選手(男性は選択可能)で演技時間の 1/3 位以上使用すること

ポンポン以外の手具は禁止。チア・チャント、スタンツ、タンブリング、ピラミッド、アクロバット動作は禁止

全ての規定演技内容は同時またはリプルで実施すること

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

#### Compulsory elements 規定演技内容

- ◆ Minimum 2 (two) different pirouettes of which 1 (one) must be a double  
最低 2 種類のピルエット、その内ひとつかダブルピルエット
- ◆ Minimum 3 (three) different high kicks  
最低 3 種類のハイキック
- ◆ Minimum 1 (one) split front or side  
最低 1 回の前後または横のスプリット
- ◆ Minimum 3 (three) different jumps (all team members must show the same jumps)  
最低 3 種類のジャンプ
- ◆ Minimum 2 (two) different leaps (all team members must show the same leaps)  
最低 2 種類のリープ
- ◆ Cheer arm motions with a minimum of 8 (eight) counts  
最低 8 カウントのモーション

### 5.3 Safety Rules

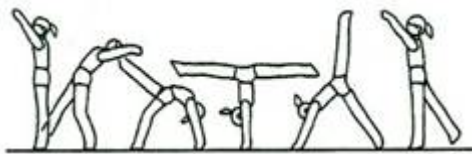
#### a) Acrobatics in Dance

##### **Allowed:**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

##### **Prohibited:**

- Handstands, cartwheels, handsprings or other tumbling
- Dive rolls
- Modified hand stand where hips rotate over the shoulder(s) (as below)



#### b) Dance Lifts/Stunting

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

##### **Allowed:**

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground.

##### **Prohibited:**

- Dance Lifts, Stunts

#### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

#### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 6 GENERAL RULES (CHEER DANCE DOUBLES JUNIOR 2)

### チアダンス ダブルス ジュニア2規則

#### 6.1 Performance Time

Minimum time for the routine is **1:15** (one minutes fifteen seconds), maximum time limit is **1:30** (one minutes thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

##### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

##### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

##### ●Time Violation● (2 points deducted see PENALTY)

\*In case that routine time is shorter than 1:15, or longer than 1:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

##### ●Entrance and Exit Violation● (2 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

#### 6.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time**. Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

##### Compulsory elements 規定演技内容

- ◆ Minimum 1 (one) double pirouette  
最低 1 回のダブルピルエット
- ◆ Minimum 2 (two) high kicks  
最低 2 回のハイキック
- ◆ Minimum 1 (one) split front or side  
最低 1 回の前後または横のスプリット
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)  
最低 2 回のジャンプ

- ◆ Minimum 2 (two) leaps (all team members must show the same leaps)  
最低 2 回のリープ
- ◆ Cheer arm motions with a minimum of 8 (eight) counts  
最低 8 カウントのモーション

## 6.3 Safety Rules

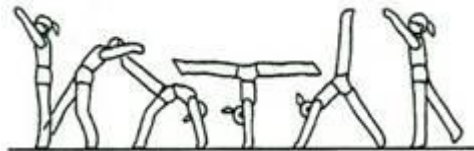
### a) Acrobatics in Dance

#### **Allowed:**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

#### **Prohibited:**

- Handstands, cartwheels, handsprings or other tumbling
- Dive rolls
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

#### **Allowed:**

- Pulling the competitor up from a sitting/crouching position on the ground; competitor leaning on another with at least one foot on the ground.

#### **Prohibited:**

- Dance Lifts, Stunts

### c) Jumps

It is forbidden to jump (leap) over any part of the body of another athlete.

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.



## 7 GENERAL RULES (CHEER DANCE DOUBLES JUNIOR 1)

### チアダンス ダブルス ジュニア1規則

#### 7.1 Performance Time

Minimum time for the routine is **1:15** (one minute fifteen seconds), maximum time limit is **1:30** (one minute thirty seconds). The entire routine should be performed **with music**. Pompons should be used at least 1/3 (one third) of the routine.

##### The Beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin with the first note of music
- The timing will be stopped at the both on the last note of the music

##### Entrance and Exit

Props must be set on the performance area as quickly as possible. You have **30** (thirty) seconds to get set. Teams will exit the floor immediately following the routine. Although teams are allowed to show spirits briefly to crowd during entrance and exit, a time violation penalty will be assessed for any skill performed before or after the allotted routine time. (No tumbling, jumps upon entrance & exiting)

##### ●Time Violation● (10 points deducted see PENALTY)

\*In case that routine time is shorter than 1:15, or longer than 1:30.

\*In case that pompon time is shorter than 1/3 (one third) of the routine.

##### ●Entrance and Exit Violation● (5 points deducted see-PENALTY)

\*In case that entrance time is over 30 seconds.

#### 7.2 Routine Elements

**Pompons must be used continuously by all participants** (optional for males) **for 1/3 (one third) of the routine time** (e.g. if routine has a length of 1:30 minutes, teams must use pompons for more than 43 seconds.) Props (except pompons) are prohibited. Cheers, chants, stunts, tumbling, pyramids and acrobatics (hips must not rotate over shoulder(s)) are prohibited. **All compulsory elements have to be performed by all team members at the same time or in a ripple.**

The routine may encompass a variety of dance styles such as (but not limited to) jazz, funk, pop, lyrical, novelty, etc.

##### Compulsory elements 規定演技内容

- ◆ Minimum 1 (one) single pirouette  
最低 1 回のシングルピルエット
- ◆ Minimum 2 (two) high kicks  
最低 2 回のハイキック
- ◆ Minimum 1 (one) split front or side  
最低 1 回の前後または横のスプリット
- ◆ Minimum 2 (two) jumps (all team members must show the same jumps)  
最低 2 回のジャンプ
- ◆ Minimum 1 (one) leap (all team members must show the same leap)

最低 1 回のリープ

- ◆ Cheer arm motions with a minimum of 8 (eight) counts

最低 8 カウントのモーション

## 7.3 Safety Rules

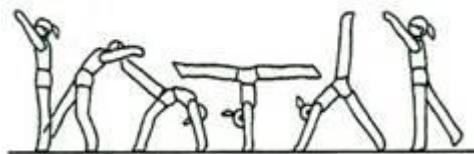
### a) Acrobatics in Dance

#### **Allowed:**

- Forward/side/backward rolls, back bends, modified hand stand (hips are momentarily vertical with the shoulders), break dance moves such as "the worm", neck stand "candle"

#### **Prohibited:**

- Handstands, cartwheels, handsprings or other tumbling
- Dive rolls
- Modified hand stand where hips rotate over the shoulder(s) (as below)



### b) Dance Lifts/Stunting

Any move where the body weight is supported by another competitor without the flyers foot/feet touching the ground.

#### **Prohibited:**

- Dance Lifts, Stunts

### c) Jumps

#### **Prohibited:**

- It is forbidden to jump (leap) over any part of the body of another athlete.  
ジャンプやリープで相手の体の一部を越えてはいけません
- It is prohibited to land after jumps in a split or a knee position.  
ジャンプ後にスプリットや膝で着地してはいけません(ジュニア1のみ)

### d) Collision

Each collision of athletes (no matter by which part of the body) is considered as unsafe choreography and is deducted.

## 8 JUDGING (CHEER DANCE)

### 8.1 Judging Sheet (Cheer Dance Senior, Junior 2 and Junior 1) チアダンス採点用紙

#### TECHNIQUE (テクニック)

- |   |                        |     |
|---|------------------------|-----|
| 1. Dance Expression (ダンス表現)                     | 0・1・2・3・4・5・6・7・8・9・10 | /55 |
| 2. Pirouette (ピルエット)                            | 0・1・2・3・4・5・6・7・8・9・10 |     |
| 3. Flexibility / Kicks & Splits (柔軟性／キック&スプリット) | 0・1・2・3・4・5・6・7・8・9・10 |     |
| 4. Cheer Jumps (チアのジャンプ)                        | 0・1・2・3・4・5・6・7・8・9・10 |     |
| 5. Leaps (リープ)                                  | 0・1・2・3・4・5・6・7・8・9・10 |     |
| 6. Dance Arm Motions (モーション)                    | 0・1・2・3・4・5            |     |

#### CHOREOGRAPHY (演技構成)

- |                            |                        |     |
|----------------------------|------------------------|-----|
| 1. Difficulty (難易度)        | 0・1・2・3・4・5・6・7・8・9・10 | /25 |
| 2. Visual Effects (視覚的効果)  | 0・1・2・3・4・5・6・7・8・9・10 |     |
| 3. Flow of Routine (演技の流れ) | 0・1・2・3・4・5            |     |

#### EXECUTION (実効性)

- |  |                        |     |
|--|------------------------|-----|
| 1. Formation / Transition (フォーメーション／トランジション) | 0・1・2・3・4・5・6・7・8・9・10 | /20 |
| 2. Synchronization (同調性)                     | 0・1・2・3・4・5・6・7・8・9・10 |     |

/100

## 8.2 Judging Guidelines (Cheer Dance) 審査ガイドライン

### TECHNIQUE テクニク

#### 1. DANCE EXPRESSION (10 points) ダンス表現(10 点)

Points to be aware of: Dance technique of different styles. Eye contact, Facial expression, Enthusiasm, Spirit, Crowd appeal

注意すべき事項: 様々な種類のダンステクニク。アイコンタクト、表情、情熱、元気良さ、観客へのアピール力

#### 2. PIROUETTES (10 points) ピルエット(10 点)

Points to be aware of: Stability, Sharpness, Perfection, Difficulty, Combination, Tempo

注意すべき事項: 安定性、シャープさ、完成度、難易度、コンビネーション、テンポ

#### 3. FLEXIBILITY / KICKS & SPLITS (10 points) 柔軟性／キック&スプリット(10 点)

Points to be aware of: Flexibility, Technique, Body control, Sharpness, Difficulty, Combination, Use in routine, Variety

注意すべき事項: 柔軟性、テクニク、体のコントロール、シャープネス、難易度、コンビネーション、演技での使用方法、種類

#### 4. CHEER JUMPS (10 points) チアのジャンプ(10 点)

Points to be aware of: Height, Power, Speed, Technique, Difficulty, Combination

注意すべき事項: 高さ、パワー、スピード、テクニク、難易度、コンビネーション

#### 5. LEAPS (10 points) リープ(10 点)

Points to be aware of: Variety, Technique, Difficulty, Combination

注意すべき事項: 種類、テクニク、難易度、コンビネーション

#### 6. DANCE ARM MOTIONS (5 points) ダンスモーション(5 点)

Points to be aware of: Sharpness, Speed, Accuracy, Creativity, Synchronization, placement

注意すべき事項: シャープさ、スピード、正確性、創造性、同調性、正確な位置

### CHOREOGRAPHY 演技構成

#### 1. DIFFICULTY (10 points) 難易度(10 点)

Points to be aware of: Degree of difficulty, Consistency of standards, Skill of members, Intensity, Speed. Use of many difficult skills and dance elements, difficulty of connected elements, speed and intensive routine, rhythm changes, it is appropriate for all members of team.

注意すべき事項: 難易度、一貫した基準、選手の技術レベル、強度、スピード。多くの難しい技術やダンス要素の実施、各技術の組み合わせ、スピードや迫力、リズムの変わる演技。全ては選手にふさわしい難度であること。

#### 2. VISUAL EFFECTS (10 points) 視覚的效果(10 点)

Points to be aware of: Variety of dance styles, Effectiveness of style changes, Creativity, Originality, Use of poms, ripples, levels, groups

注意すべき事項: 様々なダンススタイル、スタイルの効果的な変化、創造性、独創性、ポンポンの使い方、リブルやレベル、グループ

#### 3. FLOW OF ROUTINE (5 points) 演技の流れ(5 点)

Points to be aware of: Flow, Speed, Energy, Spacing, Transitions, Appropriateness of dance styles, use of music

注意すべき事項: 流れ、スピード、エナジー、スペーシング、展開(トランジション)、適切なダンススタイル、音楽の使い方

**EXECUTION 実効性****1. FORMATIONS / Transition (10 points) フォーメーション(10 点)**

Points to be aware of: Spacing, Variety, Perfection, Level changes, Easy of transition, Seamless

注意すべき事項: スペーシング、バラエティ性、完成度、レベルチェンジ、展開のスムーズさ、途切れない展開

**2. SYNCHRONIZATION (10 points) 同調性(10 点)**

Points to be aware of: Accuracy, Consistency, Perfection, Difficulty level, Unity, Power, Timing.

注意すべき事項: 正確性、一貫性、完成度、難易度、統一、パワー、タイミング

**8.3 Judging Sheet (Cheer Dance Doubles Senior, Junior 2 and Junior 1)****チアダンスダブルス採点用紙**

1. Dance Expression (ダンス表現)	0・1・2・3・4・5・6・7・8・9・10
2. Compulsory Elements (Technique) 規定演技内容(テクニク)	0・1・2・3・4・5・6・7・8・9・10
3. Compulsory Elements (Difficulty) 規定演技内容(難易度)	0・1・2・3・4・5・6・7・8・9・10
4. Choreography 演技構成	0・1・2・3・4・5・6・7・8・9・10
5. Overall Evaluation 全体評価	0・1・2・3・4・5・6・7・8・9・10

/50

**8.4 Judging Guidelines (Cheer Dance Doubles) 審査ガイドライン****1. DANCE EXPRESSION (10 points) ダンス表現(10 点)**

Points to be aware of: dance technique of different styles, eye contact, facial expression

注意すべき事項: 異なる種類のダンステクニク、アイコンタクト、表情

**2. COMPULSORY ELEMENTS (TECHNIQUE) 規定演技内容(テクニク)**

Points to be aware of: technique

注意すべき事項: テクニク

**3. COMPULSORY ELEMENTS (DIFFICULTY) 規定演技内容(難易度)**

Points to be aware of: difficulty

注意すべき事項: 難易度

#### 4. CHOREOGRAPHY 演技構成

Points to be aware of: flow, use of music and space, visual effects

注意すべき事項: 流れ、音楽やスペースの使い方、視覚的効果

#### 5. OVERALL EVALUATION 全体評価

Points to be aware of: energy, confidence, synchronization, crowd appeal

注意すべき事項: ネナジー、自信、同調性、観客へのアピール

### 8.5 Penalties ペナルティ/違反

#### ALL CATEGORIES/DIVISIONS 全ての部門

##### a) WITHDRAWAL 失格

Failure to notify the COC chairperson and the Host of withdrawal from competing in the CWC prior to the championships in writing will result in the country having to pay a penalty.

Any vulgar, racist, suggestive language or movements could result in disqualification.

##### b) AGE

Any violation against the stated age will be penalized with the **disqualification of the TEAM** concerned.

##### c) DRESS CODE

Any violation against the dress code will be penalized with the **disqualification of the TEAM** concerned.

Performing with jewelry and accessories will result in **TEAM disqualification**.

Performing with a medical item not agreed on by the COC Officer prior to the CWC will result in **TEAM disqualification**.

##### d) MUSIC

Inappropriate, obscene words & language (including derogative slang words) in music used will result in **TEAM disqualification**.

#### CHEER DANCE チアダンス

##### a) TIME VIOLATION 時間規則違反 10点

A **penalty of 10 (ten) points** will be deducted from the final score for a time violation.

##### b) POMPON GUIDELINES VIOLATION ポンポン違反 時間は10点、落としたら1点

A **penalty of 10 (ten) points** will be deducted from the final score for a pompon time violation.

A penalty of 1 point will be deducted from the final score for each dropped pompon. Choreographed throws will not be considered a drop.

##### c) ENTRANCE and EXIT VIOLATION 入退場違反 5点

A **penalty of 5 (five) points** will be deducted from the final score **for time violation** and/or for **any skill performed before or after the allotted routine time**.

##### d) AREA VIOLATION ラインオーバー 5点

A **penalty of 5 (five) points** will be deducted from the final score for any line violation (A penalty will be taken for each line over, each time).

##### e) SAFETY RULES VIOLATION 安全規則違反 各10点

A **penalty of 10 (ten) points** will be deducted from the final score for **each prohibited element** (stunts, dance lifts, acrobatics and tumbling).

For Senior and Junior 2, a **penalty of 10 (ten) points** will be deducted from the final score for **unsafe choreography**.

危険な演技構成(選手がぶつかる)はシニア・ジュニア2は10点減点、ジュニア1は2点減点

For Junior 1, a **penalty of 2 (two) points** will be deducted from the final score for **unsafe choreography**.

A penalty of 1 (one) point for each dropped accessory will be deducted from the final score.

アクセサリーを落としたら1点減点

**f) COMPULSORY ELEMENTS VIOLATION 規定演技内容**

A penalty of 10 (ten) points will be deducted from the final score for failure to perform any of compulsory elements.

規定演技内容が組み込まれていなければ10点減点、数(回数)が足りない場合は5点減点

A penalty of 5 (five) points will be deducted from the final score for lacking number of compulsory elements.

## CHEER DANCE DOUBLES チアダンス ダブルス

**a) TIME VIOLATION 時間規則違反 2点**

A penalty of 2 (two) points will be deducted from the final score for a time violation.

**b) POMPON TIME VIOLATION ポンポン違反 時間は2点、落としたら1点**

A penalty of 2 (two) points will be deducted from the final score for a pompon time violation.

A penalty of 1 point will be deducted from the final score for each dropped pompon. Choreographed throws will not be considered a drop.

**c) ENTRANCE and EXIT VIOLATION 入退場違反 2点**

A penalty of 2 (two) points will be deducted from the final score for time violation and/or for any skill performed before or after the allotted routine time.

**d) AREA VIOLATION ラインオーバー 2点**

A penalty of 2 (two) points will be deducted from the final score for any line violation (A penalty will be taken for each line over, each time).

**e) SAFETY RULES VIOLATION 安全規則違反 5点**

A penalty of 5 (five) points will be deducted from the final score for each prohibited element (stunts, dance lifts, acrobatics and tumbling).

A penalty of 5 (five) points will be deducted from the final score for unsafe choreography.

A penalty of 1 (one) point for each dropped accessory will be deducted from the final score.

アクセサリー落としたら1点

**f) COMPULSORY ELEMENTS VIOLATION 規定演技内容**

A penalty of 5 (five) points will be deducted from the final score for failure to perform compulsory elements.

A penalty of 2 (two) points will be deducted from the final score for lacking number of compulsory elements.

規定演技内容が組み込まれていなければ5点減点、数(回数)が足りない場合は2点減点