

Austrian Rulebook

Safety Rules & Score Sheets



Competition Season 2023-2024

valid from September 2023 to August 2024

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I. Scope of Application

The following rules, regulations and appendixes apply to competitions and championships held, supported or authorized by the "Österreichische Cheerleading und Cheer Performance Verband" (ÖCCV).

As stipulated by the statutes of the ÖCCV, all members of the ÖCCV are obliged to register their competitions or championships with the ÖCCV and the ÖCCV needs to approve the organization of such an event.

II. Cheerleading Divisions – Safety Rules

For the 2023-2024 competition season, the Safety Rules of the ECU (2023 version) will be applied.

They can be found at:

https://www.cheerunion.eu/wp-content/uploads/2023/03/2023_ECU_competition_rulebook.pdf

III. Performance Cheer Divisions – Safety Rules

For the 2023-2024 competition season, the Safety Rules of the ECU (2023 version) will be applied.

They can be found at:

https://www.cheerunion.eu/wp-content/uploads/2023/03/2023_ECU_competition_rulebook.pdf

IV. Glossary of Terms

For the 2023-2024 competition season, the Glossary of Terms of the ECU (2023 version) for both Cheerleading and Performance Cheer will be applied. It can be found at:

https://www.cheerunion.eu/wp-content/uploads/2023/03/2023_ECU_competition_rulebook.pdf

V. Score Sheets – Cheerleading Divisions

1. Competitive Sports

A. Team divisions for Novice

| Judging Criteria | Description | Points |
|------------------------------------|---|--------|
| Cheer Criteria | Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution | 10 |
| Motions & Sharpness | Correct placement of Motions, Strength of Movement | 10 |
| Partner Stunts | Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety | 25 |
| Pyramids | Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity | 25 |
| Tumbling | Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization | 10 |
| Jumps | Difficulty, Variety, Execution | 5 |
| Flow of the Routine / Transitions | Execution of routine components: flow, pace, timing of skills, transitions | 5 |
| Overall Presentation, Crowd Appeal | Overall presentation, showmanship, crowd effect | 10 |
| TOTAL | | 100 |

B. Team divisions for Intermediate and Median

| Judging Criteria | Description | Points |
|--|---|---------------|
| Cheer Criteria | Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution | 10 |
| Partner Stunts | Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety | 25 |
| Pyramids | Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity | 25 |
| Basket Tosses | Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety | 10 |
| Tumbling (Jumps) | Group tumbling, Execution of skills (jumps in All Girl Divisions), Difficulty, Proper Technique, Synchronization | 10 |
| Flow of the Routine / Transitions | Execution of routine components: flow, pace, timing of skills, transitions | 10 |
| Overall Presentation, Crowd Appeal (Dance) | Overall presentation, showmanship, (dance in All Girl Divisions), crowd effect | 10 |
| TOTAL | | 100 |

C. Team divisions for Advanced, Elite and Premier

| Judging Criteria | Description | Points |
|--|---|---------------|
| Cheer Criteria | Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution | 10 |
| Partner Stunts | Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety | 25 |
| Pyramids | Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity | 25 |
| Basket Tosses | Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety | 15 |
| Tumbling (Jumps) | Group tumbling, Execution of skills (jumps in All Girl Divisions), Difficulty, Proper Technique, Synchronization | 10 |
| Flow of the Routine / Transitions | Execution of routine components: flow, pace, timing of skills, transitions | 5 |
| Overall Presentation, Crowd Appeal (Dance) | Overall presentation, showmanship, (dance in All Girl Divisions), crowd effect | 10 |
| TOTAL | | 100 |

D. Group Stunt and Partner Stunts divisions

| Judging Criteria | | Description | Points |
|---------------------|-------------------------------|--|--------|
| Stunts und Tosses | Execution of Technique | Execution of proper technique to perform stunts, making the stunts appear to be easy. | 30 |
| | Difficulty | Difficulty, and the ability to perform stunts in the routine. Also includes not setting out of the stunts, continual transitions, one arm stunts, toss stunts, etc. (Difficulty based on progressions) | 25 |
| | Form and Appearance of Stunts | This includes not moving on stunts, arms straight, flexibility of stunts in good position, straight line with base and top, comfortable facial expressions, etc. | 20 |
| Overall Performance | Transitions | Pace of transitions, visual effect and creativity of the transitions, matching specific points in music, difficulty and technique maintained during transitions. There should be as few 'breaks' in the routine as possible. | 15 |
| | Showmanship | Excitement level of routine, routine is choreographed to music, and stunts hit to beats of music, creative stunts and/or visuals, quick pace, facials, and energy. | 10 |
| TOTAL | | | 100 |

2. Recreational Sports

A. Novice, Intermediate, All Girl Median and All Girl Advanced teams

| Judging Criteria | Description | Points |
|--|---|--------|
| Cheer Criteria | Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution | 10 |
| Motions, Sharpness & Dance | Correct placement of Motions, Strength of Movement Dance: Choreography, Difficulty, Creativity | 10 |
| Partner Stunts including Basket Tosses | Technique (Execution of skills) | 10 |
| | Timing & Synchronization | 5 |
| | Difficulty (Level of skill, Number of bases, Number of Stunt Groups, Variety) | 10 |
| Pyramids | Technique (Execution of skills) | 10 |
| | Timing & Synchronization | 5 |
| | Difficulty (Level of skills, Transitions Moving into or Dismounting out) | 10 |
| Tumbling | Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization | 10 |
| Jumps | Execution, Variety, Difficulty | 5 |
| Flow of the Routine / Transitions | Execution of routine components: flow, pace, timing of skills, transitions | 5 |
| Overall Presentation, Crowd Appeal | Overall presentation, showmanship, crowd effect | 10 |
| TOTAL | | 100 |

B. Coed Median and Coed Advanced teams

| Judging Criteria | Description | Points |
|--|---|--------|
| Cheer Criteria | Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution | 10 |
| Motions, Sharpness | Correct placement of Motions, Strength of Movement | 10 |
| Partner Stunts including Basket Tosses | Technique (Execution of skills) | 10 |
| | Timing & Synchronization | 5 |
| | Difficulty (Level of skill, Number of bases, Number of Stunt Groups, Variety) | 10 |
| Pyramids | Technique (Execution of skills) | 10 |
| | Timing & Synchronization | 5 |
| | Difficulty (Level of skills, Transitions Moving into or Dismounting out) | 10 |
| Tumbling | Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization | 10 |
| Flow of the Routine / Transitions | Execution of routine components: flow, pace, timing of skills, transitions | 10 |
| Overall Presentation, Crowd Appeal | Overall presentation, showmanship, crowd effect | 10 |
| TOTAL | | 100 |

VI. Score Sheets – Performance Cheer Divisions

1. Competitive & Recreational Sports

A. Team Pom divisions

| Judging Criteria | | Description | Points |
|---------------------|--|--|--------|
| Technical Execution | Category Style Execution | Quality of Pom Technique: placement, control, precise and strong completion of movement | 10 |
| | Movement Technique Execution | Movement that has strength, intensity, placement, control, presence and commitment | 10 |
| | Skill Technique Execution | Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement | 10 |
| Group Execution | Synchronization / Timing with Music | Correct timing with team members and the music | 10 |
| | Uniformity of Movement | Movements are the same on each person, clear, clean and precise | 10 |
| | Spacing | Correct positioning/distance between individuals on the performance surface during the routine and transitions | 10 |
| Choreography | Musicality | Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner | 10 |
| | Routine Staging / Visual Effects | Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc. | 10 |
| | Complexity of Movement | Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution. | 10 |
| Overall Effect | Communication / Projection / Audience Appeal & Appropriateness | Ability to exhibit a dynamic routine with showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance | 10 |
| TOTAL | | | 100 |

B. Team Hip Hop divisions

| Judging Criteria | | Description | Points |
|---------------------|--|---|--------|
| Technical Execution | Category Style Execution | Groove and quality of authentic hip hop/street style | 10 |
| | Movement Technique Execution | Movement that has strength, intensity, placement, control, presence and commitment | 10 |
| | Skill Technique Execution | Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement. | 10 |
| Group Execution | Synchronization / Timing with Music | Correct timing with team members and the music | 10 |
| | Uniformity / Clarity of Movement | Movements are the same on each person, clear, clean and precise | 10 |
| | Spacing | Correct positioning/distance between individuals on the performance surface during the routine and transitions | 10 |
| Choreography | Musicality | Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner | 10 |
| | Routine Staging / Visual Effects | Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc. | 10 |
| | Complexity of Movement | Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution. | 10 |
| Overall Effect | Communication / Projection / Audience Appeal & Appropriateness | Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance | 10 |
| TOTAL | | | 100 |

C. Team Jazz divisions

| Judging Criteria | | Description | Points |
|---------------------|--|--|--------|
| Technical Execution | Category Style Execution | Continuity of movement and quality of style, extension and presence/carriage. | 10 |
| | Movement Technique Execution | Movement that has strength, intensity, placement, control, presence and commitment | 10 |
| | Skill Technique Execution | Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement | 10 |
| Group Execution | Synchronization / Timing with Music | Correct timing with team members and the music | 10 |
| | Uniformity of Movement | Movements are the same on each person, clear, clean and precise | 10 |
| | Spacing | Correct positioning/distance between individuals on the performance surface during the routine and transitions | 10 |
| Choreography | Musicality | Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner | 10 |
| | Routine Staging / Visual Effects | Utilization of varied formations and seamless transitions. Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc. | 10 |
| | Complexity of Movement | Level of difficulty of movement, such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution. | 10 |
| Overall Effect | Communication / Projection / Audience Appeal & Appropriateness | Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance | 10 |
| GESAMTSUMME | | | 100 |

D. Doubles divisions

| Judging Criteria | | Description | Points |
|-------------------------|--|--|---------------|
| Technical Execution | Execution of Category Specific Style | Pom – Pom motion technique; control, levels, placement, complete, precise and strong Hip Hop – Groove and quality of authentic hip hop/street style performance | 10 |
| | Execution of Overall Movement used within Category | Kicks, leaps, turns, floor work, freezes, partner work lifts, etc. | 10 |
| | Execution of Overall Movement | Body alignment, placement, balance, control, completion of movement, extension and flexibility | 10 |
| | Execution of Quality of Movement | Strength, intensity, presence and commitment to the movement | 10 |
| Execution as a Pair | Synchronization | Timing of movement with the music Synchronization and uniformity of the athletes | 10 |
| Choreography | Complexity of Movement | Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. | 10 |
| | Difficulty of Skills | Level of difficulty of technical skills, partner work, lifts etc. | 10 |
| | Musicality | Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative and original manner | 10 |
| | Routine Staging | Utilization of floor space, transitions, partner work, group work, levels, opposition etc. interaction of the pair while allowing for a seamless flow of the routine | 10 |
| Overall Effect | Communication / Projection / Audience Appeal & Appropriateness | Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance | 10 |
| TOTAL | | | 100 |