



Sport	<i>Development Cheerleading</i>
Date	Thursday 12th January – 12-3pm
Venue	James Hornsby School
Lead Organiser	James Hornsby Partnership
Year Group	Key stage two (year 3/4/5/6)
Gender	Minimum of one girl and one boy in the team.
Team Criteria	Min 8 ,max 12 in each team (different team for each age group)
Format	A Cheer routine of 2 minute 30 seconds(max) plus a chant (the chant is not included as part of the 2 min 30 sec routine)
Rules	<p style="text-align: center;"><u>Routine Elements</u></p> <p>Team: Minimum of 8maximum of 12 team (minimum of one girl and one boy in the team) Routine: 2 min 30 sec Max routine. Music of choice. (On iPod, iPad, iPhone) – Must be supplied by school. A representative of the team must start and stop the music</p> <p>Chant: To be performed at the start or the end of the routine. (A rhyme that depicts your school, school colours, your attitude etc. Points awarded for creativeness. You may use pompoms for the chant but not for the routine.</p> <p>Motions: Include a variety of motions -points awarded for clean and strong arms and shapes and correct knuckle placements. (See motions sheet)</p> <p>Formations: Use a minimum of 5 different formations in the routine (see formation sheet)</p> <p>Jumps: Single, double and triple jumps. Straight, tuck, star, pike and toe-touch incorporating motions. (See jump sheet) You may link a combination of jumps into a roll.</p> <p>Transitions: Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips, marching changing arm positions.</p> <p>Tumbling: Sideways, forward and backward rolls. Cartwheels. Points awarded for clear arms and leg shapes and creativity.</p> <p>Stunting: Stunts must not be higher than 2.0 and below head height of the bases (please see diagram) Involving lifts with hand or standing on knees.</p> <p>Choreography: Points awarded for use of canon, unison, levels, change of speed and use of rhythm. Your routine can be performed in any order and using any of the above elements. Be creative.</p>

Scoring:

Chant: (10 points) Points awarded for: loud, confident, facial expressions, strong, clear shapes, timing, creativity and overall impression.

Motions: (20 points)

Points awarded for: clean, strong straight arms, correct knuckle positions, good use of timing, creative choreography, change of rhythm, facial expressions, confidence and overall impression.

Formations: (10 points)

Points awarded for: clean formations, correct positioning within the formations and creativity in the choice of formations.

Jumps: (20 points)

Points awarded for: Clean, strong motion work in preparation for the jump, pointed toes, height and shape in the jump, clean landings and overall impression.

Transitions: (10 points)

Points awarded for: sharp, precise transitions from A to B, creativity in the transition and use of motions, rolls into the next formation, creativity and overall impression.

Tumbling: (10 points)

Points awarded for: The execution of the skills performed, timing, creativity and overall impression.

Stunting: (20 points)

Points awarded for clean lifting of stunts with safe, clean dismounts. Use of motions for the flyer being clear and correct positioning. Choreography and overall impression. \

Total points 100.



