**Virtual Competitions Rules**

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| **ESSEX VIRTUAL COMPETITION**  |
| **SPORT**  |  Cheerleading Rules ( See video Guidance too)   |
| **YR GROUP**  |  KS1, LKS2 and UKS2  |
| **GENDER**  | Single or mixed teams |
| **TEAM SIZE**  | Minimum of 3 – Maximum of 6 |
| **SKILLS TO BE TAUGHT**   | A Cheer routine of 1 minute 30 seconds (max) 2 points deduction for going over time.  |
| **RULES**  | Music of choice.Just to explain the ethos of this event, it is a **school, curriculum level cheerleading event** and therefore no stunts are to be performed. We appreciate that cheerleading coaches are qualified to teach and choreograph high level stunts, which is a wonderful progression for club members, but for the purpose of this competition and to ensure all class teachers and non – qualified staff can teach and engage their children in cheerleading, therefore no stunts are to be included. This is also for the safety of the children **as no physical contact must** be made in the development of your routine. Please adhere to current government guidance on social distancing whilst creating your routine. See deductions for each child that performs a higher-level movement than shown in the rules section.**Routine Elements Key Stage One****Motions:** Include a variety of motions - points awarded for clean and strong arms and shapes and correct knuckle placements as well as use of choreography elements listed below (see motions sheet and video).**Formations:** Use a minimum of 4 different formations in the routine (see formation sheet and video) **Jumps:** Single jumps only. Straight, tuck and star incorporating motions. Points awarded for timing, use of children, leg height & arm placement (see jump sheet and video). 1-point deduction for double jumps.**Transitions:** Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips. Higher points awarded for creative transitions/more challenging movements (see transitions video).**Tumbling:** Sideways rolls only – egg rolls, teddy bear rolls and rolls from knee position. Points awarded for clear arms and leg shapes, use of all children, entries & exits of the skills and creativity.1 point deductions per child for any other rolls. No handstands cartwheels or other inverting skills. 1-point deduction per child performing these skills. **Choreography:** Points awarded for use of canon, unison, levels, change of speed and use of rhythm and innovative ideas. Your routine can be performed in any order and using any of the above elements. Be creative!**Routine Elements Lower Key Stage Two****Motions:** Include a variety of motions -points awarded for clean and strong arms and shapes and correct knuckle placements as well as use of choreography elements listed below (see motions sheet and video).**Formations:** Use a minimum of 5 different formations in the routine (see formation sheet and video). **Jumps:** Single and double jumps. Straight, tuck and star incorporating motions (see jump sheet and video). You may link one jump with a roll. Points awarded for timing, use of children, leg height & arm placement. 1 point deducted for triple jumps **Transitions:** Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips. Higher points awarded for creative transitions/more challenging movements (see transitions video)**Tumbling:** Sideways, forward and backward rolls. Points awarded for clear arms and leg shapes, use of all children, entries & exits of the skills and creativity. Cartwheels but no handstands or round offs (see tumbling video) 1 point deducted per child for harder moves. **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.**Routine Elements Upper Key Stage Two****Motions:** Include a variety of motions - points awarded for clean and strong arms and shapes and correct knuckle placement as well as choreography elements listed below (see motions sheet and video). **Formations:** Use a minimum of 5 different formations in the routine (see formation sheet and video). **Jumps:** Single, double and triple jumps. Straight, tuck, star, pike and toe-touch incorporating motions (see jump sheet and video). You may link a combination of jumps into a roll/tumble skill allowed at your age category. Points awarded for timing, use of children, leg height & arm placement. 1 point deducted for jumps not within your criteria.**Transitions:** Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips. Higher points awarded for creative transitions/more challenging movements (see transitions video). **Tumbling:** Sideways, forward and backward rolls. Cartwheels assisted or non-assisted, handstands and round offs. Points awarded for clear arms and leg shapes and creativity. No summersaults, backflips or walkovers. Use of all children, entries & exits of the skills and creativity (see tumbling video). 1 point deducted per child for any higher tumble. **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!**Scoring:****Motions:** (10 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:** (10 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.Low Range – 0-3pts – Not hitting the highest degree of difficulty for your age group. Not including all children.Mid Range – 4-6pts – Majority of the team performing the skill, Showing highest degree of difficulty allowed in your age group, no mixture of variety.High Range – 7-10pts – Full team inclusion, Showing highest degree of difficulty allowed for your age group, Showing a variety of jumps.(Once in the range your execution of the jumps, approach, landings, leg height, arm placements will determine how high you score within the range).**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. Low Range 0-3pts – Non level appropriate skills shown.Mid Range 4-6pts – 50%-75% of the team show an at level skill.High Range 7-10pts – Full team show a level appropriate skill.(a level skill is defined as a skill you cannot do in the age bracket below i.e. KS2 Upper performing a cartwheel).**Overall sense of performance** (10 points)Use of unsion, canon etc. **Total points 60.**  |
| **EQUIPMENT**  | No tinsel or pompoms Music playerRecording device |
| **HOW TO RECORD**  | Test the camera and any accessories, such as microphones, by recording a small amount of footage and playing it back.Try and keep the camera as still as possible whilst filming, you could use a tripod to stabilise the camera and please position it from an audience perspective. Ensure that the space being used for filming is clear of furniture, equipment and other students standing around the edges; these can obscure the overall view of the performers or detract from the performance.Ensure your performance space is well lit, with any direct light source behind the camera; where natural light floods in from windows behind the children, the recording will appear in silhouette.Please ensure that all students can be seen for the whole performance. Please do not zoom in.Keep filming for several seconds beyond the end of the routine to ensure that performances are not cut short.All performances, once assessed, will be not be shared and will be deleted.  |
| **RESULTS DEADLINE**  |   Friday 13th November 2020 |