

International Cheerleading Championships in Krakow

Polish Grand Prix 2019

REGULATIONS

Organizers: Janusz Korczak Youth Culture Centre in Krakow, Janusz Korczak Association in Krakow
Cheerleaders Association Krakow
Polish Cheerleading Association

Date: 09.11.2019

Place: Sports hall Tauron Arena Kraków ul. Lema 7 31-571 Kraków

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1. ENTRIES

The formal application of participation in the Championships requires fulfilment of following conditions:

- Paying an appropriate participation fees specified in the Regulations of Championships (see section 7 of the Regulations);
- Foreign teams - must be a member of the ECU;
- Polish teams - only teams whose players and coaches are the current members of the Polish Cheerleaders Association with paid membership fee for the current year may participate in the Polish Grand Prix (see section 8 of the Regulations);
- Teams provide signed by the coach list of the lack of health contraindications to participate in the competition.

2. DIVISIONS AND AGE LIMITS

Teams are going to compete in 3 divisions:

a. POM Dance - **teams ELITE, PREMIER**

Age category	Age (by december
SENIOR II	at least 29 years of age
SENIOR	14 to 29 years of age
JUNIOR	12 to 16 years of age
MINIS	7 to 13 years of age
KIDS	up to 8 years of age

The criterion for allocation to the relevant age group is the year of birth of the participant (regardless of date of birth).

b. CHEER Dance

- FREESTYLE POM teams
- CHEER HIP HOP teams
- CHEER JAZZ teams

Age category	Age (by december 2019)
SENIOR	at least 14 years of age
JUNIOR	12 to 16 years of age
MINIS	up to 13 years of age

The criterion for allocation to the relevant age group is the year of birth of the participant (regardless of date of birth).

c. CHEER

- GROUP STUNT ALL-GIRL
- GROUP STUNT COED
- CHEER ALL-GIRL
- CHEER COED
- PARTNER STUNT

Age category	Age (by	LEVEL
SENIOR /cheer/	at least 14 years	5
SENIOR /group stunt and partner stunt/	at least 14 years of age	6
JUNIOR	12 to 16 years of	5
MINIS	up to 13 years of	2 AND 3

The criterion for allocation to the relevant age group is the year of birth of the participant (regardless of date of birth).

3. PARTICIPATION IN SEVERAL DIVISIONS

3.1 A team in the cheer dance division can simultaneously participate in the competition in all categories of this division ie. Freestyle Pom, Jazz Cheer, Cheer Hip hop.

3.2 A team in the cheer dance division may not simultaneously participate in competition in the pom dance division and vice versa.

3.3 A team in the cheer dance or pom dance division can simultaneously participate in the competition in the cheer division.

4. EXTERNAL RULES

International Cheerleading Championships in Krakow will be held in accordance with Polish Cheerleaders Association's Tournament Regulations and Refereeing Regulations applicable from 01.01.2019 r. (available at www.psch.pl) AND ECU I ICU RULES.

5. PRIZES

The prizes in the Championships are going to be medals: gold, silver, bronze in each division and age category, cups for the winning teams for places I-VI and diplomas for all participants.

6. ENTRIES - DETAILS

6.1 Applications for the tournament should be sent by 11st October 2019 to mistrzostwa.krakow@gmail.com, with copy to j.mazur@psch.pl.

6.2 Entries made after the deadline may be accepted providing the payment of double fee.

6.3 The application must include a completed entry form, confirmation of the fee transfer, music for the routine and a short information about the team.

6.4 **The organizer has the right to close the starting list earlier.**

6.5 In case of withdrawal, entry fee will not be refunded after the entry deadline.

6.6 The organizer reserves the right to verify the players on the basis of a valid identity document on the day of the event.

7. PARTICIPATION FEES

7.1 Each team is required to make the fee:

- Fee for group stunt, partner stunt - 20 PLN per participant

- Fee for the team - 20 PLN per participant

7.2 If a participant takes part simultaneously in a team competition and a group stunt/**partner stunt** he or she is obliged to pay the fee for both competitions.

7.3 If a participant takes part in a competition in the cheer and cheer dance divisions or cheer and pom dance divisions he is obliged to pay the fee for all divisions.

7.4 Payments must be made by **11 October 2019** to the following account:

Stowarzyszenie im. Janusza Korczaka

os. Kalinowe 18 31-814 Krakow

official bank name: Bank Zachodni WBK, SWIFT: WBKPPLPP

IBAN: PL 46 1090 1665 0000 0001 2129 7207

transfer note: "team name, division, age category"

8. POLISH CHEERLEADERS ASSOCIATION'S MEMBERSHIP (concerns only polish teams)

8.1 In the Polish Grand Prix can participate only teams whose players and coaches are the current members of the Polish Cheerleaders Association with paid membership fee for the current year.

8.2 In the case of non-members teams, a one-time license must be paid in the amount of 15 PLN of each player and the coach, which will allow them to start in the tournament (team becomes a member of PCA for the tournament). Teams new or in arrears in payment must regulate it by making a payment on account of the Polish Cheerleaders Association:

official bank name: PKO BP
IBAN: PL 21 1440 1299 0000 0000 0234 1662

9. ARRIVAL, INSURANCE AND ACCOMMODATION

Participants taking part in the Championships travel, buy accommodation, food and insure themselves at their own expense or the expense of delegating institution. The organizer has no obligation to organize an accommodation for participants.

10. MEALS

10.1 It is possible to order lunch on the sport arena. Interested participants can book them by filling an appropriate gap in the entry form. Lunch will cost approximately 20 PLN per meal.

10.2 The organizer does not cover the cost of lunch.

11. TEAM LEADER AND TEAM COUNSELORS

11.1 Each team is required to provide the data of an adult person who will be the official team representative (leader) during the tournament. The polish team leader must be a member of the Polish Cheerleaders Association.

11.2 Each team participating in the competition must be supervised by a team counsellors/coaches during the tournament – especially for all underage players (1 person for every 15 players).

11.3 ***The team leaders briefing will take place at 8.30 am***

12. PRESENTATIONS - GENERAL RULES

12.1 It is forbidden for a polish team to present the same choreography for more than one season, counted from the date of the last National Championship.

12.2 It is forbidden to present aerobic routines.

12.3 It is forbidden to present dance routines in which team members leave and return to the dance floor.

12.4 Dance/**cheer** routines demonstrated by a team in the qualifying round must be repeated in the final round, if the team qualify for the finals.

12.5 Choreography presented during the Championship are the property of choreographers and associated teams and are

protected by law and copyright protection (OJ No. 24, pos. 83 of 04.02.1994).

13. NUMBER OF COMPETITORS

The team may consist of the following number of competitors actively performing dance/**cheer** presentations:

- Pom dance, cheer dance: teams - from 6 to 25 people
- Cheer group stunt (all-girl and coed) – up to 5 people
- Cheer (all-girl and coed) - from 12 to 25 people
- Partner stunt - 2 people

14. DURATION OF PERFORMANCE

14.1 Each team notified to participate in the Championships is obliged to prepare, under penalty of disqualification in the event of failure to comply with this requirement, one presentation of duration:

a. The teams in the Cheer dance and pom dance division are obliged to prepare the choreography for the duration of maximum two minutes and thirty seconds (2:30).

b. Competitors in the Cheer division in competitions PARTNER STUNT, GROUP STUNT ALL GIRL GROUP STUNT and COED are obliged to prepare the choreography for the duration of maximum sixty seconds (1:00).

c. The teams in the division Cheer in competitions CHEER ALL GIRL and CHEER COED are obliged to prepare the choreography as divided into parts:

- Cheer part: preferably at the beginning of the choreography (not at the end) lasting minimum thirty seconds (0:30),
- Time between the Cheer and the musical part can be maximum twenty seconds (0:20),
- musical part: max. two minutes thirty seconds (2:30).

14.2 Timing will begin on the first audible note of music and stop with the end of the song, with all team members coming to a standstill or with the descent from the dance floor.

14.3 The timing will be measured by a technical judge.

14.4 In the case of the first timeout Main Judge gives the team a warning. In the case of repeated timeouts Main Judge has an obligation to exclude the team from the tournament.

15. DANCE ELEMENTS

15.1 POM DANCE

15.1.1 teams in the Pom Dance division (Kids, Junior Junior, Junior, Senior, Senior II) **can** present in their choreography elements such as:

- single pirouettes,
- cheer jumps (only approach jump and / or star jump and / or tuck),
- high kicks,

Those elements can be performed by the whole team.

15.1.2 ***It is prohibited to perform:***

- splits,
- dance jumps
- cheer jumps more difficult than the above
- double pirouettes

15.2 **CHEER DANCE**

In accordance with Polish Cheerleaders Association's Tournament Regulations, applicable from 01.01.2019, in the Cheer dance division, the notion of a mandatory element in a choreography is not defined. The specificity of each competition (Freestyle Pom, Cheer Hip Hop, Jazz Cheer) posted in the PCA Tournament Regulations characterizes the individual elements that are allowed in the choreography.

15.3 **CHEER**

In competitions Cheer all girl and Cheer coed (all ages) choreography should include the following elements:

- cheer / chant,
- partner stunt,
- pyramid,
- basket toss (only in junior and senior),
- tumbling - elements of acrobatic gymnastics,
- dance and cheer jump (assessed only in competitions all-girl).

15.4 **GROUP STUNT**

In group stunt all girl and group stunt coed (all ages) competitions compulsory elements are not defined. Teams perform freely chosen stunts, subject to the regulations and the nature of competition.

16. **OVERALL APPEARANCE AND OUTFITS**

16.1 Outfit of the members of a team (costumes, dresses, skirts, trousers, suit, shorts - covering the buttocks and tops sports) should be uniform.

16.2 In **Junior and Junior Mini category in Pom dance and cheer dance divisions** it is compulsory to wear skirts or shorts (except shorts „hot pans“) and ensure that the player's waist is covered in a standing position are mandatory.

16.3 It is obligatory to wear pants under skirts and dresses covering the buttocks.

16.4 It is forbidden to change clothes during the tournament.

16.5 During the performance it is unacceptable to remove outfit elements and to use costumes allowing unfastening of parts of the garment.

16.6 Footwear may not cause damage to the dance floor. It is acceptable to use dance shoes and textiles. It is forbidden to dance in high heels shoes or without shoes.

16.7 All members of the team with hair reaching shoulders, are obliged to strictly tie them behind their head.

16.8 Wearing of any jewellery by competitors during the tournament is strictly forbidden under penalty of exclusion from participation.

16.9 If competitors do not apply to the recommendations above, Main Judge is obliged to disqualify the team.

17. PROPS

Props (in accordance with the PCA Tournament Regulations).

17.1 **In the Pom Dance division**, the only acceptable props are pompons. Each competitor (optional for men) is obliged to use two pompoms during the presentation. The duration of the presentation, performed without breaks with pompoms, must be equal to at least **50%** of the duration of the entire presentation.

17.2 In the **Cheer Dance division in the FREESTYLE POM** competition only acceptable and applicable props are pompons. It is mandatory (optional for men) to use pompoms during the entire duration of the presentation.

17.3 In the **Cheer Dance division in the CHEER JAZZ and CHEER HIP HOP** competitions it is acceptable to use a handy props (not endangering the health and lives of competitors) supplementing the choreography. They can be thrown during the presentation.

17.4 In competitions **CHEER ALL GIRL and CHEER COED** it is acceptable to use the following props: pompoms, flags, banners, signs with slogans, megaphones.

17.5 In competitions **PARTNER STUNT, GROUP STUNT ALL GIRL and GROUP STUNT COED** the use of props is prohibited.

18. ORGANIZATIONAL PRINCIPLES

18.1 REHEARSAL

Each team participating in the tournament has the right to do the rehearsal on the the dance floor in an established order. If the team does not report to the rehearsal in accordance with the time set, the team loses the right to use the parquet. Rehearsals are scheduled for Saturday 9 th November 2019 **from 7.30am to 8.30am.**

18.2 TOURNAMENT'S ROUNDS

There are following rounds of the tournament:

- a) final round (Final)
- b) preliminary round (Official Practise)

When final number of teams, which is 6, will enter the category a so-called **Official Practise** will take place. During this preliminary round the jury will verified the compliance of the presented dance with the applicable tournament regulations.

IN CASE OF APPLICATION OF A LARGE NUMBER OF PARTICIPANTS, IT WILL NOT BE OFFICIAL PRACTISE !!!

18.3 THE PERFORMANCE

18.3.1 The start sequence will be held in reverse order of application to the Championship.

18.3.2 During the performance, the team and its members cannot move outside of the dance floor.

18.3.3 Immediately after the presentation the team is obliged to go to the marked space where the photo of the team will be taken.

18.4 OPENING CEREMONY

Tournament participants are required to wear tournament dresses or other club clothes (tracksuits, T-shirts) at the moment of the opening ceremony and closing ceremony.

18.5 COMMITTEES AND SERVICES

Following bodies operate during the Championship:

- Jury,
- Technical Committee,
- Scrutiny Committee,

- Organizational Office of the Championship,
- Medical services,
- Cleaning services.

18.6 It is permitted to record event with video cameras, after prior authorization in the appropriate Organizational Office.

18.7 The organizers are not responsible for items left in wardrobes or lost.

19. In cases of dispute or cases not included in the Championships Regulations the situation is resolved by the Main Judge of Grand Prix.

20. CONTACT

For any additional information please contact the manager of the tournament: Agnieszka Tarkowska tel. 0048 602 617 200, mistrzostwa.krakow@gmail.com or Sebastian Jędras - info@mdkkorczak.pl, tel. 0048 12 647 15 25.

WE ARE AWAITING YOU!

ENJOY YOUR EXPERIENCES AND SPORTS COMPETITION!

Tauron Arena Krakow will be open to competitors and spectators at 7:30 !!!

Manager of the Tournament

Agnieszka Tarkowska

TOURNAMENT PROGRAM – A DRAFT:

7.30 am - 9.30 am mandatory registration

7.30 am – 8.30 am rehearsal

9.30 am jury briefing

9.45 am trainers briefing

10.00 am OFFICIAL PRACTISE (ALL CATEGORIES ACCORDING TO THE START LIST)

1.30 pm PRESENTATION OF TEAMS AND OFFICIAL OPENING
6.00 pm ANNOUNCEMENT OF RESULTS, AWARDS CEREMONY AND
CLOSING CEREMONY

Tournament program may change depending on the number of entries.