

**RULEBOOK**  
**FOR ČACH EVENTS**  
**2018/2019**



**ČESKÁ ASOCIACE CHEERLEADERS**  
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# 1 GENERAL REGULATIONS

## 1.1 RULES

These General competition rules are valid for all 2018/2019 competitions organized by the Czech Cheer Association (hereinafter referred to as „ČACH“)

All ČACH competitions must follow these documents:

- General competition rules ČACH 2018/2019,
- Competition sheet,
- Glossary of terms and LevelBook ČACH Cheerleading 2018/19,
- Glossary of terms and LevelBook ČACH Performance 2018/19,
- Score sheets ČACH.

Current versions of all documents are available at [www.cach.cz](http://www.cach.cz).

## 1.2 2018/2019 ČACH COMPETITIONS

| Event   | Shortcut | Date         | Place          | Competitors          |
|---|----------|--------------|----------------|----------------------|
| Spirit Cheer Cup 2018                                       | SCC      | 24. 11. 2018 | Plzeň          | Open / Intl          |
| Czech small division nationals 2019<br>Performance Doubles  | MMD - D  | 3. 3. 2019   | Slavkov u Brna | ČACH members<br>only |
| Prague Cheer Open 2019                                      | PCO      | 23. 3. 2019  | Praha          | Open / Intl          |
| Czech cheer nationals 2019                                  | CZCN     | 11. 5. 2019  | Praha          | ČACH members<br>only |
| Czech small division nationals 2019<br>Stunts & Individuals | MMD - C  | 1. 6. 2019   | Dobřichovice   | ČACH members<br>only |
| Open Air Cup 2019   | OAC      | 22. 6. 2019  | Praha          | Open / Intl          |

## 1.3 REGISTRATION

Registration must be completed one month prior to the competition through the ČACH Electronic registration system, which can be accessed at [www.cach.cz/registrace](http://www.cach.cz/registrace). In case of any questions or if you are registering as an international guest, please contact ČACH via [registrace@cach.cz](mailto:registrace@cach.cz).

The capacity of the competitions is limited. ČACH Board decides / confirms each registration based on the receipt date.

A fixed number of participants are allowed for each registered group, with these specific competencies:

- Athlete - registered member of the Club; backstage access, competition floor during the group's performance, no seat in the auditorium.
- Substitute - registered member of the Club; backstage access, on the side of the competition floor during the group's performance, no seat in the auditorium.
- Coach - registered coach of the Club; backstage access, in front of the competition floor during the group's performance, no seat in the auditorium.
- Spotter - Club registration not required; backstage access, behind the competition floor during the group's performance, no seat in the auditorium.
- Entourage - Club registration not required; backstage access, on the side of the competition floor during the group's performance, no seat in the auditorium.
- Delegate - Club official or Contact person; backstage access, on the side of the competition floor during the group's performance.

One person may play multiple roles during the competition day.

General guideline for non-competing participants for respective divisions:

| Category            | Athletes                     | Substitutes | Spotters | Coaches | Entourage |
|---------------------|------------------------------|-------------|----------|---------|-----------|
| Team Cheer          | 6/8 - 24                     | 5           | 5        | 3       | 2         |
| Team Performance    | 8 - 24                       | 5           | 0        | 3       | 2         |
| Group Stunts        | Max 5                        | 1*          | 1        | 2       | 2         |
| Partner Stunts      | 2                            | 0           | 1        | 2       | 1         |
| Individual          | 1                            | 0           | 0        | 2       | 1         |
| Performance Doubles | 2                            | 1           | 0        | 2       | 1         |
| Other Divisions     | <i>see Competition Sheet</i> |             |          |         |           |

\*) only Base

These numbers are only indicative and depend on each venue. Any changes or exceptions will be listed in the *Competition Sheet*.

All participants must be listed under respective groups in the registration, at least one month before the competition. No other person will be allowed backstage or to the competition floor with each group. Names of Substitutes, Coaches, Spotters and Entourage can be changed after the registration deadline, but no later than one week prior to the competition.

Roster changes are possible under the terms stated in paragraphs 1.5 and 1.6 and have to be requested in writing via [registrace@cach.cz](mailto:registrace@cach.cz).

## 1.4 REGISTRATION FEES

Registration fees vary. Each *Competition Sheet* includes specific registration fee amount per person.

A person registered in more than one group or assigned more than one role only pays one registration fee (the one of the highest value).

Free admissions and discounts will be provided as follows:

- Free entry for up to two Delegates (i.e. Officials, Club representatives, Contact persons). Delegates not listed in the registration form with another role will register as instructed by the organizer.
- All athletes in Mini divisions will be provided with a 50 % discount on the competition fee.

Submitting the registration form is binding and obliges the Club to pay the fees. Each Club will receive an invoice via e-mail and has to transfer the total amount to ČACH's bank account by the respective due date. Competition fees are non-refundable (see paragraph 1.5 and 1.6). If the Club fails to pay the fees in time or if the registration is submitted after the deadline (with the consent of the organizer), such fees will be calculated individually. Later registered Club / Group may no longer be allowed to participate in the competition due to limited capacity.

## 1.5 ROSTER CHANGES

**Replacement of one Athlete for the registered Substitute** has to be reported in writing via [registrace@cach.cz](mailto:registrace@cach.cz), as soon as possible. The Contact person needs to report any health incapacity, such as injury or illness, on the day of the competition, to the registration desk or to the competition area entrance.

Inevitable changes to the competition **schedule** must be announced to the organizer no later than two weeks before the competition.

Additional fee of CZK 100,- will be charged for very administrative action (such as changes to the roster, music, schedule, names of registered groups, etc.) requested after the deadline.

## 1.6 WITHDRAWAL FROM THE COMPETITION

Club, competition group or individual registrations may be cancelled two weeks prior to the competition at the latest. Organizer must be notified as soon as possible via [registrace@cach.cz](mailto:registrace@cach.cz). Cancellation fee in such case is 50% of the registration fee. Later cancellations are non-refundable. Cancellation fee will be charged regardless of whether or not the invoice has already been issued and/or paid.

# 2 ELIGIBILITY

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## 2.1 CONDITIONS OF PARTICIPATION

All ČACH registered Clubs / Individuals or International Guests are eligible to participate in the Competition, if they

- submit a registration to ČACH,
- pay the registration fees according to the invoice issued by ČACH.

Other conditions:

- Every competing athlete must be registered with ČACH as a member of the Club or an International Guest.
- All competing athletes must have their IDs available during the competition. Failure to present the ID might result in disqualification of the athlete and/or the entire group.
- At least three groups are required for each division to be opened.  
ČACH reserves the right to merge similar divisions with insufficient number of competing groups in order to ensure adequate competition.
- One designated adult Contact person from each Club will ensure all the communication with the organizer since the registration, throughout the competition day, until after the event.

## 2.2 CROSSOVERS

- Athletes are only allowed to compete for one Club. It is permitted to participate in more divisions at the same time.
- Athletes may only compete with one group within each division.
- Athletes are only allowed to participate in one age group in Cheer category and one age group in Performance category.

(Clarification: Competitors may not participate in more age groups at the same time. Example: Athlete registered in a Junior division may not compete in a Peewee/Senior division at the same competition, even if they were age-appropriate).

Crossovers between Cheer and Performance age groups are allowed. Example: Athlete registered in a Peewee Cheer division may compete in a Youth Performance division at the same competition, if age-appropriate.

- Athletes are only allowed to compete in one Level within TEAM CHEER category.
- Athletes may participate in all three dance styles within PERFORMANCE category.

## 2.3 HEALTH INSURANCE AND MEDICAL CONDITION

Responsibility for athletes' medical fitness lies with the Club / Contact person. Each participant / Club should have their own insurance. ČACH is not responsible for any injuries sustained during the competition, but will provide adequate health care / first aid.

# 3 AGE GROUPS

## 3.1 AGE GROUPS – CHEERLEADING

| Group          | Level   | Age            | Year of Birth  | Athletes born in                            |
|----------------|---|----------------|----------------|---|
| <b>MINI</b>    | <b>BEGINNER (L0) non-competitive exhibition</b> | 3 - 7 yrs      | 2012 - 2016    | 2012, 2013, 2014, 2015, 2016                |
| <b>PEEWEE</b>  | <b>HOBBY (no level)</b>                         | 6 - 12 yrs     | 2007 - 2013    | <b>Min 80% 2007-2013 + Max 20% +/-2 yrs</b> |
|                | <b>NOVICE (L1)</b>                              | 6 - 12 yrs     | 2007 - 2013    | 2007, 2008, 2009, 2010, 2011, 2012, 2013    |
|                | <b>INTERMEDIATE (L2)</b>                        | 6 - 12 yrs     | 2007 - 2013    | 2007, 2008, 2009, 2010, 2011, 2012, 2013    |
| <b>YOUTH</b>   | <b>MEDIAN (L3)</b>                              | 9 - 14 yrs     | 2005 - 2010    | 2005, 2006, 2007, 2008, 2009, 2010          |
|                | <b>HOBBY (no level)</b>                         | 12 - 16 yrs    | 2003 - 2007    | <b>Min 80% 2003-2007 + Max 20% +/-2 yrs</b> |
|                | <b>INTERMEDIATE (L2)</b>                        | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007                |
| <b>JUNIOR</b>  | <b>MEDIAN (L3)</b>                              | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007                |
|                | <b>ADVANCED (L4)</b>                            | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007                |
|                | <b>ELITE (L5)</b>                               | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007                |
|                | <b>INTERMEDIATE (L2)</b>                        | 14 yrs & older | 2005 or before | ... , 2002, 2003, 2004, 2005                |
| <b>SENIOR</b>  | <b>ADVANCED (L4)</b>                            | 14 yrs & older | 2005 or before | ... , 2002, 2003, 2004, 2005                |
|                | <b>ELITE (L5)</b>                               | 14 yrs & older | 2005 or before | ... , 2002, 2003, 2004, 2005                |
|                | <b>PREMIER (L6)</b>                             | 15 yrs & older | 2004 or before | ... 2002, 2003, 2004                        |
| <b>PARENTS</b> | <b>No level (just stay safe) :-)</b>            | 15 yrs & older | 2004 or before | ... 2002, 2003, 2004                        |

## 3.2 AGE GROUPS – PERFORMANCE CHEER

| Group  | Style         | Age            | Year of Birth  | Athletes born in                         |
|--------|---------------|----------------|----------------|--|
| PEEWEE | FREESTYLE POM | 6 - 12 yrs     | 2007 - 2013    | 2007, 2008, 2009, 2010, 2011, 2012, 2013 |
| YOUTH  | FREESTYLE POM | 9 - 14 yrs     | 2005 - 2010    | 2005, 2006, 2007, 2008, 2009, 2010       |
|        | FREESTYLE POM | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007             |
| JUNIOR | HIP HOP       | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007             |
|        | JAZZ          | 12 - 16 yrs    | 2003 - 2007    | 2003, 2004, 2005, 2006, 2007             |
| SENIOR | FREESTYLE POM | 14 yrs & older | 2005 or before | ... , 2002, 2003, 2004, 2005             |
|        | HIP HOP       | 14 yrs & older | 2005 or before | ... , 2002, 2003, 2004, 2005             |
|        | JAZZ          | 14 yrs & older | 2005 or before | ... , 2002, 2003, 2004, 2005             |

# 4 DIVISIONS

List of available divisions with their specifics can be found in each respective *Competition Sheet*.

**Attention: Max 24 athletes are allowed in Team Cheer and Performance Team divisions since the 2018/19 season!**

## 4.1 CHEERLEADING DIVISIONS

All divisions must follow these documents:

- General competition rules ČACH 2018/2019,
- Competition sheet,
- Glossary of terms and LevelBook ČACH Cheerleading 2018/19,
- Score sheets ČACH.

Current versions of all documents are available at [www.cach.cz](http://www.cach.cz).

At least one male competitor is required for all Coed divisions.

Only female competitors are allowed in all AllGirl divisions.

**Hobby divisions are intended for newly registered ČACH member Clubs.**

Parents division is intended for parents and adult family members of ČACH registered Clubs, who are not active in senior divisions.

For safety reasons, it is recommended to consider the presence of external spotters in cheer divisions. Their age and physical fitness must be adequate to the competing group.

In the event of less than 3 registered competing groups in a division, the organizer will merge AG+CO, different levels within one age group or offer an exhibition status.

## 4.2 PERFORMANCE CHEER DIVISIONS

All divisions must follow these documents:

- General competition rules ČACH 2018/2019,
- Competition sheet,
- Glossary of terms and LevelBook ČACH Performance 2018/19,
- Score sheets ČACH.

Current versions of all documents are available at [www.cach.cz](http://www.cach.cz).

Both male and female participants may compete in Performance divisions.

In the event of less than 3 registered competing groups in a division, the organizer will merge different divisions within one age group / dance style or offer an exhibition status.

# 5 MUSIC

## 5.1 TIME OF THE ROUTINE

Time limits of the routines might be further specified in the *Competition Sheet*.

| Division                      | Time of the routine   |
|-------------------------------|---|
| Team Cheer                    | Max. two minutes and thirty seconds (2 min 30 sec)<br>+ cheer (recommended length is 30 sec)<br>Max. 20 sec between the cheer and the music portion |
| Performance Team              | Max. two minutes and thirty seconds (2 min 30 sec)  |
| Group Stunts / Partner Stunts | Max. one minute (1 min)   |
| Individual                    | Max. one minute (1 min)<br>+ cheer (recommended length is 30 sec)   |
| Performance Doubles           | Max. one minute and thirty seconds (1 min 30 sec)   |
| Other divisions               | See <i>Competition Sheet</i>  |

## 5.2 MUSIC

Competition music must be submitted via e-mail [music@cach.cz](mailto:music@cach.cz) at least one week prior to the competition. Administrative fee applies for all music files sent after deadline.

Music files must be in MP3 format and labeled with a routine number (see schedule), Club name, division shortcut and group name (i.e. 001\_Bears\_CTAS6\_GreanBears.MP3). A club representative with a backup media, such as CD or flash drive, is recommended to be present at the music table during the performance.

Both the routine and the music must be in accordance with general moral principles. Any vulgar, racist or obscene texts or motions might result in the group's disqualification.

No cheer volume enhancing voices or words may be recorded over the music.

### 5.3 TIMING

Preparation time before and after the performance is 30 (thirty) seconds total.

Timing of each portion begins with the first note of the music, with the cheer or the first movement and ends with the cheer, the last note of the music or the last movement. Routine must start within the designated area and follow the ČACH LevelBook.

Skills performed after the time limit will not be evaluated. Exceeding the time limit is penalized according to chapter 12 (this does not apply to the final dismounts from stunts/pyramids).

## 6 PERFORMANCE SURFACE

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Standard foam mat surface of 14 x 14 meters for all Cheerleading divisions.

Marley dance floor of 12 x 12 meters for all Performance divisions.

Dimensions and surfaces may be further specified in respective *Competition Sheets* according to the nature of each competition and venue.

## 7 SCORING

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### 7.1 JURY

ČACH will provide at least three expert judges, who are / were active or passive in any sport, preferably in the field of cheerleading or dance.

### 7.2 SCORES AND RANKINGS

Judges panel will score the routines using a 100 point system (except for Level 1 and 2, where the maximum point gain is 85) - see division Score Sheets. Final score is the sum of all the individual score sheets. The group with the highest overall score wins. In the event of a tie on the medal positions, average of all the judges' ranking points will break the tie. If the tie remains, judges will decide on the final ranking.

Judges may not discuss any scoring / ranking matters with the competitors prior to the Award ceremony.

By participating in the competition, the Club agrees that both scoring and safety judges' decisions are final and will not be subject for review.

## 7.3 SCORE SHEETS

ČACH Score Sheets 2018/19 can be found in a separate document at [www.cach.cz](http://www.cach.cz).

Every Club management is entitled to copies of all their competing groups' Score Sheets. Those will be handed over after the competition or, in case of technical difficulties, sent electronically to a Club representative.

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# 8 AWARDS

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First, second and third places in all divisions will receive medals. Certificate will be made for all competing groups. Award ceremony will take place during / at the end of the competition day, see Schedule.

In Mini age group, teams will be announced and awarded immediately after their exhibition (without rankings). All athletes in this age group will receive a commemorative medal.

## 8.1 'CZECH CHAMPION' TITLE

Czech Champion title can only be awarded to ČACH registered Czech teams.

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# 9 ECU EUROPEANS QUALIFICATION

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Only ČACH registered Czech teams can be qualified for ECU Europeans.

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# 10 DOPING

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All competing athletes are required to comply with the Guidelines for the Control and Punishment of Doping in Sport. Current list of banned substances for the given year can be found at [www.antidoping.cz](http://www.antidoping.cz), as well as application forms for therapeutic exemption, which must be submitted at the latest at the registration desk on the day of the competition.

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# 11 FAIR PLAY

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By submitting the registration, all participants agree to be positive and to adhere to the principles of fair play both on and of the competition floor.

Club representative / coach is responsible for the behavior of all the Club members and other entourage affiliated with the Club. Severe cases of unsportsmanlike conduct are grounds for disqualification.

# 12 PENALTIES

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## 12.1 DEDUCTIONS

Penalties will be subtracted from the overall score (sum of the points awarded by all scoring judges). For each judge, points will be deducted as follows:

- 1) Exceeding the time limit by:
  - 5 - 10 seconds = one (1) point penalty per judge
  - 11 seconds and more = three (3) point penalty per judge
- 2) Legality / LevelBook violation:
  - five (5) point penalty per judge and illegal procedure.  
Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule.

## 12.2 FINES

- Venue / competition area damage = from CZK 1 000,- (or the amount charged by the landlord/owner);
- Violence against a rival = CZK 2 000,-;
- Personal data / registration info falsification = CZK 2 000,- and disqualification;
- Other situations will be assessed by ČACH according to the extent of the infringement.

## 12.3 DISQUALIFICATION

- Vulgar or provocative clothing, motions or music (morally unacceptable and inappropriate in cheerleading);
- Unsportsmanlike behavior, profanity or violence against a rival or jury;
- Personal data / registration info falsification;
- Bribery and influence of the jury;
- Doping;
- Crossover rules violation (chapter 2.2).

Non-compliance with the terms and procedures of these rules will result in the Club / group disqualification and loss of entitlement to any prizes, awards or nominations.

# 13 QUESTIONS

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All questions regarding rules, choreography or procedures are to be submitted by the Contact person no later than two weeks before the competition. Timely response cannot be guaranteed for later queries.

# 14 COMPLAINTS

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Complaints against organization or administration must be delivered to the organizer in writing within one week (7 calendar days) after the competition. Handling fee of CZK 500 will be invoiced for each complaint, and refunded if the complaint is justified. Results and scoring / safety judges' decisions are final and will not be a subject for review.

# 15 DEADLINES

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One month before the competition - registration deadline

Two weeks before the competition – deadline for:

- Inevitable roster changes,
- Cancellations (50% of the registration fee refundable)
- Queries
- Requests for competition schedule changes

One week before the competition – deadline for:

- Music
- Substitutes / Coaches / Spotters / Entourage

# 16 FINAL PROVISIONS

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Other integral parts of the Competition rules:

- Competition Rulebook ČACH 2018/2019,
- Competition Sheet,
- Glossary of Terms and LevelBook ČACH Cheerleading 2018/19,
- Glossary of Terms and LevelBook ČACH Performance 2018/19,
- Score Sheets ČACH.

Available as separate documents at [www.cach.cz](http://www.cach.cz).

In case of bad weather or other unforeseen circumstances, the organizer reserves the right to interrupt the competition for as long as necessary, to move it to a roofed area, to terminate the event prematurely or to cancel it altogether.

By submitting the registration form, the Club agrees to respect ČACH competition rules in their entirety and all other instructions from the organizer.

These rules are issued by © Česká asociace cheerleaders within European and world regulations. The rulebook is subject to the Copyright Act No. 121/2000 Coll., as subsequently amended.

Print errors, typos, mistakes and changes reserved.

Prague, 20. 9. 2018

