



EVENT RULES AND INFO X-MAS ONLINE CHEER CUP



CHRISTMAS CUP organized by the Czech cheerleading association (referred as „ČACH“), is intended for ČACH registered Clubs and International Guests.

REGISTRATION AND VIDEO SUBMISSION:

10. 12. 2020 - 10. 1. 2021

You or your coach have to upload video by [GOOGLE FORM](#)

Register (by coaches) through the ČACH Electronic registration system-for registration **contact us on registrace.cach.cz**

WEB: <http://www.cach.cz/souteze/occ/x-mas-online-cheer-cup.php>

FB ČACH: <https://www.facebook.com/Ceska-asociace-cheerleaders-CACH-272392776079>

FB Akce: <https://cutt.ly/ohYQPp8>

IG cach life: https://www.instagram.com/cach_life/?hl=en

COMING OUT: Videos will be online from **18. 1. 2021** ČACH (Instastories and highlights IG CACH_LIFE and FB ČACH)

REGISTRATION FEE:

- 2 € / 1 division

RULES:

Participants must follow these separate documents:

- Event rules and info,
- X-MAS Structure of levels, age and categories,
- X-MAS Online Cheer Cup Score sheets,
- For stunts: ECU Competition Rules 2020/2021.

Each participant must participate in his age category: Tiny, Mini, Junior, Senior (except Family, Toy, Flexi).

Each participant can participate in more than one category (for example: INDIVIDUAL CHEER and FAMILY).

ALL DIVISIONS and other DETAILS can be found on the page 4 and 5 listed below.

VIDEO RULES:

- The sent video must have **30 – 60 s**. We recommend using a background music.
- There must be **no text in the video** (the group is marked by the organizers).
- The video must be **portrait or landscape**.
- Name the video **Division shortcut_GroupName** (or SurnameName of the individual).
- We recommend to use remixed music, music added by another media / application on your Instagram or you can use **special Tony Hodges GCM X-MAS remix** (especially for x-mas divisions!) made just for this cup! If you use **originals** due to proprietary rights can be the background music rejected by the Instagram. Then, the video will be published without the background music. But, judges will see the video with your original music.
- The participant will also upload **photos** from the exercise or promo photo (Screen shot from video, or prepared photo) for the **spectator voting**.
- In the video, the participant has to be sufficiently visible (legs, arms raised) and in sufficient quality.
- **All videos must be done at home, conditions on 1.12.2020 in CZ.** Even if in your country you already can go into a gym, hall, can meet. Everyone must have the same condition.
- We cannot meet, therefore, for **team performance category create collage** using apps (Unfold, InShot, Layout, Video Collage Maker, ...) or screen video of your online practice through Zoom, Google Meets, Messenger,...



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X-MAS Theme Routine

X-MAS Family: for parents and other family members

- All **required elements for your routine**, you can find at **event Score Sheets**,
- Divisions with X-MAS theme are meant for cheerleaders and their family member - mom, dad, siblings, grandparents, aunt, uncle, ...pet),
- 2 and more participants, age: 2-99 years old (this category is not divided into age divisions),
- also the x-mas theme, x-mas costume, props, creativity and originality is judged in this division,
- **allowed stunts:** Stunts on tights can be performed with one base and one flyer. These stunts are allowed from L1, but must follow general L1 rules: flyer in the waist level, two-leg prep, shoulder sit, shoulder stand, extended lifts or prone/flatback stunts. Other stunts are not allowed. **In case of breaking the rules the participant will be disqualified!**
- **tumbling is not allowed** in this category! **In case of breaking the rules the participant will be disqualified.**

X-MAS routine with soft toy

- All **required elements for your routine**, you can find at **event Score Sheets**,
- 1 participant with soft toy, age: 2-99 years old (this category is not divided into age divisions),
- also the x-mas theme, x-mas costume, props, creativity and originality is judged in this division,
- **the skills must be performed by athlete** (jumps, body positions, etc.), **there must be some interaction performed with soft toy in the routine** (teddy, doggy,...), the cooperation and interaction is also judged (for example in stunts, dance,...),
- **tumbling is not allowed** in this category! **In case of breaking the rules the participant will be disqualified.**

Individual – FLEXI BACKS 'N' LEGS – FOLLOW DÁJA

- All **required elements for your routine**, you can find at **event Score Sheets**,
- Show your flexi skills following Daniela Vydrová, member of Team Czech Republic! Create your own routine with these skills: **heel-stretch, scorpion, scale, arabesque, bridge, split**. Order of skills and transitions are up to you. You should also show **two other skills**, but the routine must be max 1 min. Watch the video: [VIDEO FLEXI](#)
- age: 5-99 years old (this category is not divided into age divisions).

Team Performance - Freestyle Pom / Hip Hop / Jazz - COLLAGE

- All **required elements for your routine**, you can find at **event Score Sheets**,
- Open categories: Tiny Freestyle (5-8 years old), Mini Freestyle (7-13 years old), Junior Freestyle/Hip Hop/Jazz (11-16 years old), Senior Freestyle /Hip Hop/Jazz (from 14 years old). All detailed ages are listed in the document X-MAS Structure of levels, age and categories,
- **Use the collage style!** You can use apps (Unfold, InShot, Layout, Video Collage Maker, ...) or screen video of your online practice through Zoom, Google Meets, Messenger,...

Individual Performance - Freestyle Pom / Hip Hop / Jazz

- All **required elements for your routine**, you can find at **event Score Sheets**,
- Open categories: Tiny Freestyle (5-8 years old), Mini Freestyle (7-13 years old), Junior Freestyle/Hip Hop/Jazz (11-16 years old), Senior Freestyle /Hip Hop/Jazz (from 14 years old). All detailed ages are listed in the document X-MAS Structure of levels, age and categories,



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Performance Doubles - Freestyle Pom/Hip Hop/Jazz

- All **required elements for your routine**, you can find at **event Score Sheets**,
- Open categories: Tiny Freestyle (5-8 years old), Mini Freestyle (7-13 years old), Junior Freestyle/Hip Hop/Jazz (11-16 years old), Senior Freestyle /Hip Hop/Jazz (from 14 years old). Ages are in the document X-MAS Structure of levels, age and categories,
- You can use the collage style.

Individual Cheer

- All **required elements for your routine**, you can find at **event Score Sheets**,
- Open categories: Tiny (5-8 years old), Mini (7-13 years old), Junior (11-16 years old), Senior (od 14 years old),
- Cheer or Chant is not performed in the routine,
- **Allowed tumbling:** split, limber, kickover, roll forward and backward, bridge (backbend), handstand, cartwheel.
Tiny+Junior+Senior can also perform: front or back walkover. Other skills are forbidden! **Breaking the rule means disqualification.**

VOTING, JUDGING, ANNOUNCEMENT, AWARDS

Participants will be judged virtually by **international judges** based on the submitted video according to the X-MAS Online Cheer Cup Score Sheets and CACH documents. These judges are looking forward to your videos: Tony Hodges (HU/USA), Lana Gavrilov (SLO), Sabrina Hadsell (CZ/USA), Petra Žáková (CZ), Malgorzata Wronska (PL) and Barbora Schejbalová (CZ).

- The first three places in each division will be announced
- All participants will receive a participation **medal with logo of the cup!**
- Prices will be sent by post (**to your association/club manager**).
- **Fans can vote as well** and the winner will receive a **sympathy award!** Each group will be assigned a number according to people will vote on the IG and FB account and events under the post, voting will start no earlier than the day after the publication of the last competitor. Fans vote by writing the participant / group number in the comment below the published post. The publication of video, ie the start of the voting, will be on Instagram @cach_life and the Facebook CACH event at least 12 hours in advance. Voting will take place for 3 days.

General conditions:

By registering for the event, the participant automatically agrees with the Rules of the X-mas Online Cheer Cup 2020.

By participating, the participant agrees with use and publication of the submitted materials (video, photographs, photographs taken for the purpose of promotion in the X-mas Online Cheer Cup) for commercial and non-commercial purposes, use on the sponsor's website and materials.

All participants must follow the **general safety rules, sport in an appropriate and safe environment** and on a **suitable surface**.

All videos must be done at home, even if in your country you already can go into a gym, hall or can meet. Everyone must have the same condition. Participants must follow the **quarantine rules**.

Participants must not wear clothing that is provocative, offensive, revealing intimate parts. Offensive or vulgar movements or expressions are reason for disqualification.

A person under the age of 18 performing acrobatic and stunt elements must be under the supervision of an adult.

The organizer of the event reserves the right to move the participant of the event to another category/division.

The organizer of the event reserves the right to interrupt the event for the necessary length of time, end it prematurely or cancel the event altogether.



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ALL DIVISIONS:

X-MAS ROUTINE					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
DIVIZE	VĚK/ AGE	ZKRATKA DIVIZE/ SHORTCUT	POČET SPORTOVČŮ/ NM OF ATHLETES	DĚLKA SESTAVY/ time of the routine	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
FAMILY	od 2 let/ from 2 years old	CTF	MIN 2	30 s - 1 MIN																	
PLYŠÁK/TOY	od 2 let/ from 2 years old	TOY	1	30 s - 1 MIN																	

INDIVIDUAL FLEXI					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
DIVIZE	VĚK/ AGE	ZKRATKA DIVIZE/ SHORTCUT	POČET SPORTOVČŮ/ NM OF ATHLETES	DĚLKA SESTAVY/ time of the routine	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
FLEXI BACKS 'N' LEGS	od 2 let/ from 2 years old	IFLEXI	1	až/til 1 MIN																	

TEAM PERFORMANCE					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
DIVIZE	LEVEL	VĚK/ AGE	ZKRATKA DIVIZE/ SHORTCUT	POČET SPORTOVČŮ/ NM OF ATHLETES	DĚLKA SESTAVY/ time of the routine	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
Tiny	Freestyle	5 - 8	PTF	8 - 24	30 s - 1 MIN																	
Mini	Freestyle	7 - 13	PMF	8 - 24	30 s - 1 MIN																	
Junior	Freestyle	11 - 16	PJF	8 - 24	30 s - 1 MIN																	
Junior	Hip Hop	11 - 16	PJH	8 - 24	30 s - 1 MIN																	
Junior	Jazz	11 - 16	PJJ	8 - 24	30 s - 1 MIN																	
Senior	Freestyle	od 14 let/ from 14 years old	PSF	8 - 24	31 s - 1 MIN																	
Senior	Hip Hop	od 14 let/ from 14 years old	PSH	8 - 24	30 s - 1 MIN																	
Senior	Jazz	od 14 let/ from 14 years old	PSJ	8 - 24	30 s - 1 MIN																	



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PERFORMANCE INDIVIDUAL						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
DIVIZE	LEVEL	VĚK/ AGE	ZKRATKA DIVIZE/ SHORTCUT	POČET SPORTOVČŮ/ NM OF ATHLETES	DĚLKA SESTAVY/ time of the routine	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
Tiny	Freestyle	5 - 8	PITF	1	30 s - 1 MIN																	
Mini	Freestyle	7 - 13	PIMF	1	30 s - 1 MIN																	
Junior	Freestyle	11 - 16	PIJF	1	30 s - 1 MIN																	
Junior	Hip Hop	11 - 16	PIJH	1	30 s - 1 MIN																	
Junior	Jazz	11 - 16	PIJZ	1	30 s - 1 MIN																	
Senior	Freestyle	od 14 let/ from 14 years old	PISF	1	30 s - 1 MIN																	
Senior	Hip Hop	od 14 let/ from 14 years old	PISH	1	31 s - 1 MIN																	
Senior	Jazz	od 14 let/ from 14 years old	PISJ	1	31 s - 1 MIN																	

PERFORMANCE DOUBLES						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
DIVIZE	LEVEL	VĚK/ AGE	ZKRATKA DIVIZE/ SHORTCUT	POČET SPORTOVČŮ/ NM OF ATHLETES	DĚLKA SESTAVY/ time of the routine	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
Tiny	Freestyle	5 - 8	DTF	2	30 s - 1 MIN																	
Mini	Freestyle	7 - 13	DMF	2	30 s - 1 MIN																	
Junior	Freestyle	11 - 16	DJF	2	30 s - 1 MIN																	
Junior	Hip Hop	11 - 16	DJH	2	30 s - 1 MIN																	
Senior	Freestyle	od 14 let/ from 14 years old	DSF	2	30 s - 1 MIN																	
Senior	Hip Hop	od 14 let/ from 14 years old	DSH	2	31 s - 1 MIN																	

INDIVIDUAL CHEER						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
DIVIZE/ DIVISION	VĚK/ AGE	ZKRATKA DIVIZE/ SHORTCUT	POČET SPORTOVČŮ/ NM OF ATHLETES	DĚLKA SESTAVY/ time of the routine	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	
Tiny	5 - 8	IT	1	30 s - 1 MIN																		
Mini	7 - 13	IM	1	30 s - 1 MIN																		
Junior	11 - 16	IJ	1	30 s - 1 MIN																		
Senior	od 14 let/ from 14 years old	IS	1	30 s - 1 MIN																		

These rules are issued by the © Czech Association of Cheerleaders, as well as within the framework of European and world regulations. The rules are subject to Copyright Act No. 121/2000 Coll. as amended.

Typos, errors and changes reserved.