



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2019 - 20
NFYFC Cheerleading
(26 & Under)
RULES

COMPETITION AIM

To provide members with the opportunity to participate in a physical activity to demonstrate their Cheerleading skills, in a competition environment

LEARNING OUTCOMES

Choreography and composition, movement, performing, confidence, decision-making, teamwork and personal development skills

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. **DATE & VENUE**

1.1. After Area Finals, the National Final will be held on Competitions Day, Saturday 4th July 2020 at Staffordshire Showground.

1. **REPRESENTATION**

- 1.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.
1.2. Areas will be represented in the final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

2. **ELIGIBILITY**

2.1. The team may consist of between 6 and 10 members, all of whom must be 26 years of age or under on 1st September 2019 and a full member of a Club affiliated to the NFYFC. The team must consist of a minimum of 2 members of the opposite gender.

3. **SUBSTITUTION**

3.1. If more than half the original team are unable to compete at the next round the next highest scoring team will represent area.

4. **PROCEDURE**

4.1. Each team is required to perform a Cheerleading routine. Cheerleading is a physical activity, which contains many elements including dance, jumps, cheers and stunts to direct spectators of events to cheer-on sports teams at games and to encourage spectators to participate in competitions/sports.

4.2. **Safety Clarification:** This clarification should make clear what can be included in the routine and protect the safety to all participating.

4.2.1. For the purposes of this competition, **Tumbling** is a gymnastic element and a **Stunt** is a lift (normally a static nature at this level) where a person has their weight off the ground)

4.2.1.1. **Tumbling**

Allowed: Forward Rolls, Backward Rolls, Cartwheels, Front Walkovers and Back Walkovers

Not Allowed: Tumbling that involves a spring or run (i.e. Flips, Somersaults, Handsprings)

4.2.1.2. **Stunts:** For the purposes of this competition, we are defining Stunts as 'an element performed by a group of Cheerleaders, involving Flyers, Bases and Spotters.



Flyer: A person without contact to the ground – Also known as Mounter/Top person

Base: A person in direct contact with the floor who provides primary support for the flyer and could also be responsible for catching the flyer during dismount

Back Spot: A person primarily responsible for protecting the head, neck and shoulders of the flyer. They must be positioned to the side or the back of the stunt. The Back Spot may not have both hands providing primary weight-bearing support to the flyer. The Back Spot must be a participating member of the team.

4.2.2. These rules state that Stunts are allowed, to note that at the NFYFC Final a MATTED FLOOR will be provided

4.2.3. **No Stunt to be more than 1½ persons high (a member sitting on another members shoulders = 1½ members high)**

4.2.4. All stunts at this height must have a Back Spot. Not Allowed: Stunts that involve a Twist or Rotation. Teams must adhere to these guidelines. At the area rounds and NFYFC finals, if the judge(s) believe moves in the routine to be dangerous, the performance will be stopped and will not be scored.

4.3. At the NFYFC Final the size of the dance area will be in the region of 8.6m x 8.6m (The County or Area will confirm detail of their Final)

4.4. Music to be submitted to NFYFC no later than **Friday 12th June 2020** on CD format.

4.5. A **Performing Rights (PRS) Society for Music Form** will be supplied to finalist teams by the NFYFC (as directed by the venue license holders) for the final of the competition. This form must be completed and returned to NFYFC together with the Music CD no later than **Friday 12th June 2020**

4.6. All music must be, at every round, a **Radio Edit – i.e. suitable and passed for radio broadcast to family (pre watershed) audiences.**

5. TIMING

5.1. A minimum of 3 minute and a maximum of 5 minutes will be allowed for the routine.

5.2. **Time Penalties** - time deductions are one mark for each 15 seconds (or part thereof) over or under the allocated time by any member of the team.

6. SCALE OF MARKS

Creativity & Choreography	30
(Formations/Shapes/Use of Floor)	
Technical Marks	30
(Gym skills/Jumps/Lifts/Travelling)	
Showmanship & Spirit	20
(Enthusiasm/Voice Projection)	
Costume	10
Overall Presentation	10
TOTAL	100

7. AWARDS

7.1. Trophy and Prize Cards to the winning team.

7.2. NFYFC Prize Cards to teams placed 2nd and 3rd

7.3. NFYFC Certificates of Achievement will be awarded to all teams participating in the NFYFC Final.