



International Winter Cup 2019 REGULATIONS

Ossa

29.11.2019

1. The organizer of the International Winter Cup 2019 in Ossa (hereinafter referred to as the Competition) is the Polish Cheerleading Sports Association. The competition has an international rank. **The producer is a member of PZSC - DUET Student Sports Club**
2. The Competition is aimed at promoting cheerleading, selecting the best mini teams, teams, doubles and soloists in individual categories. The Competition is maintained in the spirit of Fair Play competition.
3. Mini teams, teams, doubles associated (along with a coach and a supporting member) in the Polish Cheerleading Sports Association have the right to start, who have paid the entry fee and correctly completed the entry form.

Starting fees in the amount of **PLN 40** (say: forty PLN) must be paid to the Producer's account: **DUET Student Sports Club DUET, ul. Moniuszki 5 05-400 Otwock, MBank, account number: 46 1140 2004 0000 3102 7915 0548**

The entry fee is paid for each athlete's start.

Completed application cards (located at the end of these regulations) should be sent in open electronic form and printed, signed and scanned form, please send to booking@reliese.pl

4. This Competition will take place on the **29/11/2019** at the OSSA**** Hotel Congress & SPA near Rawa Mazowiecka.
5. The deadline for registration is November 15, 2019 at 24:00
6. Expected Awards:
 - Cups and diplomas for finalists
 - Medals for places 1st, 2nd, and 3rd
 - Certificate of participation for all clubs participating in the Championship
7. During the Championship following categories are gonna be provided:
 - a) Freestyle Pom (mini teams, teams, doubles)
 - b) Drill Dance (mini teams, teams)
 - c) Hip Hop (mini teams, teams, doubles)
 - d) High Kick (mini teams, teams, doubles)
 - e) Jazz (mini teams, teams, doubles)
- 6a. Description of the categories:
 - a) **Freestyle Pom**- a dance category in which the main role is played by characteristic arm movements (arm motion), the work of the whole team to create visual effects, change of settings and transitions, but also jumps, pirouettes and other dance elements. We are following ICU regulations.

- b) **DRILL DANCE**- a dance category in which marching transitions of the formation, connected with arm motion are the main domain. Arm motions are focused on the visual effects of poms, typical for freestyle pom. Drill Dance is a marching category in which you can perform max. 1 single pirouette or / and 1 double pirouette (performed simultaneously by the whole team or in the canon) and one cheer jump performed by the entire team simultaneously or in the canon. The duration of the presentation is a maximum of 2 minutes (120 seconds), no minimum presentation time. The entire team of participants must wear a uniform for and poms must be used throughout the presentation. The judgement covers: synchronization, changes in settings (quantity, quality, frequency diversity), poms visual effects typical for freestyle pom.
- c) **Hip hop** dance category, referring to the Hip Hop culture with full respect. The team should present several hip hop styles such as: lockin ', poppin', crump, lyrical and others. Note the indecent words in the songs used. The costume should refer to the hip hop culture. Caps, scarves ("bandanas") are allowed as part of the outfit, they can be used as a prop in the choreography.
- d) **High kick** a dance category in which the choreography is based on various combinations of high kicks, changes in formation, and visual effects. The category is performed without poms. High Kicks must be strong and dynamic for equally dynamic music.
- e) **Jazz**- dance category that allows you to present all types of jazz. Choreographies are performed without poms and other props. Follow ICU rules

8. The International Winter Cup 2019 will be provided in the following age categories

- a) Dance categories (Freestyle Pom, Hip Hop, High Kick, Jazz)
 - ❖ PEE WEE- up to 7 years of age (2012 and younger)
 - ❖ MINI Age 8-11 (Age groups 2011-2008)
 - ❖ JUNIOR Age 12-16 (Age groups 2003-2004)
 - ❖ SENIOR Age 14-29 (Age groups 2005-1990)
 - ❖ SENIOR SILVER Age 30-49 (Age groups 1989-1970)
 - ❖ SENIOR GOLD Age over 50 (1969 and older)

7a) The crossovers in age categories:

Only in age categories PeeWee, Mini, Senior Gold, Senior Platinum, Junior (only in mini teams), Senior (only in mini teams)

The number of players younger than the age category in which the team starts can be up to 30% of the total groups (an integer number rounded down); the number of players older than the category in which the team starts can be 20% of the whole group (the integer number is rounded down). However, the sum of players from other age categories than the one in which the team starts cannot exceed 40% (an integer number rounded down). Transitions of players to other age groups are possible only from the directly lower or higher age category.

9. Quantitative definitions

a) Dance categories (Freestyle Pom, High Kick, Jazz, Hip Hop)

Duet- two people performing. Doubles might be All Girl or Coed

Mini Team- consists of 8 to 15 people. The separate All Girl or Coed categories are not distinguished, but the number of boys cannot constitute more than 20% of the total number of athletes (whole number rounded down).

Team- consists of 16 to 24 people. The separate All Girl or Coed categories are not distinguished, but the number of boys cannot constitute more than 25% of the total number of players (whole number rounded down).

ATTENTION jazz category- the number of athletes is 18-24 people!

10. Teams start in an area of 16 (width) x12 (depth) meters. Base for dance categories: black ballet floor.

Exceeding the presentation area does not result in negative consequences for the team. PURPOSEFUL performing of presentations outside the designated area is not allowed.

11. Presentation time:

a) Dance categories (Freestyle Pom, Jazz, Hip Hop, High Kick,) mini teams and teams up to 2 minutes and 15 seconds (up to 135 seconds); duets up to 1.5 minutes (up to 90 seconds)

b) Drill Dance up to 120 seconds (2 minutes)

The presentation time is counted from the first audible note of the music or movement beginning the choreography to the last audible note or movement ending the choreography.

The teams enter the dance floor and come out immediately before and after the presentation. Entries and exits with choreography are not allowed. The team enters the mat / dance floor to take appropriate places / positions by the competitors.

For exceeding the presentation time, penalty points will be added, which will be deducted from the scoring. For exceeding the time limit or for a short presentation of chants, penalties will be charged: 1 penalty point from each judge for violating the time limit from 5 to 10 seconds, 3 points from each judge for violation of the time limit above 11 seconds.

Each time limit violation is counted separately.

12. Music should be delivered to the acoustician on a pen drive just before the start. Representatives of the team are responsible for the quality of music.
13. Athletes will be judged by the judges of the Polish Cheerleading Sports Association and European Cheer Union.

Final remarks:

- Any issues regarding the organization or specific issues related to a given competition, not covered by these regulations, will be resolved based on the EUROPEAN CHEER UNION regulations.
- The club and athletes have the right to withdraw from the competition at any stage. In this case, the registration fee is not refundable.
- There will be operating during the Competition: a medical point, snack bar, parking lot (unguarded).
- The organizer is not responsible for goods left in the cloakrooms. They may be available to the public.

- The players' insurance is carried out by the delegating institutions which declare that they have such athlete's insurance. The organizer does not supervise the participants of the Competition.
- Handing over of music, the coach / reporting entity declares that they hold the copyright to play the music in public, which they send for the band's presentation. On the day of the tournament, the Coach signs the applicable declaration of possessing the music copyright.
- All dancers are obliged to use footwear - it is forbidden to use "heels" and other types of footwear that may damage or scratch the floor base. The coach, that was mentioned in the application form, is responsible for damaging the floor base. "Fingertips" are also considered as a footwear.
- Written permission of the organizer must be obtained for running advertising in any form. Tournament clothes may not contain sponsorship logos. Team names are allowed.
- During the Competition, participants are required to strictly comply with health and safety and fire regulations applicable at the OSA**** Hotel Congress & SPA
- Participation in the Competition is tantamount to expressing forever and unconditionally free consent for video and television recording of all presentations.
- Protests only in writing will be accepted only up to 15 minutes after the end of a given competition and considered by the Head Judge, the Organizer and representatives of the Organization after paying a deposit of PLN 200. If the protest is not accepted, the deposit will not be returned and will be forfeited for the benefit of the Organizer.
- Entering the tournament area (hall plate - venue, warm-up zone, changing rooms) is possible only on the basis of the athlete's, coach, protector ID, or invitation.
- In case of interest, the organizer can offer accommodation and meals at the OSA**** Hotel Congress & SPA; for this purpose, please send your interest to participate to the e-mail address booking@reliese.pl to receive an offer.
- **Detection of any age discrepancies of competitors will result in disqualification of the entire club in the given discipline and dance category. All competitors are required to have a document confirming their age. The organizer reserves the right to check the age of each team.**



POLSKI ZWIĄZEK SPORTOWY
CHEERLEADINGU



Registration FORM

TEAM NAME	
Subject category of start:	
Age category	
THE TEAM IS SUPPORTED BY (name of the) SPORTS CLUB:	
COACH'S NAME AND SURNAME	
PHONE NO.: CONTACT PHONE:	
E-MAIL	
TEAM WEB ADDRESS	

No.	NAME	SURNAME	DATE OF BIRTH	PESEL (Personal Identification Number),	ADDRESS OF PERMANENT RESIDENCE
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	Reserve players				
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