

CHEERLEADING DANCE CONTEST RULES

1. GENERAL INFORMATION

1.1. GENERAL

The following rules and regulations apply to **EuroMilano - Cheerleading Dance Contest**, which is governed by the organization of EuroMilano and must be fully understood and adhered to by all participants. The contest is under the patronage of the **Italian Federation of Cheerleading**.

DATES

Saturday 2nd May 2026, in the afternoon – around 5 p.m., at Crespi Sport Center

ENTRIES

Number of registrations

Every team may register minimum 5 athletes.

If a team is composed by only 5 athletes, they have to be all women.

COMPLAINTS

All complaints and/or criticism about the organizational part of the Cheerleading Dance Contest and about other squads/countries have to be filed within the end of the tournament.

All complaints will be handled by the organizational part of the Cheerleading Dance Contest. Judges decisions are final.

JUDGES

Judges

The jury will be composed of at least two judges, which will ensure compliance with the rules of the Cheerleading Dance Contest. The jury will be composed of technical / coach / judges belonging to the Italian Federation of Cheerleading, to ensure the respect and objectivity, and to provide a professional opinion on the various performances.

1.5.2 Scoring

Score sheets of each university will be available on www.euromilano.eu. Judges decisions are final.

2. COMPETITION GUIDE

2.1. GENERAL

The CHEERLEADING is a sport based on encouragement, incitement and fraternity.

All participants behavior is required in accordance with the Sports Spirit and "CHEER SPIRIT".

Code of Conduct

- Follow the rules.
- Respect other teams, spectators, the commissioners and judges, not to offend or criticize.
- The choreography, music and clothing must be respectful of the audience and the participants. Are not permitted aspects, behaviors, language, movements or actions violent, vulgar, racist or offensive.
- Follow the instructions and decisions of the contest committee.
- Violators will be judged with a penalty, and if necessary excluded from the contest.

TIMING

Timing will begin on the first note of music, the first vocal command or the first movement and stop with the last note of the music or when all squad members come to a stationary position.

Duration of routine

From 3 to 5 minutes.

MUSIC

Each team must bring 1 copy on USB. Music for each performance should begin at the start of the USB.

PLATFORM AND CARPET

There will not be any platform: the routine will be performed on PVC/parquet field of the gym

3. REQUIREMENTS FOR ROUTINE

The routine must be made by specific techniques identified with the sport of cheerleading and cheer dance. The routine will consist of arm motions, jumps, tumblings, stunts, pyramids and must include the use of music. The routine will made both compulsory elements that original creativity. In addition, there must be parts of the choreography focused on dance, which highlight the choreography and movement abilities.

COMPULSORY ELEMENTS

Minimum 1 Jump, 1 Lift, 1 Pyramid, 1 Tumbling and Cheer Dance elements, that must be performed in time to the music. (for jump and tumbling, it's enough if only 1 cheerleader performs the element).

P.S. The execution of arm motions, pirouette, split and a large number of lifts, pyramids, tumbling and stunt, will be entitled to a higher score (in "Technical Components" – maximum points: 20), especially if high difficulty and if carried out by all members of the team and/or many time in the routine.

Pompons are compulsory (optional for males). Banners, Signs, Megaphones, Flags are allowed.

4. EVALUATION

Will be evaluated the choreography and execution in accordance with criteria established by the Judges of EuroMilano. Any judge may assign up maximum 100 points per team.

1.4.1. Evaluation

- 1) Sum of the scores given by each judge.
- 2) The final score is calculated on the average total obtained.
- 3) If necessary, the points of penalties for violation are removed from the final score.

Evaluation Criteria	Points
1. Technical Components:	
Tumblings/jumps/lifts/pyramids/stunts/arm motions	20
In addition to the compulsory elements, the execution of arm motions, pirouettes, split and a large number of lifts, pyramids, tumbling and stunts, will be entitled to a higher score, especially if high difficulty and if performed by all team members and/or many time in the routine	
2. Dance elements/movements	20
Cheer Dance, dance ability, choreographic movements	
3. Originality/ choreography	10
Performance, use of show elements, attractiveness	
4. Group Cheer	10
Timing, rhythm, unity with group, perfection of routine, synchronization, accuracy, use of the floor	
5. Crowd Enthusiasm	10
6. Music Choice	10
7. Overall impression (appearance)	20
Total	100

The good performance is based on a correct technique of the elements of cheerleading, cheer dance, choreography, creativity, performance and unit-group harmony.

Will be evaluated:

- in the cheerleading elements: decision and cleaning of the performing movements, a good technique, control and body position
- pompon technique
- inclusion of dance techniques, dance steps and a variety of dance styles and choreographic movements
- rhythm, unity of the group, interpretation of music

DEDUCTIONS

GENERAL

Code of Conduct

Any vulgar, racist, suggestive language, appearance or movements of the competitors, coaches or fans could result in disqualification of the team/competitor.

The lack of compliance with regulations, for teams, athletes, spectators, judges and commissioners, will result in the disqualification of the team / athlete.

CRITERIA	POINTS DEDUCTIONS
▪ Violation of duration of routine	1 point for each second
▪ Absence of the compulsory elements	
NB Except in the case of injury evident that the athlete must leave the area	10 points
▪ Lack of use of pom pons	10 points
▪ Music inappropriate	10 points
▪ Offensive complaint to the courts	disqualification

Will not be allowed to object to the decision of the head judge.