



GYMKRAFT

CHEER FEST

2019

RULE BOOK



Organised by Invincible Cheerleading
Supported by Cheerleading Association (Singapore)

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Welcome to Gymkraft Cheer Fest 2019

We are excited to have you in our competition! As this is our second year running, and we have added new categories to encourage more participation from the cheerleading community!

Invincible Cheerleading aims to create more avenue for fellow teams and cheerleaders to showcase their skills, and to create a platform for teams to challenge their new members and engage their alumni to bring glory to their team.

Cheerleading Association (Singapore) (CAS) is pleased to support Gymkraft Cheer Fest 2019, organised by Invincible Cheerleading. Please read the details carefully and take note of the restrictions within the Rule Book and Appendix. **Registration ends on 7th October 2019!**

COMPETITION INFORMATION

- Event Title: Gymkraft Cheer Fest 2019
- Date: 20th October 2019, Sunday
- Venue: Buona Vista CC – 36 Holland Drive , Singapore 270036
- Time: 2pm to 7pm

The competition is organised by Invincible Cheerleading and supported by Cheerleading Association (Singapore), and is **opened to all Cheerleaders**.

Division	Rules Reference	Age of Participants	Team Size	Registration Fees* (Per Pax)
Co-ed Partner Stunt	Premier	15 years or older	2 athletes	SG\$35
Co-ed Group Stunt	Elite	15 years or older	Max. 5 athletes	SG\$30
Co-ed Small Team	Elite	15 years or older	Max. 12 athletes	SG\$30
Co-ed Small Team	Premier	15 years or older	Max. 16 athletes	SG\$30

**Registration fees applies for each category, regardless of cross-over.*

Kindly complete the Registration and Team Roster Form and submit, to enquiries@invinciblecheer.com by 7th October 2018, Sunday. The registration process is completed only when ALL required information is submitted and the payment of the registration fees is received.

Payment details can be found within the Registration Package below. Should the participant withdraw from the competition at any point in time, no refunds will be given.

RESULTS AND PRIZES

The judges' decision is final.

An Event-Post mortem will be conducted for all coaches and participants to discuss on their individual routines.

Team Leaders / coaches may write in to enquiries@invinciblecheer.com for further clarification.

The prizes for each category are as follows:

Division	Gold**	Silver**	Bronze**
Partner Stunt Co-ed Premier	\$150	\$100	\$50
Group Stunt Co-ed Elite	\$300	\$200	\$100
Small Team Co-ed Elite	\$500	\$300	\$200
Small Team Co-ed Premier	\$500	\$300	\$200

COMPETITION RULES AND JUDGING CRITERIA

For routine and judging requirements, please download the Rule Book and Appendixes below:

- GYMKRAFT Cheer Fest 2019 - Rule Book_ 2019
- GYMKRAFT Cheer Fest 2019 - APPENDIX_2019
 - o Cheer General Safety Rules
 - o Premier Rules – Partner & Small Team Co-ed
 - o Elite Rules – Group& Small Team Co-ed
 - o Judging Score Sheet
 - o Cheer Glossary

REGISTRATION

To register, please download the Registration Package and submit to **events@invinciblecheer.com** by **7th October 2019**. Participants are also required to complete the Release & Indemnity Form and submit a scanned copy together with the Registration Package. The original copy of the Release & Indemnity Form is to be submitted to the Organisers on the competition day.

The registration process is completed **ONLY** when the Registration Package and Release & Indemnity Form are completed and submitted, and the full payment of the registration fees is received.

By submission of the registration, on behalf of the team, the registrant accept and agree to abide by the policies and procedures listed above and the rules and regulations of the Rule Book.

ENQUIRIES

For enquiries, please email to **events@invinciblecheer.com**

General Rules

1. The GymKraft Cheer Fest 2019 (the “Competition”) is organised by Invincible Cheerleading (“Invincible”) and supported by Cheerleading Association (Singapore) (“CAS”) (collectively, the “Organisers”). It is open to all cheerleaders, and by entering the Competition, you agree to these Rules and Regulations. Participants below 18 years old must obtain the consent of his/her parent or legal guardian before participating.
2. In the event of any dispute during the event, all decisions made by the Judges shall be final and no appeals or correspondence will be entertained.
3. The Organisers reserves the right to substitute or alter any of the prizes offered.
4. By participating in this Competition, each participant agrees to take part in any promotional or publicity exercise as may be conducted by Invincible Cheerleading in connection with this Competition and each participant hereby irrevocably and unconditionally grants the Organisers all consents and waivers necessary for the Organisers to record and use the participants’ performance(s) and appearance(s) in any manner as the Organisers shall in its sole discretion deem fit. Each participant acknowledges that the Organisers shall be at liberty to publish and otherwise use any recordings made by the Organisers, including without limitation telephone recordings, audio recordings, video recordings and photographs (if any), for promotional and publicity purposes or any other purposes as the Organisers deems appropriate (whether now or in the future).
5. The Organisers reserves the right to change any of these Rules and Regulations, or to terminate or postpone the Competition at any time without prior notice.
6. Each participant shall indemnify the Organisers, its related companies, and their respective officers, employees and agents against any claims, liabilities, damages, loss or expenses (including legal expenses on a full indemnity basis) resulting from any breach of these Rules and Regulations.
7. In the event of any breach of any of these Rules and Regulations by any participant, the Organisers reserves the right to disqualify his/her entry, and any prizes won may be forfeited, withheld or withdrawn.
8. No obligation will be incurred by the Organisers or its sponsors by reason of participation in this Competition or by reason of anything done or omitted to be done by the participants as a result of or on account of this Competition. The Organisers shall not be liable or responsible for any and all losses, damages, costs and/or expenses (of any nature whatsoever) suffered by any participant arising from any failure or refusal, for whatever reason, to deliver or transfer, whether the Organisers or its sponsors, the prize(s) or make good on any promise or offer to the participants.
9. Each participant expressly acknowledges and agrees that the Organisers and its sponsors shall not be liable to any of the participant(s) for any injury, loss or damage whatsoever or howsoever caused arising directly or indirectly in connection with this Competition, including any loss, damage or injury which may be incurred arising from the prizes.
10. These Rules and Regulations and this Competition shall be governed by and construed in accordance with Singapore laws.
11. Participants’ personal data may be collected, used, disclosed and/or processed by the Organisers for the following purposes:
 - (a) For Invincible Cheerleading or its designated representatives or business partners to provide goods and services to the participant or parties designated by the participant and matters ancillary thereto.
 - (b) For verification and record of the participant’s personal particulars including comparing it with information from other sources and using the information to communicate with the participant.

(c) For research and analysis, including surveys and polls.

(d) To send the participant notices, information, promotions and updates including marketing and advertising materials in relation to the Organisers' goods and services and those of third party organizations selected by Invincible Cheerleading.

(f) To comply with any request from any third party or any order of court or directive from authorities investigating any alleged offence or misconduct or for the purposes of taking legal action against the participant.

12. By agreeing to these terms and conditions, participants:

(a) consent to the Organisers collecting, using, disclosing and/or processing their personal data for the purposes as described.

If any participant has any questions relating to the Organiser's collection, use and disclosure of his personal data, please contact Invincible Cheerleading's Data Protection Officer at enquiries@invinciblecheerleading.com

Divisions Requirements

Division	Rules Reference	Age / Grade of Athletes	Team Size
Co-ed Partner Stunt	Premier	15 years or older	2 athletes
Co-ed Group Stunt	Elite	15 years or older	Max. 5 athletes
Small Team Co-ed 12 Pax	Elite	15 years or older	Max. 12 athletes
Small Team Co-ed 16 Pax	Premier	15 years or older	Max. 16 athletes

Age of Athletes

The age requirement is applicable to the age the participant will turn on 31st December of the year of the competition.

Team Composition

For Coed divisions, at least one [1] male and one [1] female athlete must be participating on the team.

Participation and Substitution

1. Only registered participants are permitted to participate in the competition.
2. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
3. Substitutions may be made in the event of any injury or other serious circumstance, approved by the organisers on a case by case basis. Substitutes must abide by the age restrictions and eligibility requirements in all divisions, and **must be reported** to the organisers beforehand.
4. All registered teams must compete in the finals at Buona Vista CC on 20 October 2019. A detailed performance schedule will be given to teams at a later date.

Crossovers

1. Crossovers are allowed between divisions. Each athlete may not represent more than one team within the same division.

Routine Requirements

These divisions consist of stunt-only routines performed to music.

Routine Limitations for Partner Stunts

1. Standard Co-ed Premier Division rules apply.

Routine Limitations for Small Team

1. Co-ed Elite Division / Co-ed Premier Division rules apply.
2. Teams will be judged for 2:00min routine
3. **Cheer segment is not required**

Routine Limitations for Group Stunts

1. Standard Co-ed Elite Division rules apply.

Choreography and Music

1. Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences, and therefore lack crowd appeal.
2. All facets of a performance / routine, including both choreography and music selection, should be age appropriate, entertaining and suitable for all audience members.
3. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or replaying lewd or profane gestures or implications. Examples of inappropriate choreography may include, but not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.
4. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members. Music or words unsuitable for family listening, which includes, but is not limited to, swear words and connotations of any type of sexual act or behaviour are examples of inappropriate choreography.
5. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'.
6. Music or movement in which appropriateness is questionable or with which uncertainty exists should be assumed to be inappropriate and removed so as not to put the team in an unfortunate situation.
7. Inappropriate choreography and music will be assessed a penalty of five [5] point deduction to overall score and may affect the overall impression score.

Time Limit and Music Control

1. Each team in Partner / Group Category will have a maximum of one minute [1:00] music portion for the routine.
2. Each team in Small Team Coed Category will have a maximum of two minute [2:00] music portion for the routine.
3. Each team must have a representative to play their music. This person is responsible for bringing the music to the music table and must report to the sound console before the start of the routine. The organisers will not be responsible for any timing errors or routine interruptions that result from the music person leaving his/her position or assigning another individual to control the music.
4. All music should be on a CD in audio format. It is recommended to prepare back-up CDs in audio and MP3 format and an additional backup of MP3 in a USB drive, in case the sound system have trouble reading your CD.

Floor Entrances and Exits

1. Athletes are expected to exhibit the utmost of sportsmanship, respect and support throughout the entire event.
2. Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, unprofessional behaviour, etc, may be assessed a penalty of five [5] point deduction to overall score. These actions may include, but not limited to, things such as taunting another team. Taunting may be defined as the use of baiting or taunting acts of words that engender ill will between teams.

Competition Area

1. The competition venue will be at Buona Vista CC, 36 Holland Drive, Singapore 270036.
2. The performance surface will be gymnastics tumbling mat, 9m X 9m.
3. There is no penalty for stepping outside the area, however all skills must originate from the performance surface. Skills which do not originate from the performance surface will be assessed a one [1] point penalty per judge.

*Floor plan to be included on a later date.

Appearance and Image Policy

1. Uniform Guidelines
 - (a) No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.

- (b) Athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. All garments must properly cover the athlete and the athlete's undergarments during the routine.
- 2. Uniform Skirt
When a skirt is worn as part of the uniform, briefs under the skirt is required. The skirt must fully cover the hips. The skirt must completely cover the briefs and fall at least one [1] inch below briefs (regular and boy cut briefs).
- 3. Uniform Shorts
When shorts are worn as part of the uniform, there must be a minimum of 2" inseam.
- 4. Uniform Top
Uniform tops must be secured by straps or material over at least one shoulder or around the neck. Tube tops are not allowed
- 5. Make-Up
 - (a) Make-up should be uniform and appropriate for both the performance and the age of the athletes.
 - (b) Face / eyelid rhinestones are not allowed.
 - (c) False eyelashes are allowed but may not be decorated in rhinestones or additional jewellery.
- 6. Bows and Hair Accessories
 - (a) Bows and hair accessories should be worn in a manner to minimise risk for the participants, adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.
- 7. Judges reserve the right to assess warning and/or a deduction of five [5] point per judge when a team's appearance do not meet the standards of appropriate described in this policy.
- 8. Additional appearance requirements such as additional costuming requirements, footwear, jewellery and medical items may be found in the General Safety Rules and Performance Cheer Rules.

Safety Spotter Policy

- 1. Each team is allowed to have spotters for the routine in accordance to the corresponding level rules, and is trained in proper spotting techniques.
- 2. Definition of Safety Spotter: Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.
- 3. Teams are allowed to provide up to two [2] safety spotters during the competition. Otherwise, official spotters will be provided by the Organisers.
- 4. Guidelines:
Safety spotters:
 - a. Safety spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
 - b. Should not touch, assist, or save skills being performed. Safety spotters should only be used to prevent a fall to the competition floor. Any touch, assist or saved skill, the top should be returned to the performance surface.
Exception: In Co-ed Partner Stunt division in which the Safety Spotter is required to assist in catching a cradle. The spotter may not then assist in tossing the Flyer from the cradle catch to another skill.

- c. Should be dressed in accordance to the General Safety Rules and are presentable, professional, and distinguishable from the performing athletes. Safety Spotters should not wear any lanyards, badges or pins including competition IDs and no bags are to be carried.
 - d. Should not dress or act in a manner that distracts from the athletes and their performance and conduct any form of verbal coaching during the routine.
 - e. Should be at least seventeen [17] years old (within the year) and familiar with spotting the skills of the performing team.
5. Teams with Safety Spotters in violation of the guidelines will be assessed a five [5] point penalty per judge.
 6. To provide the safest competitive environment, teams should not attempt skills beyond their level.

Interpretations and/or Rulings

1. Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee.
2. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.
3. The Rules Committee will consist of the judges and a designated competition official.

Sportsmanship and Code of Conduct

1. We like to create a positive experience for everyone by encouraging great sportsmanship at our championships. As such, a code of conduct is adopted to ensure that a spirit of sportsmanship and integrity is maintained in the heat of the competition. All behaviours should be kept professional and respectful.
2. All participants (athletes, substitutes, coaches, entourage) agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches and other persons affiliated with the team conduct themselves accordingly.
3. The Code of Conduct will be enforced from arrival to departure.
4. Severe cases of unsportsmanlike conduct are grounds for disqualification and/or suspension or ban from future competitions. Any event staff member can report any unsportsmanlike behaviour from cheerleaders, coaches, parents and/or supporters to the organisers. Every report will be reviewed and a decision will be rendered by the organisers and judging panel. A deduction of five [5] points per judge may be given to the team's composite score, or the team may be disqualified. Multiple infractions will result in disqualification. The organisers reserves the right to evict any person in violation of the code of conduct.
5. Should a question of interpretation occur, the question will be discussed between the team and the organisers and/or judge in private and in an atmosphere of mutual respect and professionalism.
6. Decision of the judges and organisers are final, even in the event of disqualification. Discussion with judges and/or organisers will be conducted only at assigned times and only in an atmosphere of mutual respect and professionalism with one [1] coach representative and/or one [1] teacher-advisor of the team.

Code of Conduct

1. Athletes, substitutes, coaches, entourage, as well as team supporters, should not commit an unsporting act or conduct which includes, but is not limited to the, such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate antipathy.
 - b. Harassing and abusing officials and event staff physically, and/or through words and/or gestures and/or social media
 - c. Using inappropriate abusive or profane language or gestures at any time.
 - d. Baiting or taunting an opposing team, its athletes, other coaches, or fans through acts or word of mouth that engender ill will between teams. Any form of taunting which is intended to embarrass, ridicule, demean, discriminate, and/or insult others under any circumstances is not allowed.
 - e. Possessing and drinking of alcoholic beverages.
 - f. Not observing instructions given by event staff.
 - g. Causing disruptions, and/or delay to the event.
 - h. Acts which compromises on the safety of the athletes.
2. Coaches (if applicable) should:
- a. Uphold the honour and dignity of the sport of Cheer. In all personal contact with the students, athletes, officials, judges, parents, spectators, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
 - b. Act as professionals and in a manner that elevates their stature, their sport and their position as stewards of the sport.
 - c. Not criticise athletes, officials, judges, Event Producer and/or related supporting / sanctioning organizations and sponsors in front of spectators, but reserve constructive criticism for later, in an appropriate setting and environment, or in the presence of team members if others might benefit.
 - d. Not use abusive or profane language at any time.
 - e. Not incite un-sportsman like conduct.
 - f. Abstain from the possession and smoking of tobacco and drinking of alcoholic beverages in the presence of spectators, officials, judges and/or team members and during times where such activity may have perceived association with an athlete, team or the sport of Cheer (*Example: while wearing team tracksuits, jackets, official team wear*).
 - g. Abstain from the usage, administration and taking of illegal substances, as stated in the "Olympic Movement Anti-Doping Code 1999" and Appendix A (Prohibited Classes of Substances and Prohibited Methods 1st April 2000).
 - h. Together with officials, be jointly responsible for the conduct and control of team fans and spectators.
 - i. Accept decisions of the event officials and judges during and when associated with competitions as being fair and made with the best effort possible by said officials.
 - j. Never involve himself/herself in any way with conduct that could be interpreted as abusive or sexual in nature with any student, athlete, team member or minor.
 - k. Always be aware of his/her responsibility as a mentor, teacher, supervisor and guardian of his/her athletes.
3. Athletes should:
- a. Uphold the honour and dignity of the sport of Cheer. In all personal contact with other athletes, coaches, officials, judges, parents, spectators, the media, and the public, the athlete shall strive to set an example of the highest ethical and moral conduct.
 - b. Act as professionals and in a manner that elevates their stature, their sport and their position as practitioners of the sport.
 - c. Not use abusive or profane language at any time.

- d. Abstain from the possession and smoking of tobacco and drinking of alcoholic beverages in the presence of spectators, officials, judges and/or team members and during times where such activity may have perceived association with an athlete, team or the sport of Cheer (*Example: while wearing team uniform, tracksuits, jackets, warm-up gears, official team wear*).
- e. Abstain from the usage, administration and taking of illegal substances, as stated in the "Olympic Movement Anti-Doping Code 1999" and Appendix A (Prohibited Classes of Substances and Prohibited Methods 1st April 2000) and can be asked to submit to a random drug test. Failure to submit to such test is grounds for removal from or disqualification of the team.
- f. Accept decisions of the event officials and judges during and when associated with competitions as being fair and made with the best effort possible by said officials.
- g. Strive to promote good sportsmanship
- h. Strive to be modest in victory and gracious in defeat.
- i. Be ambassadors of goodwill.

Substance Abuse Policy

1. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely while participating in a practice or performance.
2. Should an athlete be found in guilty of substance abuse, the following actions may or will be taken:
 - a. Team disqualification from the competition
 - b. Automatic notification to the parents/guardians
 - c. Suspension from future competitions for a period to be determined by Competition Officials
 - d. In all instances deemed appropriate by the organisers, law enforcement officials may be contacted.

Safety and Technical Rules

Please refer to the appendix section for the following rules:

1. General Safety Rules
2. Elite Rules – Group Stunt/ Small Team 12 pax Co-ed
3. Premier Rules - Partner Stunt / Small team 16 pax Co-ed
4. Glossary

The General Safety Rules is applicable across all Partner and Group Stunt divisions. Please refer to the Glossary for terms definition.

Judging Criteria

1. The judges will score the teams according to the judging criteria on a hundred [100] point system.
2. Please refer to the appendix section for the judging criteria (score sheets).
3. Judges decisions are final. Any rules clarifications are to be communicated via events@invinciblecheer.com with the heading: "[TEAM NAME] – RULES CLARIFICATION".

Penalties

Any team in violation of the Rule Book will be assessed deductions which include, but are not limited to, those listed in the penalty table below. The penalty table below assists in defining common violations, but should not be deemed a comprehensive and exclusive list.

VIOLATION	PENALTY
Team Size / Team Composition / Age Requirements	Disqualification
Routine Requirements	Five [5] point deduction per judge
Choreography and Music	Five [5] point deduction to overall score
Floor Entrances and Exits	Five [5] point deduction to overall score
Competition Area: Skills not originating from performance area	One [1] point deduction per judge
Appearance and Image Policy: Costume Malfunction	Disqualification
Appearance and Image Policy	Five [5] point deduction per judge
Safety Spotters Guidelines	Five [5] point deduction per judge
Participation and Substitution	Disqualification
Sportsmanship and Code of Conduct	Five [5] point deduction per judge OR Disqualification AND/OR suspension or ban from future competitions
Substance Abuse Policy	Team Disqualification
Safety and Technical Rules	Five [5] point deduction per judges <i>(unless specified otherwise)</i>

Any team that does not adhere to the terms and procedures of these “Rules and Regulations” will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

If you have any questions concerning the legality of a move or trick, please send a video link of your skills to events@invinciblecheer.com with the heading: “[TEAM NAME] – STUNT CLARIFICATION”.

Judging Procedures

1. The judges for the event will be appointed at the sole discretion of the organisers.
2. As the teams make their presentations, judges will score the teams using a 100 point system.
3. The judges’ scores will be totalled to determine the team score.
4. In the event of a tie, the ranking points from each judge will be used to break the tie.

Finality of Decisions

1. By participating in this competition, each team agrees that decision by the judges will be final and will not be subject for review.

2. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

Appearances, Endorsements and Publicity

1. All teams winning titles or awards agree to have all appearances, endorsements and publicity approved through the organisers' office.
2. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

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