

CHAMPIONSHIPS RULES 2021/2022

03 June 2022 **Bentegodi Sport Complex Verona - Piazzale Olimpia - VERONA**

- Practice Sessions on the Competition mats **and International Teams, information soon**
- Ficec Academy Training Sessions for Coaches, Officials (Judges) and Team/Club Managers

04 June 2022 **Bentegodi Sport Complex Verona - Piazzale Olimpia - VERONA**

- CHEERLEADING AND PERFORMANCE CHEER CSI NATIONAL CHAMPIONSHIPS – FICEC NATIONALS 2022
- CHEERSPORT LEAGUE FICEC

05 June 2022 **Bentegodi Sport Complex Verona - Piazzale Olimpia - VERONA**

- Cheer Camp for athletes and coaches with ICU instructors **and International Teams, information soon**
- Ficec Academy Training Sessions for Coaches, Officials (Judges) and Team/Club Managers

October 2022 **CITY SPORT HALL - Viale Rimembranza - CAVAION VERONESE**

- FICEC OPEN GARDALAND 2022
- CHEERSPORT LEAGUE FICEC “CAMILLA BESSONE”

October 2022 **GARDALAND AMUSEMENT PARK**

- Award Ceremony inside the Gardaland Theatre with complete access to Gardaland and its rides/attraction (Halloween celebration/theme)

October 2022 **CITY SPORT HALL - Viale Rimembranza - CAVAION VERONESE**

- Ficec Academy Training Sessions for Coaches, Officials (Judges) and Team/Club Managers

TAII 2022 FICEC competition are OPEN: it means that any Italian or International team can register even if they are not directly affiliated with FICEC.

○ GENERAL RULES

Competition will take place on site (not remote/online)

Every Championship is listed in the Italian National Olympic Committee (CONI) calendar based on the competition day – see the link below.

<https://www.coni.it/images/1-Primo-Piano-2021/CSI - Elenco degli eventi PIN 2122.pdf>

▪ Registration

Registrations will be open from February 21 2022 until April 30 2022.

Registrations for each competition will be entirely online at the following link which is also accessible from the Home Page of FICEC website (ficec.it): <https://s-sport.it/s-registration/>

Registrations will be confirmed only if the form will be filled up entirely and in each section.

It will NOT be allowed to register any team on competition day.

Once you complete the online registration form, you will be able to visualize the total amount of the competition fees to be paid by bank transfer. After completing the payment, you will have to send the receipt of the payment and the details of the registration to segreteria@ficec.it.

In case your team will not be able to take part in the competition, the registration fees will NOT be reimbursed.

In case we will reach the maximum capacity of the venue or there will be new restrictions from the Government which will lower the capacity of the venue, priority will be given to those Clubs/Teams which completed their affiliation to FICEC by the end of January 2022.

Exceptions to the Ficec Competition Rulebook 2021/2022 must be requested in writing to info@ficec.it by the registration closing date.

By submitting the registration form, all participant accept the Competition Rules and Rulebook in all their parts.

Registration fees include:

- ✓ Participation in the competition
- ✓ Medical assistance on site
- ✓ Gadgets, awards and trophies based on the final results
- ✓ Entrance to the competition venue
- ✓ Participation in the ECL (**only for eligible categories/teams; FICEC Nationals are NOT part of the ECL**)
- ✓ Qualification to the ICU European Cheerleading Championship 2022 which will take place in Greece.
- ✓ One day affiliation (with insurance cover) to the CSI is included in the registration fees of the International Teams and the Italian Teams not affiliated with FICEC.

REGISTRATIONS TO COURSES AND CAMPS WILL BE AVAILABLE IN THE RULEBOOK 2021/2022 **VERS_02**

- Medical clearance

In order to take part in the competition, every athlete must be in possession of a valid medical clearance certificate. It is responsibility of each club to verify the compliance of their athletes with the medical clearance. Antidoping tests may be conducted during the competitions. Test will be conducted by medical officials authorized and mandated by the Federation.

- Image rights

All participants waive any rights related to the use of their image.

- Declaration of responsibility

The organizers decline any responsibility related to incidents (to people and/or assets) and to the loss of any item (valuable or not) inside and outside the competition venues.

The Federation retains the right to make any change to these rules in order to ensure the best possible outcome for the competitions. The most updated version of the document will always be available on the Federation website: www.ficec.it

For anything not covered/mentioned in this document, you must refer to the FICEC and CSI bylaws/statutes and all the other official documents and regulations as well as everything mentioned during the registration process.

By registering for a competition, each club/team declares that:

- ✓ It has read, understood and accepted all the rules and regulations. It also confirmed that it has forwarded/mentioned them to its participants.
- ✓ It exempts the organizers from any responsibility/liability (both civil and criminal) in case of damages to any person and/or asset caused by and/or made to its own athletes/coaches/chaperones/managers.

Competitions/Championships are subject to the Rules and Federal Justice Committee.

Championships will be live streamed on the FICEC TV – TWICTCH channel.

- Final Notes

Information about privacy as per the GDPR Reg. UE 2016/679 is available on www.ficec.it

The order of performances will be sent by email (Ficec account) after the registration deadline.

During the competition, access to specific areas of the venue will be granted and managed by the use of personal and nominal accreditation which will identify the person, its role (athlete, coach, manager) and the areas it will be authorized to enter to.

In case you need assistance to book your hotels/transport for the competition dates, you can send a request to our dedicated department: prenotazioni@ficec.it and they will assist you.

All participants must adhere to the FICEC-CSI covid-19 protocol which is published on www.ficec.it and www.csi-net.it

FICEC NATIONALS ICU 2022– Verona 04 June 2022

Cheerleading and Performance Cheer CSI National Championships

CHEERSPORT LEAGUE 2022

CAMP ICU 2022 05 June 2022

Bentegodi Sport Complex - Verona

	CLUB/TEAM AFFILIATED WITH FICEC	CLUB/TEAM NOT AFFILIATED WITH FICEC	INTERNATIONAL CLUB/TEAM	Chearsport League 2022 ALL
	QUALIFY FOR THE ICU EUROPEAN CHEERLEADING CHAMPIONSHIPS 2022	DON'T QUALIFY FOR THE ICU EUROPEAN CHEERLEADING CHAMPIONSHIPS 2022	DON'T QUALIFY FOR THE ICU EUROPEAN CHEERLEADING CHAMPIONSHIPS 2022	Partner stunt-Group Stunt-Double DEDICATED RANKING DOUBLES QUALIFY FOR ECL (only for ICU/ECU affiliated club/teams)
CLUB FEE	€ 50,00	€ 90,00	€ 20,00	€ 25,00
ATHLETE FEE (1 cat.)	€ 15,00	€ 35,00	€ 10,00	€ 10,00
ATHLETE FEE (2+ cat.)	€ 20,00	€ 45,00	€ 15,00	€ 15,00
COACH	€ 5,00	€ 20,00	€ 5,00	€ 5,00
CHAPERONE	Not available	Not available	Not available	Not available
MANAGER	Not available	Not available	Not available	Not available
Combo Athletes COMP + CAMP ICU	€ 45,00(1 cat) /€ 50,00 (2+cat)	€ 90,00(1 cat) /€ 95,00 (2+cat)	€ 45,00(1 cat) /€ 50,00 (2+cat)	Not available
CAMP ICU Athlete	€ 40,00	€ 70,00	€ 70,00	
CAMP ICU Coach	€ 20,00	€ 70,00	€ 70,00	

- **DEDICATED RULES FOR THE FICEC NATIONALS ICU**

Registration fees are specified in the table above.

Registration will be open from February 15th, 2022 and will be closed on April 30th, 2022 (registration deadline).

Competition will take place on site (not online). Spectators and chaperones will be allowed inside the venue or not based on the Covid-19 protocol which will be valid at the time of competition.

Athletes may compete in multiple categories if allowed by the Rulebook and based on their Year of birth.

- **RESULTS AND RANKINGS:**

Results and rankings will be published at the end of the award ceremony after the competition.

- **AWARDS:**

Gadgets, awards and/or trophies will be awarded to the first three teams ranked in each category.

- **DEDICATED RULES FOR THE CHEERSPORT LEAGUE ECL ICU ECU 2022**

Fifth EDITION: Ficec in partnership with S-SPORT, presents the 5th edition of the Cheersport League for Small Categories.

Those clubs which will compete with both Teams and Small categories groups, will NOT have to pay the Club Registration Fee twice. (Please note that in order to be ranked in the ECL, your club must be affiliated with ICU and ECU).

Registration fees are specified in the table above.

Athletes may compete in multiple categories if allowed by the Rulebook and based on their Year of birth.

- **RESULTS AND RANKINGS:**

There will be a special and separate ranking which will award the first three groups in each category.

Ranking will be dedicated and final.

FICEC NATIONALS 2022- CATEGORIES

Cheerleading:

CODE	DIVISION	TEAM	LEVEL	N. ATHLETES (min - max)	YEARS RANGE (born from - to)
MMCTN	MINI	MIXED TEAM	NOVICE	6-24	2017 - 2009
YMCTM	YOUTH	MIXED TEAM	MEDIAN	6-24	2013 - 2009
JMCTM	JUNIOR	MIXED TEAM	MEDIAN	6-24	2010 - 2006
JACTE		ALL GIRL TEAM	ELITE	16-24	
JCCTE		COED TEAM	ELITE		
SACTA	SENIOR	ALL GIRL TEAM	ADVANCED	12-24	2008 or before
SCCTA		COED TEAM	ADVANCED		
SCCTE		COED TEAM	ELITE		
SACTP		ALL GIRL TEAM	PREMIER	16-24	2007 or before
SACTP		COED TEAM	PREMIER		
OACTM	OPEN	ALL GIRL TEAM	MEDIAN	6-30	2013 or before
OCCTM		COED TEAM	MEDIAN		
UASAMCTM	UNIFIED ADAPTIVE & SPECIAL ABILITIES	MIXED TEAM	MEDIAN	6-30	2010 or before

Performance Cheer:

CODE	DIVISION	TEAM	STYLE	N. ATHLETES (min - max)	YEARS RANGE (born from - to)
MPCT	MINI	TEAM	POM	5-24	2017-2009
MHCT			HIP HOP		
YPCT	YOUTH	TEAM	POM	5-24	2013-2009
YHCT			HIP HOP		
JPCT	JUNIOR	TEAM	POM	16-24	2010-2006
JHCT			HIP HOP		
JJCT			JAZZ		
SPCT	SENIOR	TEAM	POM	16-24	2008 or before
SHCT			HIP HOP		
SJCT			JAZZ		
UASAPCT	UNIFIED ADAPTIVE & SPECIAL ABILITIES	TEAM	POM	4-24	2010 or before
UASAHCT			HIP HOP		

CHEER SPORT LEAGUE 2022 - CATEGORIES

Cheerleading:

CODE	DIVISION	TEAM	LEVEL	N. ATHLETES (min - max)	YEARS RANGE (born from - to)
YMGSM	YOUTH	MIXED GROUP S.	MEDIAN	3 - 5	2013 - 2009
JAGSM	JUNIOR	ALL GIRL GROUP S.	MEDIAN	3 - 5	2010 - 2006
JCGSM		COED GROUP S.			
JAGSE		ALL GIRL GROUP S.	ELITE		
JCGSE		COED GROUP S.			
JCPSE		COED PARTNER S.		2	
SAGSE		ALL GIRL GROUP S.		ELITE	
SCGSE	COED GROUP S.				
SAGSP	ALL GIRL GROUP S.	PREMIER	2007 or before		
SCGSP	COED GROUP S.				
SCPSP	COED PARTNER S.			2	
UASAMGSM	UNIFIED ADAPTIVE & SPECIAL ABILITIES	MIXED GROUP S.	MEDIAN	3 - 5	2010 or before

Performance Cheer:

CODE	DIVISION	TEAM	STYLE	N. ATHLETES (min - max)	YEARS RANGE (born from - to)
YPCTD	YOUTH	DOUBLES	POM	2	2013-2009
YHCTD			HIP HOP		
JPCTD	JUNIOR	DOUBLES	POM	2	2010-2006
JHCTD			HIP HOP		
SPCTD	SENIOR	DOUBLES	POM	2	2008 or before
SHCTD			HIP HOP		
UASAPCTD	UNIFIED ADAPTIVE & SPECIAL ABILITIES	DOUBLES	POM	2	2010 or before
UASAHCTD			HIP HOP		

- FAQ

GENERAL CHEERLEADING

- Can an athlete participate on a Youth Novice team and a Group Stunt Youth Median team? Likewise, can an athlete participate in a Junior Median team and a Group Stunt Junior Elite team?"

No, this is not possible as the group stunt will have to compete in the same level chosen in the Cheer Team category.

Paragraph 4 - Page 4 Partner and Group Stunt Rules

- Junior Median: Is it possible to perform a Ball Up to Extended level?

No "Release Moves must begin at the waist level or lower and must be resumed at the prep level or lower."

Cheerleading Median, Stunt With Release Moves, Point 3. Pg.42 (Technical Regulations)

- Junior Median - Pyramids: can a tic toc prep to prep be performed if the flyer is held by another flyer who is at prep level or lower?

No, "stunts may be performed with Release moves that maintain contact with another flyer, if they meet the release move criteria of Median stunts or descents." And "The flyer must remain in contact with at least two different flyers at prep level or below [...]"

Median Cheerleading, Pyramids - Release Moves, Points 1. and 2. Pg.44 (Technical Regulations)

"Release Moves must begin at the waist level or below and be resumed at the prep level or below." The element may be performed if one of the bases/back remains in contact with the flyer for the entire duration of the move (and therefore is not a true Release Move)

Cheerleading Median, Stunt With Release Moves, Point 3. Page 42 (Technical Regulations)

- Junior Median: is it possible to perform a switch up in extension?

No "Release Moves must begin at waist level or below and be resumed at prep level or below." The element can be performed if one of the bases/back remains in contact with the flyer for the entire duration of the move (and therefore is not a true Release Move)

Cheerleading Median, Stunt With Release Moves, Point 3. Page 42 (Technical Regulations)

- Level 4 - advanced: Is the full up in extension allowed?

Yes, if it ends on two legs or in platform or liberty. "Stunts and extended level transitions with ½ rotation to 1 rotation must end on two legs, platform or liberty.

Example: Full Up with finish in Heel Stretch at extended level is prohibited, but Full Up with finish in extension/target/liberty is allowed."

Advanced Cheerleading, Level of Stunts, Point 3. Page 48 (Technical Regulations)

GENERAL PERFORMANCE CHEER

- Can I have a 2007 athlete participate in both the senior category (by placing her on a team) and the junior category (by having her compete in a double)?

No, this is not allowed. If the athlete straddles multiple age groups (as in this case for the 2007 yearling who can compete as both a junior and senior), she can only compete in one age group within the same event. This means that the coach will have to make a choice, and this athlete will have to compete in any category, throughout the event, EITHER as a senior OR as a junior.

P.8-9, 2.3 Age Groups, 2.3.1 Cross-Overs are not allowed.

- Is it considered a penalty if during a routine an athlete leaves the competition field?

There are no penalties if, during execution, athletes should leave the competition field, but all athletes must begin the routine with at least one foot inside the field.

P. 11, 2.8 Race Course

- If the music of a double exceeds the maximum limit of 1.30", will you incur penalties?

Yes, in case of non-compliance with the time limit, each Match Judge will assign a penalty equal to 1 point for infraction between 5 and 10 seconds, 3 points for infraction from 11 seconds up.

P. 10, 2.7.3 Music/Entrance of the Team into the Competition Field.

- Is it possible to choreograph the entrance to the piste?

No, it is not allowed, in order to keep the competition time. Therefore, it is absolutely necessary that the team enters the competition field in the shortest possible time, otherwise they will risk possible disqualification.

P.11, 2.7.6 Music/Entry of the Team into the Competition Field

FREESTYLE POM

- Is it allowed to do a cartwheel with supporting hands holding the poms since it is considered only as part of the choreography and not as an acrobatic element?

No, it is not allowed under any circumstances, if the poms are held in the supporting hands. Exceptions are forward and backward flips.

P.75, 4.7 Specific Rules-Freestyle Poms, A.2 Inverted Elements

- Is it permissible to perform acrobatic elements in which the hips pass over the head and with hand support (e.g., front headspring)?

Yes, they are allowed as long as the poms are not held in the supporting hands.

P.75, 4.7 Specific Rules-Freestyle Poms, A.3 Elements with hip over rotation

- Is it permissible to do front handspring with direct landing on knees?

No, falling directly to the knee, thighs or head is not permitted. Falling on the shoulders, back or seated is only allowed if the height does not exceed that of the pelvis.

P.75, 4.7 Specific Rules-Freestyle Poms, A.4 Aerial acrobatic movements with rotation of the hips above the head without any contact with the competition surface.

- Is it permissible to do a hold in which the performer is lifted into the air with the Supports arms extended beyond the height of their heads? And in this case can they hold the poms?

Yes, it is allowed, but it is compulsory that a Support maintains contact with the Performer at all times. As far as poms are concerned, it is not allowed to hold them during the hold, because all Supporting Athletes must always have their hands free for the whole duration of the hold, to assist in the phases of support, recovery, release in case of need.

P.76, 4.7 Specific rules-Freestyle Poms, 1-2-D.2 Elements performed in pairs or groups

- In a hold, may an athlete perform a hip over rotation (i.e., an assisted flip)?

Yes, as long as at least one support person maintains contact with the performer at all times.

P.76 , 4.7 Specific rules-Freestyle Poms, 3 Elements performed in pairs or groups

HIP HOP

- Is it permissible to do a handstand with one hand, while holding part of one's uniform (e.g. cap)?

Yes, as long as the hand holding these clothes is not the same as the supporting hand.

P.77, 4.8 Specific Rules-Hip Hop, 2.b Reversed Elements

- May aerial elements be performed without hands (e.g.back tuck)?

Yes, handless aerial acrobatic elements are allowed if they do not involve more than one twist, if they are not connected to another element with aerial phase and rotation of the pelvis above the head, and if they are limited to two consecutive elements with rotation of the hips above the head.

P. 77, 4.8 Specific rules-Hip hop, 4.a-b-c Elements with aerial phase without hands.

- May a headstand be performed over the head with rotation?

Yes, it is allowed, as long as the hands are free of any material, such as part of the athlete's uniform, to allow the element to be performed safely.

P.77, 4.8 Specific rules-Hip Hop, 3.a Elements with "hip over head rotation".

- Is it permissible to overtake a partner with an acrobatic element such as the aerial cartwheel?

Yes, acrobatic elements performed over or under another athlete are allowed. They are not allowed if, however, both were simultaneously involved in a hip over rotation.

P.77, 4.8 Specific rules-Hip hop, 5 Elements with handless aerial phase

- Is it permissible to do a "pyramid" hold as part of the choreography?

Yes, lifts are allowed but with several limitations. Meanwhile, the support may not maintain support with the platform if the hold does not exceed the level of his/her shoulders. Should the performer exceed this level, the support must maintain contact not only with the competition surface, but also with the performer himself, taking care to keep his hands free throughout the skill, to ensure the success of the hold in safety.

P.77, 4.8 Specific Rules-Hip hop, 1.a.b Lifts and collaborations performed in pairs and/or groups

JAZZ

- Is an element with hand support with transition on shoulder allowed (i.e. back flip on shoulder)?

Yes, elements with aerial phase with support of at least one hand, landing in inverted position perpendicularly or on shoulder are allowed.

P.79, 4.9 Specific rules-Jazz, 1.c Inverted elements

- What landings are not allowed? Is it permissible to make transition movement from handstand to prone position (e.g., Panciata)?

Direct falls on knees, thighs, forehead or head are forbidden. Landings on the pelvis are also allowed as long as the aerial phase is not higher than hip level.

P.79, 4.9 Specific rules-Jazz, 5. Aerobic movements with rotation of the hips above the head without any contact with the competition surface.

- How many consecutive acrobatic elements are allowed to be performed (e.g. forward backflip x 2)?

A maximum of 2 stunt elements can be performed with hip over head rotation and hand support.

P.79, 4.9 Jazz Specific Rules, 2.c Elements with hip over head rotation.

- Is it allowed to do a handless assisted cartwheel performed as a couple hold?

Yes, it is allowed, but the support must always maintain contact with at least one part of the performer's body, and the landing, especially in cases where during the grip the performer passes from an inverted position, is on the feet.

P.80, 4.9 Specific rules-Jazz, 2.a.b Descents on the competition surface performed in pairs and/or groups



• PARTNERS:

