



Fun, Learning and  
Achievement

Final  
July 2024  
Area Eliminator

# NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

## Competitions Programme 2024 - 2025

### NFYFC Cheerleading

(28 & 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: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

#### 1. DATE & VENUE

1.1. After Area Finals, the National Final will be held on Competitions Day, **Saturday 5<sup>th</sup> July, 2025** 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 28 years of age or under on 1<sup>st</sup> September 2024 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. **All substitutes must have been eligible to compete in the County Final.**

#### 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. Each team to be allocated a 10-minute rehearsal slot prior to their performance, before audience is present.

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

4.3.1. 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 one or more people have their weight off the ground)

##### 4.3.1.1. **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)

4.3.1.2. **Stunts:** For the purposes of this competition, we are defining Stunts as 'an element performed by a group of 2 or more 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.

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

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

4.3.4. 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.

4.4. 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)

4.5. Music to be submitted to NFYFC no later than **Friday 13<sup>th</sup> June 2025** via audio file using WeTransfer. For the County and Area rounds, it is recommended to use a CD or memory stick.

4.6. 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 audio file no later than **Friday 13<sup>th</sup> June 2025**

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

4.8. Any coach or trainer present at the competition, must not demonstrate the dance moves for teams to follow when they are taking part in the competition.

## 5. TIMING

5.1. A minimum of 3 minutes 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

<b>Creativity &amp; Choreography</b>	<b>30</b>
(Formations (Shapes), Transitions (Travelling)/Use of Floor)	
<b>Technical Marks</b>	<b>30</b>
(Tumbling/Jumps/Stunts)	
<b>Showmanship &amp; Spirit</b>	<b>20</b>
(Enthusiasm/Voice Projection)	
<b>Costume</b>	<b>10</b>
<b>Overall Presentation</b>	<b>10</b>
<b>TOTAL</b>	<b>100</b>

## 7. AWARDS

7.1. Trophy and Prize Cards to the winning team.

7.2. NFYFC Prize Cards to teams placed 2<sup>nd</sup> and 3<sup>rd</sup>

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