

IFC Cheer Dance Doubles

Cheer Dance Doubles will be a new Cheer Dance Category introduced at the CWC 2015 in Berlin.

There will be two competitors in a team – all female or a female and a male.

The competition in Cheer Dance Doubles will be organized in accordance with the IFC Competition Guidelines.

Routine minimum time will be **1:15** (one minute fifteen seconds), with maximum time limit **1:30** (one minute thirty seconds).

Pompons must be used continuously by all participants (optional for males) for 1/3 (one third) of the routine time.

Compulsory elements

1. Minimum 2 (two) different pirouettes of which 1 (one) must be a double
2. Minimum 3 (three) different high kicks
3. Minimum 1 (one) split front or side
4. Minimum 3 (three) different jumps (all team members must show the same jumps)
5. Minimum 2 (two) different leaps (all team members must show the same leaps)
6. Cheer arm motions with a minimum of 8 (eight) counts

IFC CHEER DANCE DOUBLES SCORE SHEET

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|---|-------------------------------|
| 1. Dance expression | 0 1 2 3 4 5 6 7 8 9 10 |
| (dance technique, different dance stiles) | |
| 2. Compulsory elements | 0 1 2 3 4 5 6 7 8 9 10 |
| (technique) | |
| 3. Compulsory elements | 0 1 2 3 4 5 6 7 8 9 10 |
| (difficulty) | |
| 4. Choreography | 0 1 2 3 4 5 6 7 8 9 10 |
| (flow, use of music and space, visual effects, synchronization) | |
| 5. Overall evaluation | 0 1 2 3 4 5 6 7 8 9 10 |
| (energy, confidence, crowd appeal) | |