



# e SHOWDOWN Information Packet

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Xtreme Cheer Xperience and Xtreme Xperience Brands are thrilled to offer alternatives to the traditional live competition style with our eSHOWDOWN series. The virtual event format will allow your teams and individuals to showcase their routines in your own facilities. You will receive valuable critiques from qualified judges to boost your scores for live competitive events, create Watch parties and earn bids to national events. How cool is it to perform via video and receive recognition gifts similar to a LIVE event setting without the travel cost!

Please read the information packet in its entirety as it provides participation details you can share with your team(s), individuals, coaching staff, and parents.

## **DIVISIONS**

The following division types will be offered:

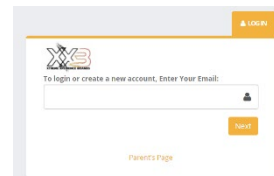
- All Star (Cheer and Dance)
- School - Recreation - Youth (Cheer and Dance)
- Studio (Dance)
- Step (Dance)
- Specialty Divisions

## **INFORMATION YOU NEED TO KNOW REGARDING REGISTRATION & VIDEO SUBMISSION**

There is no limit on the # of team /individual entries you can submit. Listed in this section are the simple registration steps and video submission instructions. Keep in mind the registration process will be no different than if you are registering for an event onsite.

### **Registration Process**

1. Log onto [Reg Champ](#) and create your account.
2. Select the coach, team type, division, and level type fields.
3. NO team rosters are needed.
4. Upload your video(s), pay, and submit your registration entry.
5. For inquiries concerning the virtual event process or how to receive savings for live & virtual event packages, contact the staff at [info@xxbrands.com](mailto:info@xxbrands.com)



### **Pricing**

1. \$20 per athlete per entry
2. **PROMO DEAL: \$48 per athlete for three events to include the ULTIMATE eSHOWDOWN**  
Deadline to accept the Promotional Discount

### **Video Submission**

1. Video entries must be filmed at your gym or studio to spotlight your team(s) and individuals at their best. Uniforms are not required. Have fun with it!
2. Videos should be filmed in landscape mode, clear distanced to see all athletes and at a front on judges' view.
3. Results and eWatch Party periods are listed on the [Reg Champ](#) Platform.







# e SHOWDOWN Cheer Information Packet

## **JUDGING**

Certified judges have been hired to provide you with the scores and helpful comments. Scoring will be based on the team type score sheets used in live event settings.

## **BIDS**

XCX is proud to be a proud partner with the event producers offering year end events. All entries regardless of customer type will be eligible for bid awards.

	<b>Universal Resort, Orlando, FL</b> www.theopencheeranddance.com	Bid Credits (1 <sup>st</sup> – 3 <sup>rd</sup> place) At Large Bids
	<b>Universal Resort, Orlando, FL</b> www.theopencheeranddance.com	At Large Bids
	<b>Silver Spurs Arena, Kissimmee, FL</b> www.apexchampionships.com	Partial Bids & At Large Bids
	<b>N. Kentucky Convention Center, Covington, KY</b> www.xcxcheer.com	Xtreme Cash

## **GIFTS & EVALUATION RECOGNITION**

No matter the division type bragging rights are in order! All items will be mailed to each program and allow for 3-4 weeks for processing after the event. See specific event information to see what each competition offers. Amenities can range from

- Banners
- Grand Champ Banners
- Grand Champ Gifts
- Medals
- eWatch Party Recognition

## **CHEER MEMBER LIMITS**

Competing teams must have at least 4 members. There is a limit of 36 members.

## **ROUTINE TIMING**

All cheer teams, individuals, partner stunts, duets, trios, and groups will have a minimum time of 1 minute and 45 seconds to a maximum of 2 minutes and 30 seconds (2:30). Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music, or the ending motion or pose is held. All participants should walk/spirit onto the floor and immediately start their routine after spacing of first formation.



# e SHOWDOWN Cheer Information Packet

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Cheer Teams will be judged using a unified scoring system, as we've have partnered with the Open Championship Series. The decisions of the judges are final.

## **EXHIBITION PERFORMANCES**

- Teams that exhibition must adhere to their designated Division and Level Safety Rules.
- A team of less than 5 participants may perform as exhibition only.
- Exhibition performances will NOT compete against another team and will NOT be scored.
- CheerAbilities (Special Athlete) exhibition teams may only perform level 1 and 2 skills.

## **CHOREOGRAPHY – APPROPRIATE ATHLETE IMPRESSION**

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate. At the judges' discretion a one (1) point deduction for each incident will may be taken.

## **CHEER DIVISION CATEGORIES**

**ALL STAR** – Cheerleading teams not affiliated with a school and exist solely to compete.

**SCHOOL**- Must be affiliated with a school and support sports teams throughout their assigned season. Follows [National Federation High School rules](#). Note: Game Day divisions may be offered. Must compete on a spring floor.

**AAU** – Cheer teams 'exclusively' affiliated with AAU Cheerleading and are current AAU members.

**SPECIALTY**- Specialized divisions featuring Individuals, Partner Stunts, Duets, Trios and Stunt Groups.

## **DIVISIONS, AGES & LEVELS**

AAU – Division Information listed on [www.aacheerleading.org](http://www.aacheerleading.org)

USASF & NON USASF – listed in the Reg Champ Portal

Note: All divisions offerings are listed in the registration portal to include ages and levels.

## **RECREATION**

**Traditional:** Recreation teams cannot be associated with an All-Star organization and will compete on a spring floor. Routines may consist of all music or cheer/ music.

Must be affiliated with, report to, and be governed by an organization (YMCA, Boys & Girls Club, City/Community Youth Organization, Pop Warner Association, other community run program not associated with school or All Star).

- Team must be able to prove their relationship and affiliation with said organization. Team's organization.
- Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster



# e SHOWDOWN Cheer Information Packet

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must be updated for each event and provided at check in. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2020.

- Team must submit schedule and length of sports season.
- Every athlete must cheer at all games.
- Team should be wearing uniforms with color or logo that supports the team(s) they are cheering for.
- Organization is completely independent from All Star.
- All team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

**Performance:** Team may not primarily cheer for a supported sports program. The team performs at various events throughout the season.

- Organization may be independent of town/city organization/clubs.
- Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2020.
- Organization is completely independent from All Star. All Star organizations are not permitted to register a club recreation team in competition.
- All team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

## **GENERAL TUMBLING, JUMPS & DROPS**

All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.

An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.

An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.

Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

## **GENERAL BUILDING RULES**

Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.

A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.

Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt



# e SHOWDOWN Cheer Information Packet

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rules.

## **BUILDING GLOSSARY**

**Backbend:** The athlete is supported under the hands and feet while their body is in an arched position with their abdomen facing upwards.

**Ball-X:** The body position of the top person when transitioning from a tucked position to a straddle position.

**Barrel Roll (Log Roll):** A stunt release skill, that begins and ends at waist level with the top person in a cradle position. During the release, the top person makes a 360-rotation parallel to the performance surface.

**Base:** A person who is standing on the performance surface, while supporting a top person off of the performance surface. A base may NOT be in an inverted or backbend position when touching a top person. If there is only one person under a top person's foot, they will be considered a base.

**Basket Toss:** A type of release that requires the hands/wrists of the bases to be interlocked to the hands/wrists of another base. The top person begins the toss by standing on top of the interlocked hands/wrists at waist level before being released. After the release, the bases catch the top person in a cradle.

**Bracer:** A person that is in direct physical contact with a top person, who is not the required base or spotter. A bracer may be a separate person standing on the performance surface or a different top person. The bracer provides stability for another top person and must remain connected by a body part and not connected to a person's hair, uniform, or prop in which that person is holding.

**Braced Flip:** A pyramid skill in which the top person is released from their bases and performs a hip-over-head rotation while staying in physical contact with 2 bracers.

**Braced Roll:** A pyramid skill in which the top person performs a hip-over-head rotation while staying in physical contact with at least 1 bracer and 1 base.

**Catcher:** The person who is responsible for absorbing the weight of the top person safely during building skills. A catcher must be standing on the performance surface not involved in any other choreography, visually attentive to the top person, make physical contact with the top person during the catch, and not be holding a prop.

**Chair:** A prep level stunt in which the base is supporting the top person in a liberty by placing their hand under their bottom and other hand on the ankle of the straight leg.

**Cradle:** A dismount where the top person is released by the bases and is caught in a hollow body position with legs straight and together, with the abdomen facing upwards. The top person is supported under their back and legs, by the arms of the base(s).



# e SHOWDOWN Cheer Information Packet

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**Dismount:** A stunt or pyramid skill in which the top person is released to a cradle, or the top person is released and then bases absorb/assist the top person directly to the performance surface. A top person may not be released to the performance surface without assistance.

**Downward Inversion:** A stunt or pyramid skill in which a person's center of gravity is traveling towards the performance surface, while the top person has shoulders below hips, and hips below a foot.

**Extended arm level:** The highest point a base can reach when they straighten their arms, reaching towards the ceiling.

**Extended level:** When the entire body of a top person is above the head of all standing or kneeling bases who are supporting the top person in a vertical position. (When the top person is above the head of all bases but is in a horizontal or seated position, they will be considered to still be at prep level. If the top person is in a floor stunt, they will be considered to be at waist level.)

**Extension:** A 2-leg stunt in which the top person is being supported by bases in a non-inverted vertical position at extended level.

**Flat Back:** A 2-leg stunt in which a top person is lying with their abdomen facing the ceiling in a straight body position and supported by bases.

**Flip:** A skill that passes through an inverted position with hip-over-head rotation.

**Floor Stunt:** A stunt in which the base is lying on the performance surface with their abdomen facing the ceiling. The base has arms extended towards the ceiling and is supporting a top person's foot/feet with their hands.

**Free Flipping:** A top person begins in a non-inverted position, passes through an inverted position, returning back to a non-inverted position while released from the base(s).

**Full:** A 360-degree twisting rotation

**Hand/Arm Connection:** Direct physical contact between two people, where one person uses their hand to grab another athlete's hand or arm. The shoulder is not considered part of the arm.

**Hand/Foot-Lower Leg Connection:** Direct physical contact between two people, where one person uses their hand to grab another athlete's foot or lower leg. The knee is not considered part of the lower leg.

**Helicopter:** A stunt in which a top person is supported in a horizontal position, released from all bases, and tossed around a vertical axis in a 180-degree rotation before being caught by bases.

**Hollow:** A concave body position in which the arms and legs are straight, with shoulders and legs raised up.

**Initiation:** The beginning of a skill.

**Inversion/Inverted:** A position in which the person has their shoulders below their hips, and their hips below one foot.



# e SHOWDOWN Cheer Information Packet

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**Kick Full:** A skill in which the top person performs a single kick and then a 360-degree twisting rotation. (An additional  $\frac{1}{4}$  turn is allowed prior or during the kick only.)

**Leap Frog (Stunt):** A stunt in which a top person transitions over the torso of a base while in constant connection with that base. The released top person will transition from one set of bases to a different set of bases, or transition between the same set of bases.

**Leap Frog (Pyramid):** A pyramid skill in which a top person transitions over the torso of another top person while in constant connection with that top person. The released top person will transition from one set of bases to a different set of bases. All athletes must stay in a non-inverted position during the transition.

**Liberty:** A vertical body position of a non-inverted top person, in which the top person is standing on one straight leg, while placing the foot of the other leg next to knee of the straightened leg.

**Multi-based:** A stunt that has at least 2 bases. (This does not include the spotter.)

**Non-Inverted Position:** A body position in which a person's feet are below their shoulders, or their shoulders are in line or above their hips.

**Original Base:** A person that is standing on the performance surface and supporting the weight of the top person at the beginning of the skill.

**Pancake:** A downward inversion, hip-over-head rotation stunt in which the upright top person is continuously supported by a base(s) while folding over forwards in a pike position and landing on their back at waist level.

**Pike:** The body has neutral spine posture, hinged at the hip, with legs straight and together.

**Platform Position:** A 1-leg vertical stunt where the non-inverted top person's non-supported leg is straight and positioned directly next to the supported leg.

**Prep Level:** When the lowest body part of a top person is between the base(s) chest and the top of the head of all standing or kneeling bases who are supporting the top person in a vertical position. When the top person is above the head of all bases but is in a horizontal or seated position, they will also be considered to still be at prep level.

**Prep:** A 2-leg stunt in which the top person is being supported by bases in a non-inverted vertical position at prep level.

**Prone:** When the top person is lying face down in a straight body position, parallel to the performance surface.

**Prop:** A flag, standard flat signs and banners, pom poms, megaphones and pieces of cloth are allowed in routines. A prop may be held by a top person or separate person not involved with basing or spotting.

**Pyramid:** The top person in one stunt must be directly physically connected to a top person in another stunt.





# e SHOWDOWN Cheer Information Packet

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**Release Move/Released:** A top person is free of contact with all people who are standing on the performance surface.

**Single-based:** A stunt that has 1 base. (This does not include the spotter.)

**Shoulder Sit:** A prep level stunt in which the top person is sitting on the shoulders of a base.

**Sponge Toss:** A type of release that requires the hands of the bases to support under the feet of the top person. The top person begins the toss by standing on top of the bases palms at waist level before being released. After the release, the bases catch the top person in a cradle.

**Spotter:** A person who is responsible for the safety of the top persons head, neck, back and shoulder area during building skills. A spotter must be standing on the performance surface to the side or back of the top person, within one arms distance from them. A spotter is not allowed to hold a prop. They must be looking at the top person and not involved in any other choreography from the initiation of the building skill through the completion of the building skill.

A spotter may use one of the following grips: 1) grab the ankles/legs of the top person, 2) grab the wrists/arms of the base(s), 3) stand attentive within an arms distance without touching, or 4) A spotter may also place their front hand under the top persons foot in which a base is already supporting. They can choose to place their back hand on the ankle/leg of the top person, wrist/arm of a base, or raise their arm up behind the top person. (If a spotter only has their hand under a foot that is not being supported by a base, the spotter will be considered a base.)

**Straddle:** A body position in which the legs are straight but not together.

**Straight Cradle:** A dismount in which the top person is released from a stunt in a hollow body position to a cradle position.

**Straight Ride:** When a top person is released from the bases in a vertical straight-line position.

**Stunt:** Any skill in which the top person is in contact with a base while above the performance surface.

1-Leg stunt: When the top person is being supported by a base(s) under 1 foot.

2-Leg stunt: When the top person is being supported by a base(s) under 2 feet, or when the top person is in a horizontal or seated body position.

**Suspended Roll:** A prep level stunt skill in which the top person performs a forward or backwards hip-over-head rotation while connected by hand to the base(s).

**Switch up:** The top person is standing on the performance surface on one foot and has a base(s) supporting underneath their other foot at waist level. The top person is released upwards and is caught in a static vertical 1-leg stunt on the opposite leg.

**T-Lift:** A stunt in which a non-inverted top person is supported under both arms in a T-motion.

**Thigh Stand:** A stunt in which the two bases lunge towards one another, and a non-inverted top person stands on the base's upper legs, close to their hip, with their legs in straddle position.





# e SHOWDOWN Cheer Information Packet

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**Tic-Tock:** When a top person is in a static 1-leg stunt and switches their weight onto their opposite leg and lands in a static 1-leg stunt.

**Toe Touch:** A skill performed once the top person has been released from bases. A top person straddle's their legs while rolling their hips under, creating their knees to point upwards/backwards.

**Top Person:** An athlete that is being supported off of the performance surface.

**Toss:** A stunt where the top person begins at waist level, is released by the bases, and then caught in a cradle position.

**Tosser:** A person who is supporting a top person and releases the top person into the air.

**Transition:** A top person moving from one position in a building skill to a different position in a building skill.

**Tuck:** A body position in which the knees are bent, the thighs drawn towards the chest creating a bend at the waist.

**Twist:** When a person performs a rotation around a vertical or horizontal axis. (In building skills, twisting on each axis is counted separately.)

**Upright:** When a top person is in a standing or sitting position

**V-Sit:** Body shape creates 90-degree angle. The body has neutral spine posture, hinged at the hip, with legs in a straddle position.

**Waist level:** When the lowest body part of a top person is above the performance surface and below the base(s) chest. (If the top person is in a floor stunt, they will be considered to be at waist level.)

**Waist Level Cradle:** A building skill in which a top person is released from below prep level and caught in a cradle position. Waist level cradles must follow Toss rules.

## TUMBLING GLOSSARY

**Aerial:** Cartwheel or Walkover performed without placing hands on the ground.

**Airborne:** To be free of contact with the ground.

**Airborne with hand support:** A skill in which an athlete pushes off of the performance surface. After they are free of contact with the ground, they place their hand(s) on the performance surface.

**Block Cartwheel:** A cartwheel that becomes airborne after the tumbler pushes through their shoulders against the performance surface.

**Cartwheel:** A non-airborne skill where the athlete performs a sideways hip-over-head rotation in which the athlete supports the weight of their body on their arm(s), transitioning through an inverted position, landing on one foot at a time in a non-inverted position.

**Chassé:** A gallop



# e SHOWDOWN Cheer Information Packet

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**Back Handspring:** An airborne skill with hand support in which an athlete starts from a standing position and jumps backwards from two feet into a handstand position placing weight on arms. To complete the hip-over-head rotation, the athlete blocks off the ground by pushing through their shoulders to land back on their feet in a non-inverted position.

**Back Extension Roll:** A non-airborne skill where the athlete performs a backwards roll to a handstand position.

**Bounder:** An airborne skill with hand support in which an athlete starts from a standing position and jumps forwards from two feet into a handstand position placing weight on arms. To complete the hip-over-head rotation, the athlete blocks off the ground by pushing through their shoulders to land back on their feet in a non-inverted position.

**Dive Roll:** An airborne skill with hand support where the athlete first jumps into the air, then reaches towards the floor to perform a forward roll.

**Front Handspring:** An airborne skill with hand support in which the athlete lunges forward into a handstand, while blocking off the ground by pushing through their shoulders to become airborne. The athlete performs a hip-over-head rotation, and lands back on their feet in a non-inverted position.

**Handstand:** A non-airborne static inverted position where the arms of the athlete are supporting the weight of the body in a linear position.

**Handstand Forward Roll:** A non-airborne skill in which the athlete performs a handstand and then rounds their spine to transition from a linear position to a tucked position in a hip-over-head rotation. The athlete transitions from an inverted static position to an upright position on the performance surface.

**Inverted:** A position in which the person has their shoulders below their hips, and their hips below one foot.

**Jump:** A non-inverted airborne skill in which an athlete is standing, creates power with the lower body to push off of the performance surface, and returns back to their feet on the performance surface.

**Layout:** An airborne skill without hand support, where the athlete first jumps into the air, performs a forwards or backwards hip-over-head rotation by lifting hips over the head and shoulders while keeping a hollow body position. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

**Non-Airborne:** Athlete does not leave the performance surface.

**Non-Inverted Position:** A body position in which a person's feet are below their shoulders, or their shoulders are in line or above their hips.

**Onodi:** An airborne skill with hand support in which the athlete starts like a back handspring, pushes off the performance surface, performs a ½ twist landing in a handstand, and finishes the skill like a front handspring step out.

**Pike:** An airborne skill without hand support, where the athlete first jumps into the air, performs a forwards or backwards hip-over-head rotation by lifting hips over the head and shoulders while keeping the legs



# e SHOWDOWN Cheer Information Packet

---

straight with body bent at the hips. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

**Power Hurdle:** An athlete begins from a standing position with two feet together. They jump into the air, and on the descend they step out, landing one foot at a time.

**Prop:** A flag, standard flat signs and banners, pom poms, megaphones and pieces of cloth are allowed in routines.

**Rebound:** A non-inverted airborne skill that occurs after a tumbling skill in which an athlete uses their lower body to propel themselves off of the performance surface.

**Roll:** A non-airborne skill where the athlete performs a backwards or forwards hip-over-head rotation on the performance surface, lifting hips over the head and shoulders while keeping the spine rounded, and transitioning through an inverted position to a non-inverted position.

**Round off:** A airborne skill with hand support in which the athlete begins like a Cartwheel but pushes through their shoulders to block off the performance surface bringing feet together, and lands on the ground facing the direction in which they began the skill.

**Running Tumbling:** A skill performed from a forward step or hurdle used to gain momentum, in which the athlete transitions from a standing position, through an inverted position and back to an upright position.

**Standing Tumbling:** A skill performed from a static position without any previous forward momentum, in which the athlete transitions from an upright position to a position in which the athletes' hips move above the athletes' shoulders and returns back to an upright position. (If an athlete walks backwards prior to beginning the skill, it will still be considered standing tumbling.)

**Step Out:** A part of a tumbling skill in which the athlete lands one foot at a time.

**Straight:** A position in which the body is free from bends, angles, or curves.

**Tuck** – An airborne skill without hand support, where the athlete first jumps into the air, performs a backwards or forwards hip-over-head rotation by lifting hips over the head and shoulders while keeping the spine rounded and legs bent. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

**Upright:** When an athlete is in a standing or sitting position

**Walkover:** A non-airborne skill where the athlete begins standing, leans forwards or backwards to a handstand position, and completes a hip-over-head rotation landing on one foot at a time.

**Whip:** An airborne skill without hand support in which the athlete performs a back handspring without placing hands on the ground.