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Cheerleading Provincial Colours Rules and Regulations

Rev: August 2017

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SASCOC recognised federation for Majorettes, Cheerleading and Baton Twirling in the Republic of South Africa

DIRECTORS: Wayne Oberem (President), Moses Ngobeni (Vice President), Hylton Graham (Judges), Keith Alho (Coaches),
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PREAMBLE

Provincial colours should be awarded to Cheerleaders who deserve recognition for their skill, could feasibly be part of a Provincial Cheerleading team, will be eligible for National selection, and whose conduct has not brought the sport into disrepute either at school or in the public eye.

1. COLOURS ENTRY FORM

- 1.1. Each candidate must complete an entry form – Annexure A:
- 1.2. Entry forms to be submitted to the Provincial office by a date set by the Provincial Association
- 1.3. No late entries will be considered.

2. DECLARATION OF UNDERSTANDING

- 2.1. Each candidate must complete the Declaration of understanding – Annexure B:
- 2.2. These forms to be submitted to the Provincial office by a date set by the Provincial Association and/or handed in during the registration period on the 1st day of the trials.

3. PAYMENT: ENTRY FEE

- 3.1. Each candidate must pay the set entry fee as determined by the AGM each year.
- 3.2. This fee to be paid to the Provincial office by a date set by the Provincial Association and/or handed in during the registration period on the 1st day of the trials.

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4. RULES OF ENTRY

- 4.1. Junior entrants must be in at least grade 5 and 15 years or younger at the date of the trials.
- 4.2. Senior entrants must be in at least grade 9 and 16 years or older at the date of the trials.
- 4.3. Entrants must be a member of an affiliated SAMCA team.
- 4.4. All entrants must have competed at two Provincials finals in their respective division.

5. GENERAL COLOURS RULES AND REGULATIONS

5.1. Clothing:

- 5.1.1. Candidates may only wear black and white clothing.
- 5.1.2. A white T shirt with sleeves must be worn. No team identity may be visible on the T-shirt. No low cut t-shirts allowed. Stomach area must be covered.
- 5.1.3. Black Jazz pants or black Tracksuit pants or black shorts/skirts may be worn. No board shorts or ski-pants allowed. No team identity may be visible.
- 5.1.4. Proper shoes with adequate support and grip must be worn.

5.2. Movements:

- 5.2.1. Only movements as permitted in the SAMCA manual for Cheerleading displays may be used.

5.3. Numbers:

- 5.3.1. All candidates will receive a number which is to be displayed at all times on the candidate's T-shirt.

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5.3.2. This number must be correlated with the name of the candidate in the scoring system.

5.4. Programme of events:

- 5.4.1. A programme will be distributed to all teams with colours' entrants.
- 5.4.2. This programme will stipulate the following:
 - 5.4.2.1. Arrival and departure time
 - 5.4.2.2. Programme of events for each of the colours' days.
- 5.4.3. These times must be strictly adhered to unless otherwise agreed by the Coaches Board.

6. ASSESSMENT CRITERIA

- 6.1. The following sections will be assessed and scored in order to come up with a final percentage per candidate:
 - 6.1.1. Unprepared stunts routine
 - 6.1.2. Prepared gymnastics and tumbling
 - 6.1.3. The Bleep test
 - 6.1.4. Basket Toss section
 - 6.1.5. A YES/MAYBE/NO will be awarded to each candidate for each section.
 - 6.1.6. All entrants must attempt the Bleep test. A mark will be awarded depending on the level and shuttle which the entrant completes – Annexure C.
 - 6.1.7. The final result will be calculated as indicated in Annexure D.
 - 6.1.8. Athletes who receive between 70% and 100% will automatically be awarded Provincial colours. Those who receive between 60% and 70% will be re-considered by the Provincial Chief Adjudicator and Provincial Chief Coach who may, in consultation with the Provincial Chairman, include awarding these Athletes Provincial Colours.

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6.2. Unprepared stunts routine

- 6.2.1. All candidates will do a (approximately) one minute stunts routine set by nominated persons, to be done to music.
- 6.2.2. Male candidates must be the base and female candidates may be the flyer, the base or the back spot
- 6.2.3. Candidates are to ensure that they have a base/s or flyer from their own team to do the stunts with. These assistants must be current registered members of a Cheerleading team. Assistants must be current registered Primary cheerleaders for the Junior section and current registered High OR Tertiary Cheerleaders for the Senior section,
- 6.2.4. A professional spotter will be on the field. The spotter will not lift or assist and only spot.
- 6.2.5. The colours candidates will have one and a half hours (90 minutes) to learn the display. This time period includes the breaks taken by the candidates.
- 6.2.6. At the end of the ninety minute time period mentioned above, the candidates will have 15 minutes to rest. During this time the panel will watch the display that was taught.
- 6.2.7. The candidates will then have 15 minutes to run through the display in its entirety with no teaching.
- 6.2.8. Adjudication will now take place – the candidates will be kept in a holding area and may not practice or have interaction with any coaches.
- 6.2.9. Candidates will enter the area one pair / group at a time. They will do the display once. Once all candidates have done the display, each candidate will enter the area and do the display a second time. They will then be awarded a mark by the panel after which they will leave the hall/area.

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Co-ed Included stunts (but not limited to)

Junior	Senior
Climb to shoulder stand	Throw to seat, cross over
Sit to shoulders to stand	Walk in, straight- up, cradle
Toss drill split jump	Walk in, walk out, walk in, reverse out, torch
Thigh Stand Variation	Throw to hands
Torch Low Variation	Liberty from hands

All Girl Included stunts (but not limited to)

Junior
Double base, straight cradle dismount
Double base extension
Barrel roll
Teddy bear / Straddle sit
Toss (single trick)
Senior
Prep level liberty and two other air positions
Double base cradle variation
Half twist to prep level double base, single twist dismount
Show and go straight to extension
Extended liberty
Toss (double trick or best)

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6.3. Prepared gymnastics and tumbling

- 6.3.1. The display will be performed within a demarcated 10 x 10 metre display area.
- 6.3.2. 'Cheerleader ready' will be said at the beginning of the display.
- 6.3.3. 'Thank you cheerleader' will be said at the end of the display once it is clear that the candidate has completed their prepared display.
- 6.3.4. After that the candidate may leave the area.
- 6.3.5. Routine must include:
- 6.3.6. Flexibility – for girl candidates only
- 6.3.7. Standing tumbling – Including a minimum of three jumps
- 6.3.8. Tumbling passes – candidates should show their best tumbling and try to avoid repetition

6.4. Bleep test

- 6.4.1. Candidates will line up behind a line, as indicated by the Coaches Board, approximately 10 at a time.
- 6.4.2. They must reach the opposite line, which is 20 metres away, before the bleep sounds.
- 6.4.3. A candidate will be issued with two warnings each time their foot does not cross the line.
- 6.4.4. After the third time they will no longer continue with the test.
- 6.4.5. The number of the shuttle they completed will be written down.
- 6.4.6. The bleep test shall be switched off after the end of level 4, the beginning of level 5 for junior candidates and after the end of level 5, the beginning of level 6 for senior candidates.

6.5. Basket Tosses

- 6.5.1. Flyers will be required to be the flyer in a toss and show their best movement (Junior allowed to do any movement allowed for Primary school, Senior allowed to do any movement allowed for High or Tertiary)

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- 6.5.2. Bases / back spots will be required to base the toss
- 6.5.3. Coed flyers will fly with coed bases, All Girl flyers will fly with all girl bases
- 6.5.4. All bases / flyers in this section will be colours candidates unless there are not enough candidates in which case the Province may select previous candidates to assist
- 6.5.5. Flyer to inform the panel which movement will be done so that the panel can assess whether the movement was achieved or not

7. ADJUDICATION

- 7.1. The adjudication panel will consist of currently affiliated coaches only.
- 7.2. These coaches must have passed the Facilitators course and have coached for a minimum period of two years.
- 7.3. Coaches who are in their 1st year of coaching will be eligible to mock judge in order to become acquainted with the system and standard.
- 7.4. Coaches will be eligible to judge the level which they train. In other words, registered Junior coaches will be eligible to judge the Junior candidates and registered Senior coaches will judge the Senior candidates.
- 7.5. Coaches who would like to be considered for the panel and who meet the above criteria must submit their names to the Provincial office by a date set by the Provincial Association. No late entries will be considered.
- 7.6. The adjudication panel will consist of no less than four members and no more than fourteen per section. Panels are to be set up by the Coaches Board and approved by the Provincial Association.
- 7.7. The panel for each section may not have more than two coaches from one team.
- 7.8. The panel will assess the displays by awarding a percentage based on the Adjudication scale stipulated in the SAMCA Manual – Annexure D.

8. GENERAL REGULATIONS AND PROCEDURES DURING THE TRIALS

- 8.1. Provincial colours must be completed as set out at the SAMCA AGM of the previous year.

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- 8.2. A preliminary round of colours will not be done.
- 8.3. The Coaches Board is to provide the numbers to be worn by all candidates.
- 8.4. The Coaches Board is to ensure the prepared area is clearly demarcated.
- 8.5. The Coaches Board is to provide a sound system in good working condition for each section being assessed as per the programme.
- 8.6. Absolutely no parents are allowed at the venue at any time during the day.
- 8.7. Only official coaches of the Teams who are doing Colours will be allowed into the hall/field to watch. No other spectators are allowed.

9. General regulations and procedures relating to the unprepared displays

- 9.1. The athletes eligible to teach the unprepared displays must meet the following criteria:
- 9.2. Must have Provincial or SAMCA colours.
- 9.3. Must be a member of a Primary or High / Tertiary team.
- 9.4. Athletes who would like to be considered for the teaching of the unprepared displays must submit their names to the Provincial office by a date set by the Provincial Association. No late submissions will be considered.
- 9.5. Athletes who will be teaching the unprepared displays are to be selected by the Coaches board and approved by the Provincial Association.
- 9.6. The unprepared displays must be made up one week prior to the date of the start of the colours weekend.
- 9.7. The unprepared displays must be approved by the Coaches board before the start of the colours weekend.
- 9.8. Teaching of these displays must be overseen by a coach, who is not on the adjudication panel for the particular section.

10. GENERAL REGULATIONS AND PROCEDURES RELATING TO SUCCESSFUL COLOURS RECIPIENTS

- 10.1. Colours recipients must complete the future season up to Provincials and must participate fully in the region's development programme.

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- 10.2. Colours recipients must attend all provincial team practices.
- 10.3. Non- adherence to the above two sections will result in the withdrawal of colours. If this occurs, the provincial colours' pocket must be returned to the Provincial Association.
- 10.4. The following dress code is applicable and must be adhered to:

10.5. Female Colours Recipients:

- 10.5.1. Provincial blazer with colours pocket
- 10.5.2. A grey skirt or tailored pants and a white collared shirt must be worn.
- 10.5.3. The skirts worn with provincial colours must be the correct length.
- 10.5.4. This will be measured from the floor when kneeling and will be no longer than 4cm and no shorter than 8cm from the floor.
- 10.5.5. Hair must be tied up and be neat and tidy. A white ribbon may be worn in the hair.
- 10.5.6. A white jersey or pullover may be worn.
- 10.5.7. Black court shoes
- 10.5.8. Blackmail stockings

10.6. Male Colours Recipients:

- 10.6.1. Provincial blazer with colours pocket
- 10.6.2. Grey trousers and a white collar shirt must be worn.
- 10.6.3. The Provincial tie is compulsory.
- 10.6.4. A white jersey or pullover may be worn.
- 10.6.5. Black shoes
- 10.6.6. Uniforms must be worn in their entirety.
- 10.6.7. If the above dress code is not adhered to the person will be required to change immediately. If continuous offences of the dress code are observed disciplinary action may result.

- 10.7. No-one is to lend any official uniform items to anyone who does not have colours



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11. SAMCA Colours Application

- 11.10. SAMCA Colours application forms must accompany Provincial colours certificates
- 11.11. SAMCA Exec will set the date for the application forms to be returned to the SAMCA office at the previous AGM
- 11.12. SAMCA Exec will set the date for the SAMCA trails at the previous AGM.

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Annexure A

Name: _____ Surname: _____

Team: _____ Region: _____

Date of birth: _____ Age: _____

List years of provincials (eg 2010,11): _____

Section (Please Tick):

Cheerleading	
Junior	<input type="checkbox"/>
Senior	<input type="checkbox"/>
Boy	<input type="checkbox"/>
Girl	<input type="checkbox"/>
Coed Flyer	<input type="checkbox"/>
All Girl flyer	<input type="checkbox"/>
Base	<input type="checkbox"/>
Backspot	<input type="checkbox"/>

Signature of Nominee: _____ Date: _____

Signature of Coach: _____ Date: _____

Signature of Principal/Club Chairman: _____ Date: _____

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Annexure B

I,(full name/s)

Identity number:

Team:

hereby acknowledge that I understand and will adhere to the following:

- In the event of Provincial Colours being bestowed upon me I will wear these Colours with the honour and integrity they deserve. I will wear the Colours as stipulated by the(Name of Provincial Association. (The skirt/trousers will be the required length, colour and style, the shoes will be as specified, hair will be worn as specified, jewellery will be worn in moderation, etc.
- I will promote Majorettes/Cheerleaders to the best of my ability, and will endeavour to assist the(Name of Provincial Association wherever possible, if ever requested to do so.
- I will attend all Provincial team practice sessions.
- I will give the relevant coach/es the necessary respect and co-operation at all times.
- I will represent my Province as and when required to do so.
- I will give the(Name of Provincial Association) the due respect they deserve whenever I am in Colours or at any Majorette/Cheerleading function.
- I will encourage my team to give the necessary support to other teams at all competitions.
- I will behave in such a manner, which may be regarded as impeccable, at all times.
- I understand that any non-adherence to these conditions could result in my Provincial Colours being withdrawn, with immediate effect.
- I will adhere to the SASCOC Code of Conduct.

.....
Signature of Candidate

.....
Date

.....
Signature of Parent / Legal Guardian

.....
Date

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Annexure C

Bleep Test Shuttle Conversion

Junior Candidates:

Level 1

If any shuttle within Level 1 is completed the candidate will be awarded a score within the below average range.

Level 2

If any shuttle within Level 2 is completed the candidate will be awarded a score within the average range.

Level 3

If any shuttle within Level 3 is completed the candidate will be awarded a score within the above average range.

Level 4

If any shuttle within Level 4 is completed the candidate will be awarded a score within the very good range.

Senior Candidates:

Level 1

If any shuttle within Level 1 is completed the candidate will be awarded a score within the below average range.

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Level 2

If any shuttle within Level 2 is completed the candidate will be awarded a score within the average range.

Level 3

If any shuttle within Level 3 is completed the candidate will be awarded a score within the above average range.

Level 4

If any shuttle within Level 4 is completed the candidate will be awarded a score within the very good range.

Level 5

If any shuttle within Level 5 is completed the candidate will be awarded a score within the excellent range.

Range of scores:

Assessment	Score
Outstanding	90 +
Excellent	80 - 89
Very Good	70 - 79
Good (Above average)	60 - 69
Average	50 - 59
Below average	40 -

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Annexure D

Adjudication Scale and Calculation

1. All Athletes will be assessed using the “Yes, Maybe, No” method for all assessments with the exception of the Bleep Test.
2. The scorers will award 3 points for a “Yes” vote, 2 points for a “Maybe” vote, and 1 point for a “No” vote.
3. The formula that will be used to convert “Yes, Maybe, No” points to a percentage is as follows:
 - 3.1. Athletes total score for display from all Judges / Number of Judges x 3) x 100

Example:

Number of Judges [10] x 3	=	10 x 3 = 30
Athletes total score for display from all Judges	=	25
Total score for display/ (Number of Judges x 3)	=	25/30 = 0.833
Convert to Percentage	=	0.833 x 100 = 83.3%
Final mark for display	=	83.3%

4. The final mark will be an average of all sections.

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Secretary: Janine Erasmus

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CHEERLEADING OFFERING: Co-Ed/All Girl Cheerleading & Co-Ed/All Girl Group Stunts

BATON TWIRLING: Baton Twirling Group

CATEGORIES: Primary School, High School & Tertiary