

Video requirements and video upload instructions

As a participating club in the digital evaluation, each team submits one video. The video should represent a complete routine. It is acceptable to submit a shorter routine where not all elements of a standard routine are included, or to mark elements that you are not ready to perform or should not perform. Please note that marked elements will not be evaluated.

The following guidelines/recommendations apply:

Rules

All teams will be competing with ICU rules.

There are exceptions to the rules which apply during the competition:

- Up to 32 participants are allowed on the mat at the same time.
- It is allowed to mix ages, more on this under the "Levels" section.

Find ICU rules here: [ICU Europe – Tools](#)

In ICU rules max length of routine: 2 minutes + optional cheer. Minimum time requirement for cheer is 30 seconds. Maximum time between Cheer and Music portion 20 seconds. In the classes Cheer Novice, Intermediate, Median, Advanced, Elite, Premier, and Masters, the total maximum time of the routine is 3 minutes. This includes cheer, the transition between the chant and the routine, as well as the routine time. In the Cheer Abilities class, there is no time limit between the chant and the start of the routine.

Max length of routine in groupstunt and partnerstunt categories is: 1 minute

Max length of performance cheer: 2 minutes.

Max length of performance cheer double routines: 1 minute and 30 seconds.

Please note that for digital evaluation, there is no minimum time requirement for the routine.

Competition regulations: Please note that the competition and safety regulations apply to this competition.

Format: Horizontal

Angle: Filmed straight from the front at approximately standing eye level, the entire routine/entire mat should be visible in the frame if possible. See example below. Elements outside of the frame will not be evaluated.



Position: We recommend stabilizing the camera/phone rather than holding it by hand during filming.

Background: We recommend a neutral background if possible.

Filming area: Apart from possible spotters, we recommend that no coaches or audience appear in the video.

Spotters: We strongly recommend that teams use spotters during performances for safety. If spotters are used, they should wear noticeably different outfits than the performing team.

File format: mp4, mov, 3gp, avi (most formats are supported, feel free to ask if you are unsure).

Editing: Not allowed. The video should represent a continuous routine.

Settings: It is acceptable to film with either a camera or a mobile phone. When filming with an iPhone, the following settings are recommended: HD (1080p), 30 FPS (frames per second). For Samsung, the equivalent setting is: FHD 1920x1080 (30fps).

Sharing: Avoid, if possible, sending videos via Facebook or similar platforms before uploading, as the quality will be significantly affected. When transferring between devices, Airdrop or similar functions are recommended.

Music: The music can either be played in the background in the video or added afterward. The most important thing is that the music is clearly audible.

File name: club.teamname.category

Video Upload Instructions:

You will receive an email at the address provided during registration. The email will contain a link where you can submit your entries. All submissions from your club should be uploaded here. This is managed via Google Drive. When it's time to upload your videos, follow the link in the email. Once you click on "upload files," you proceed to select the correct file. You then select "add files" and upload all submissions from your club. One video per team. Name the video "**club.teamname.category.**"

Example 1: Team Starcats from the club Cheerleading club Sweden competing in Level 1 should name their video:

"CheerleadingclubSweden.Starcats.Level1"

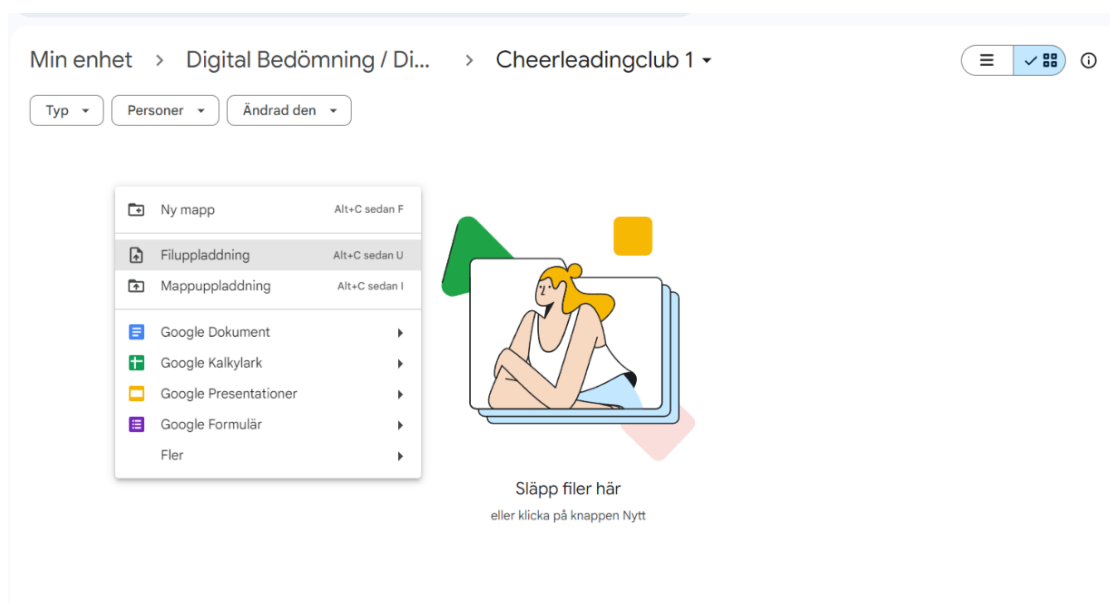
Example 2: The club Sweden United Dansclub, with the team Dancers competing in Pom Doubles, should name their video:

"SwedenUnitedDansclub.Dancers.PomDoubles"

Please note: If the video is not named according to the format above, it will be difficult for us to identify which team appears in the video.

Upload the video file:

- Click the "+ New" button on the left-hand side.
- Select "File upload" from the drop-down menu.
- Choose to name the video "club.team.category".
- Click "Open" to start the upload.
- **IMPORTANT:** Make sure the video is shared within the folder and that there are no access restrictions, so the judges can open and view the video.



The submission window is open between 4 November and November 11, and you can upload your videos at any time during this period. It is possible to access the upload link multiple times during the period. You can also upload videos multiple times during the period, which means you can upload one team's video at a time. Make sure you upload only one video per team. The

submission window closes on November 11 at 11:59 PM, after which the upload link will no longer work.

