



# 2011-12 Cheerleading Terms and Conditions

Those numbers listed in parentheses in Section III denote where the information can be found in the IESA By-Laws.

## I. STATE COMPETITION SITE AND DATE

### A. 2011-2012 Calendar

Entry Deadline	December 14, 2011
Final Entry Deadline	January 3, 2012
State Competition Date	January 21, 2012, Civic Center, Peoria, Illinois

## II. ENTRY FEES AND DIVISIONS

### A. Entry Fees

Schools must pay an entry fee of \$50 per squad per division by the entry deadline of December 14, 2011. The final entry deadline is January 3, 2012. Late entry fees are doubled. Late entry fees will be waived for schools designated as new members or for current member schools entering this activity for the first time. Entries received after the final entry deadline will not be accepted. Each school is limited to entering one squad in each division. A school may not enter a small team and a large team in the same division. It is permissible to enter a small squad in one division and a large squad in a different division. Entry fees will be refunded only upon request prior to the entry deadline.

### B. Divisions of Competition

#### Small Team

Cheer Only (1-12 members) No Music -- 1:30-2 minute time limit

Routine (1-12 members) --1:30-3 minute time limit

#### Medium Team

Routine (13-16 members) -- 1:30-3 minute time limit

#### Large Team

Cheer Only (13-25 members) No Music -- 1:30-2 minute time limit

Routine (17-25 members) --1:30-3 minute time limit

NEW FOR 2012



**Your squad must move down to the next applicable division if due to illness, ineligibility, injury or other circumstance the number of cheerleaders participating on the day of the competition does not make you eligible for the division in which you originally entered.**

**NOTE:** A mascot is considered part of the squad and will count towards the maximum number of members allowed if he/she participates with and is part of the squad's performance.

### C. Definition of Divisions

**Cheer Only**—Schools may choose to enter either the small team or the large team division. The cheer only division may include stunts, tumbling, and jumps. **NO MUSIC IS ALLOWED IN THE CHEER DIVISION.**

**Routine**—Schools may choose to enter the small team, medium team or large team division.

The “normal” full routine setup is music, followed by the cheer/sideline portion, followed by music to finish the routine.

**NOTE** - Should your school decide to participate in both the Cheer and Routine Divisions, it is recommended that different elements be used in each performance.

### D. Refunds

A refund of the entry fee will be made only if a school asks for a refund prior to the entry deadline of December 14, 2011.

### III. ELIGIBILITY

#### A. Eligibility

To enter any of the IESA activities, a student must be eligible under all of the eligibility rules and conditions of competition of the IESA. These include but are not limited to:

##### 1. Attendance

Students must attend member schools and may only represent in competition the school they actually attend. (2.031)

##### 2. Scholastic Standing

All contestants shall be in grades five through eight and shall not have passed eighth-grade standing. (2.041). In addition, students must be born on or after January 22, 1996 in order to be eligible to participate.

A student shall be doing passing work as determined by the local school district in all school subjects and the school shall certify compliance with this By-Law. Use of a player, contestant, or participant shall be deemed such certification. (2.042)

For all IESA activities, non-athletic as well as athletic, passing work shall be checked weekly to govern eligibility for the following Monday through Saturday. For fall activities, the first eligibility check shall be made following the first full week of attendance at the beginning of the school year. During the succeeding weeks of the school year, the eligibility check shall begin the week prior to the first contest in an activity. (2.043)

The eligibility check shall be the same day each week unless school is not in session; then it must be taken on the last day of student attendance that week. (2.044)

Grades shall be cumulative for the school's grading period. (2.045)

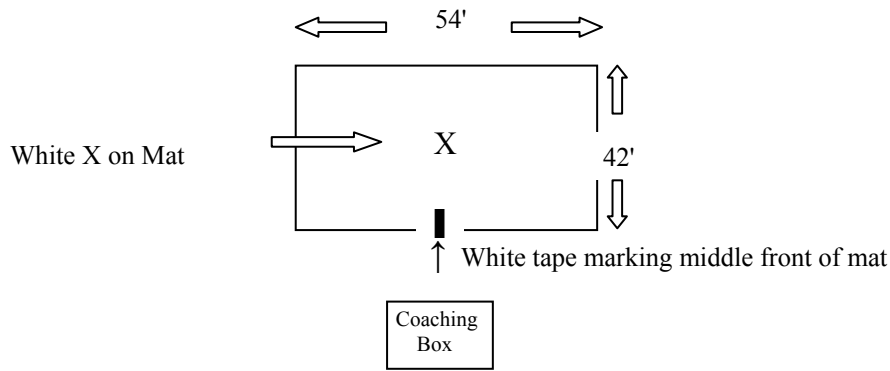
##### 3. Use of Participants

Only students who are currently eligible under the rules and By-Laws are eligible to participate.

### IV. COMPETITION RULES

#### A. General Rules

1. **NFHS Spirit Rules** – All performances shall be conducted in accordance with the Spirit Rules published by the National Federation of State High School Associations. Please contact the IESA Office if you need the rule book. See Basket Toss exception in Section V, Part B.
2. All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing.
3. The time limit for all performances in the cheer division is 1:30-2 minutes. The time limit for all performances in the routine division is 1:30-3 minutes. Time will start with the first organized word, motion, or sound of music and will end with the same. There will be a 5 point deduction from your total score if the time limit is not met.
4. Each squad's presentation must include at least one cheer or sideline chant. **If a squad uses music in the routine presentation, the musical portion must not exceed one minute and thirty seconds.** Band cheers will be considered part of the musical portion. Squads participating in the routine division that exceed 1:30 of music will be assessed a 5 point deduction from your total score.
5. **Participants must start in the competition area with at least one foot on the ground.** There will be a 1 point deduction per judge if schools fail to start their performance with at least one foot on the ground. Squads may line up anywhere inside the competition area. The competition area will be 42' x 54'. There will be a 1 point deduction per incident per judge if a participant steps outside (not on) the boundary lines. A participant can step on the edge of the mat, but if he or she steps off the edge (i.e. foot/shoe makes contact with the floor) or outside the mat it is considered out of bounds. Signs used during the competition may be placed on the competition mat prior to the performance and such signs may be placed on or off the mat without penalty. Signs are allowed for both the cheer and routine divisions.



## JUDGES TABLES

- All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

### B. Interruption of Performance

- If, in the opinion of the tournament officials, a squad's routine is interrupted because of failure of the tournament equipment, facilities, or other factors attributable to the tournament rather than the squad, the head official should stop the routine. The squad will be allowed to present its routine from the place in the routine where the interruption occurred. The degree and effect of the interruption will be determined by the tournament officials.
- In the event a squad's routine is interrupted because of failure of the squad's own equipment, the squad must either continue the routine or withdraw from the competition.
- In the event that an injury causes the squad's routine to be interrupted, the squad must either continue the routine or withdraw from the competition. Tournament officials reserve the right to stop the routine if an injury occurs.

## V. SPECIFIC SAFETY REGULATIONS

### A. 2011-12 Spirit Rule Changes

**2-4-9d; 3-3-5c:** Add d.

- Hold objects in her/his hand(s).

Rationale: If a spotter's hands are not free, the ability to spot safely is greatly diminished.

**2-5-5g:** Delete (c)

Delete last phrase in (g) ..... "therefore, all full pendulums require two bases."

Rationale: Eliminating (c) will allow the top person to land on her/his side. Removing the last phrase of (g) will allow a single-base full pendulum in which the top person drops to the side. These allowances do not present a greater risk than dropping face up or face down.

**2-5-13c:** Add EXCEPTION: A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.

Rationale: This stunt presents minimal risk to participants if adequate restrictions are in place.

**2-6-2:** Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.

Rationale: Prohibiting these tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**NOTE:** Basket tosses are allowed at the high school level when they meet rule 2-6-2. They are NEVER allowed at the IESA level regardless of the surface.

**2-6-4c:** Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.

- a. same
- b. same
- c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.

Rationale: Prohibiting airborne twists during quick/load-in tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-7-7c:** Add c. and add Note

- c. The top person begins from a cradle or the performing surface.

Note: A slight downward swing to prepare for an upward swing is permitted.

Rationale: Allowing a downward swing from a stunt higher than a cradle presents increased risk to the top person.

**2-8-9b:** A twist to a cradle is permitted only on grass (real or artificial) or a mat.

Rationale: Prohibiting all twisting cradle dismounts from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-9-5:** Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.

Rationale: Prohibiting twisting tumbling skills from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

**2-14:** Remove rule pertaining to vaults.

Rationale: Rules pertaining to vaults are now covered in the Non-Release Stunts Section.

**3-1-5:** Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot.

Rationale: Allowing additional styles of modern dance footwear does not present a significant risk. Dancing barefoot on a floor cover is considered appropriate.

**3-2-10:** When a prop used as a base has wheels, rounded surfaces (e.g., balls, barrels, etc.) or a flat bottom covered with fabric and is moving, a spotter is required.

Rationale: Flat-bottom props covered in fabric are often pushed or pulled around the floor and the top person on such props is at as much risk as those on props with wheels or rounded surfaces.

## **B. Exceptions to NFHS Spirit Rules Book**

All basket tosses and double full twisting dismounts, regardless of the surface are prohibited.

\*\*\*\*\* **Any squad in violation of these specific Safety Regulations or any NFHS Spirit Rule Book Major infraction will be assessed a 25 point deduction (5 points per judge) for each infraction.**

## **VI. JUDGING CRITERIA - CHEER**

The judges will score the squads according to the judging criteria on a 100 point system. In keeping with the proper role of cheerleading, emphasis will be placed on practicality of material.

### **A. Communication (15 points)**

1. 5 points: Practicality of material in routine (use of signs, effectiveness of cheer and sideline chant words)
2. 10 points: Voice inflection, eye contact, facial expression

### **B. Fundamental Skills (45 points)**

1. 15 points: Motions (strong, sharp, arm levels, synchronization)
2. 10 points: Tumbling
3. 10 points: Jumps
4. 10 points: Partner stunts, pyramids

**C. Group Techniques (15 points)**

1. 10 points: Synchronization (group timing in motions, stunts, tumbling, jumps and dance)
2. 5 points: Formations and spacing (use of the floor, formation changes, and symmetrical spacing)

**D. Overall Effect (20 points)**

1. 10 points: Difficulty (degree of difficulty of completed skills)
2. 10 points: Crowd Appeal (choreography, continuity, transitions, and visual effect)

**E. Sportsmanship (5 points)**

1. 5 points: This is the style the cheerleaders demonstrate. The squad should be enthusiastic about the material but should refrain from taunting or bragging gestures that are inconsistent with the squad's ability to lead the crowd in support of the athletic team.

**TOTAL JUDGING POINTS POSSIBLE: 100 POINTS**

*Note: The ending of the routine should be held for a few seconds and safely dismounted with no excessive celebration.*

**VI. JUDGING CRITERIA - ROUTINE**

The judges will score the squads according to the judging criteria on a 100 point system. In keeping with the proper role of cheerleading, emphasis will be placed on practicality of material.

**A. Communication (10 points)**

1. 10 points: Voice inflection, eye contact, facial expression

**B. Fundamental Skills (50 points)**

1. 10 points: Motions (strong, sharp, arm levels, synchronization)
2. 10 points: Dance (rhythm, creativity, synchronization)
3. 10 points: Tumbling
4. 10 points: Jumps
5. 10 points: Partner stunts, pyramids, and tosses

**C. Group Techniques (15 points)**

1. 10 points: Synchronization (group timing in motions, stunts, tumbling, jumps and dance)
2. 5 points: Formations and spacing (use of the floor, formation changes, and symmetrical spacing)

**D. Overall Effect (20 points)**

3. 10 points: Difficulty (degree of difficulty of completed skills)
4. 10 points: Crowd Appeal (choreography, continuity, transitions, and visual effect)

**E. Sportsmanship (5 points)**

2. 5 points: This is the style the cheerleaders demonstrate. The squad should be enthusiastic about the material but should refrain from taunting or bragging gestures that are inconsistent with the squad's ability to lead the crowd in support of the athletic team.

**TOTAL JUDGING POINTS POSSIBLE: 100 POINTS**

*Note: The ending of the routine should be held for a few seconds and safely dismounted with no excessive celebration.*

**Awards** – Awards will be given out after the completion of each division. First and second place team trophies and individual medals will be given to the top two teams in each division.

**Music** – If your squad is performing in the routine division, the music must be on a CD. For back up purposes, bring one additional CD and/or a cassette tape. It is the coach's responsibility to start and stop the music.

**Competitors And Team Personnel** - On the day of competition, competitors and team personnel will be allowed to have 5 minutes in the warm-up area in Exhibit Hall B. The warm-up mat will be the same dimensions as the performance floor (42' x 54'). This will take place approximately 10-15 minutes prior to your competition time. **AT NO TIME MAY SQUADS BRING THEIR OWN TUMBLING OR WARM-UP MATS INTO THE CIVIC CENTER.**

School squads may schedule a practice warm-up session on Friday night, January 20, between 6:00-8:00 p.m. Warm-up sessions will be 20 minutes in length. 10 minutes on the tumbling strips and 10 minutes on the "official sized" warm-up mats in Exhibit Hall B. Spotters will be present. Registration will be on a first come first served basis. You may register your school by either calling the IESA office at 309-829-0114 and asking for Brenda Kingery, or e-mail Brenda at [brenda@iesa.org](mailto:brenda@iesa.org)

Schools will have access to the actual competition mat Saturday morning from 7:00 a.m. to 8:00 a.m. This is simply a chance for schools to see the setup of the competition area, not an opportunity to run through your routine or practice stunting, tumbling passes, etc. We will monitor the area during this time and ask that you walk on and off in a timely, orderly fashion spending no more than one or two minutes on the mat.

**Signs, Banners, And Noisemakers** – Signs and banners are allowed by spectators to support teams competing. No noisemakers of any type are allowed. Signs and school flags can be used by teams competing to lead the crowd during their routine/cheer. **Glitter on signs is prohibited. Balloons are not allowed in the Civic Center.**

**Entry Forms:** You must complete the Cheerleading Entry Form. Using your school's password, you must go into the Member Center Login on our website, choose your school (it's listed by city first) and enter your school's password. (If you do not have your school's password, click on the link "Help, I don't know the password" choose your school and click on either the e-mail or fax reminder option. The e-mail option will instantly send a reminder to the e-mail contact person listed for your school. Once on your school's information page, click on the "Entry Center" link next to "Cheerleading". Please complete all required information. **Your entry form needs to be completed as soon as possible or no later than January 7.** This will be the official listing of students who will be participating in the competition, and only those listed on the form are eligible to compete. **IF YOU HAVE SQUADS PERFORMING IN MORE THAN ONE DIVISION, YOU MUST COMPLETE A FORM FOR EACH DIVISION ENTERED.** We will use this form to prepare the program, so be sure all names are spelled correctly. If you choose to list your alternates, please designate them as such by adding a comma and the abbreviation alt. after their last name. **Again, you must go on-line to complete this form.**

**Squad Photos:** Send the IESA a squad photo. Make sure cut lines (i.e.: L-R, FRONT ROW: Jane Doe, etc.) for the picture are sent as well. **If your school is entering more than one division but the team members are the same, only one photo needs to be submitted. If the team members are different, you MUST send a separate photo for each division entered. See enclosed picture instructions.** These photos are going to be published in our program. If we do not receive a photo by **January 7**, the program will state "photo not available".

**Videotaping/Photography: Camcorders will not be allowed in the competition area.** Please be sure your parents are aware of this policy. Contemporary Visuals has been authorized by IESA to create the official DVD of the 2012 State Cheerleading Tournament at a cost of \$35 per DVD. The \$35 price includes postage and handling. The Bloomington-based company will have film crews on site to capture all performances and incorporate them into the package. Orders for the official DVD may be made in advance by calling either (800) 633-1993 or (309) 828-1993. Email address is: [contact@cvmedia.tv](mailto:contact@cvmedia.tv). Orders also will be taken at the State Tournament. This will be the seventh year the IESA Cheerleading state final event will be chronicled on DVD and made available to member schools, parents and fans. **NO FLASH PHOTOGRAPHY IS ALLOWED FOR THE SAFETY OF THE COMPETITORS.**

**Spectator Seating** –All spectators must sit in the bleachers. Spectators are not allowed on or near the competition area.