



# 2009-10 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. 2009-2010 Calendar

Entry Deadline	December 16, 2009
Final Entry Deadline	January 5, 2010
State Competition Date	January 23, 2010, Civic Center, Peoria, Illinois

## II. ENTRY FEES AND DIVISIONS

### A. Entry Fees

Schools must pay an entry fee of \$45 per squad per division by the entry deadline of December 16, 2009. The final entry deadline is January 5, 2010. 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 -- 1-3 minute time limit

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

#### Medium Team

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

#### Large Team

Cheer Only (13-25 members) No Music -- 1-3 minute time limit

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

**Your squad must move down to the next applicable division if due to illness, ineligibility, injury or other circumstance the number of cheerleaders participating in 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.

**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.

### 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 16, 2009.

### 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 24, 1994 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. All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing.
2. The time limit for all performances is 1-3 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.
3. 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.
4. Signs are allowed for both the cheer and routine divisions.
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.

6. 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**

1. 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.
2. 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.
3. 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. Partner Stunts/Pyramids**

1. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground. A base of extended stunt must have both feet on the ground.
2. The top person in a partner stunt, pyramid or transition may not be in an inverted (shoulders below the waist) position, with the exception of a double based forward suspended roll, and loading into pick-up stunts, tabletops, etc.
3. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or be in contact with the hands of the top person. The top person must have hand contact with the bases.
4. Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered part of the squad with regard to the squad member limitations. For single-based extended stunts, the spotter may hold at the ankle and/or wrist of the base and/or top. If the spotter is supporting under the sole of the foot in any way, they are considered to be a base and would require an additional spotter.
5. When one person is bracing another (including overlapping of arms), one of the individuals must be at shoulder height or below. (Exception: Extensions may brace other extensions.)
6. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of the supporting leg.)
7. Vaults that do not involve heels over head rotation are legal.
8. Triple-based straddle lifts must have an additional spotter for the head and shoulders of the top person.
9. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person.
10. Basket tosses, toe pitch tosses or similar tosses are limited to no more than four tossers and must be dismounted to a cradle position by two of the original bases plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person. Flyers in a toss must not hold objects in her hands.

11. Participants may not pass over or under other participants from tosses.
12. Partner stunts, pyramids and participants may not pass over, under or through other partner stunts or pyramids.
13. Bird partner stunts must have a continuous spotter at the head and shoulder of the top person.
14. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
15. Tosses that land in stunts (i.e. toss to hands, basket to elevator, etc.) are allowed; however, they cannot significantly exceed the height of the intended stunt. Tosses cannot land in a loading position for another stunt or toss. (Exception: Single based tosses without assistance from another person are allowed into a loading position.)
16. Single and double based forward suspended rolls are allowed provided the bases have their feet on the ground, and the top person maintains constant hand-to-hand contact throughout the skill with two bases or posts. Suspended forward rolls from the performing surface are allowed provided the top person maintains constant hand-to-hand contact throughout the skill with two bases or posts.
17. Backward suspended rolls and single base suspended rolls are prohibited.
18. Cradle dismounts from double based partner stunts or pyramids over shoulder stand level must use three catchers. Cradle dismounts from single based partner stunts that are over shoulder stand height must use two or more catchers. Exception: A "chair" does not require an additional spotter. (A cradle is defined as a dismount from a partner stunt or pyramid in which the top person is caught in a face-up, piked position before being placed on the floor or remounting into another stunt or pyramid.)
19. Cradle dismounts which involve a jump, twist or other gymnastic skill require a spotter in addition to the original base(s). Cradle dismounts from all extended stunts require a spotter in addition to the original base(s).
20. All backward dismounts from partner stunts or pyramids must use three catchers. The execution of any gymnastics skill (i.e. jump, twist, etc.) during a backward dismount is prohibited.
21. Twists greater than two rotations in stunts, tosses, dismounts or tumbling are prohibited. (Exception: side facing stunts. Example: arabesque/scorpion double full cradles to the front are legal.)
22. Knee drops are prohibited.
23. Tension rolls and tension drops are prohibited.
24. Helicopter tosses are legal provided they are in accordance with NFHS Spirit Rule 2-11-2.
25. Single based split catches are prohibited.
26. Toe touch or leg pitch flips are prohibited.
27. The use of mini-trampolines, springboards, or any other height-increasing apparatus is prohibited.

## **B. Tumbling/Jumps**

1. Dive rolls are prohibited. (A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground.)
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.

4. A forward three-quarter flip to the seat or knee is prohibited.
5. Participants may not tumble over, under or through partner stunts, pyramids, or over or under individuals.
6. Participants may not land in a partner stunt or catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle position is prohibited; however, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump or kick into a hurdler position, to the seat, knees or landing with both feet back, or to a push-up position is prohibited.)
8. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.
9. Squad members must wear athletic shoes (no gymnastic slippers).
- \*\*\*\* 10. **Any squad in violation of these specific Safety Regulations or any NFHS Spirit Rule Book Major infraction will be assessed a twenty-five point deduction (5 per judge) for each infraction.**

## VI. JUDGING CRITERIA

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. 10 points (15 points for Cheer Only): Motions (strong, sharp, arm levels, synchronization)
2. 5 points: (0 points for Cheer Only): Dance (rhythm, creativity, synchronization)
3. 5 points: (10 points for Cheer Only): Tumbling
4. 5 points: (10 points for Cheer Only): Jumps
5. 20 points: (10 Points for Cheer Only): Partner stunts, pyramids, jumps

### **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.*

**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 22, between 6:00-8:00 p.m. Warm-up sessions will be 10 minutes in length and will be held 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 "Cheerleading" link under "Your Entry Forms". Please complete all required information. **Your entry form needs to be completed as soon as possible or no later than January 8.** 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 8**, 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 2010 State Cheerleading Tournament at a cost of \$30 per DVD. The \$30 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 fourth 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.

**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.