



ACTIVITY UPDATE

2010-11 IESA Cheerleading

IESA will hold its tenth annual cheerleading competition on Saturday, **JANUARY 22, 2011** at the Civic Center in Peoria, Illinois. The entry fee is \$50.00 for each division. Only school squads are eligible and every school which participates in the event must be a member of the IESA. There will be five divisions that will be eligible for awards--a small cheer division for squads with 5-12 members, a large cheer division for squads with 13-25 members, a small routine division for squads with 5-12 members, a medium routine division for squads with 13-16 members, and a large routine division for squads with 17-25 members. The routine division must include a choreographed segment and may be appealing to more competitive squads. The cheer division is cheer only and will be more attractive to schools that do not put as much emphasis on competition, but would enjoy some competition at a less advanced level.

National Federation spirit rules must be followed as well as the rules set forth in the IESA Terms and Conditions. **IN ADDITION, BASKET TOSSES AND DOUBLE FULL TWISTING DISMOUNTS ARE PROHIBITED AT ALL TIMES IN ANY TYPE OF IESA SANCTIONED CONTEST, BASKETBALL GAMES, HALFTIME PERFORMANCES, ETC., AND THE IESA CHEER CHAMPIONSHIPS.**

All judges for the IESA cheer competition are assigned and approved by the IESA and many are IHSA licensed cheerleading officials. Mat size is 54' x 42' (9 strips). All IESA rules and regulations apply to the students who will be participating. The competition is only a one day event--squads will perform just once on the day of the competition and will be judged on that one performance. Competition will start at approximately 9:00 a.m. on Saturday, **JANUARY 22**. After a school submits registration fees (\$50), a complete set of judging criteria will be mailed to the school. In addition, all the rules will be located on the IESA website.

It is important to note that National Federation Spirit Rules are always in effect for all side line cheers as well as if a squad performs at the IESA competition. IESA cheer coaches are responsible for the safety and well being of all participants, including assessing the progressions and performer readiness of her/his team. Additionally, coaches are responsible for appropriate practice and performance conditions which include heat and hydration requirements and knowledge in recognition and care for injuries such as concussions. The coach or other school approved adult representative must be in attendance at all spirit activities. Teams must be limited to performing skills that the adult in charge is knowledgeable about and capable of providing safety teaching and supervising

The Illinois High School Association conducts their spirit rule interpretation clinics online. IESA cheer coaches may find it very beneficial to go to the IHSA website and watch the video of the rule interpretations. Please understand that some of what is mentioned in these videos does not apply to our level. To access the video and other information regarding cheer clinics, please go to the following link:

<http://www.ihsa.org/official/rulesch.htm>

If you would like a complimentary copy of the National Federation Spirit Rules, complete the form that can be accessed from the cheerleading page of the IESA website. It is strongly recommended that all schools, even those that do not participate in the IESA cheer competition, order a copy of the rule book. The Spirit Rule Book is a must for every cheer coach as it contains what are legal stunts/mounts, covers risk management issues, and is complete with illustrations. The form to request the free copy of the NFHS Spirit Rules book is located here: <http://www.iesa.org/activities/chr/rulesRequest.asp>

Complete rules are located in the National Federation Spirit rules book. Order your copy today!