

Iowa Cheerleading Coaches' Association Information

All-State Squad – Information pp. 2-3, Registration Forms A, B, D, C (coach keeps)

State Championship - Information pp. 4 – 8, Registration Forms A, B, E, C (coach keeps),

Honor Squad – Information p. 9, Registration Forms A, B, F, C (coach keeps)

If you are entering more than one event, you only need to send Forms A and B one time. Keep Form C and bring to all practices and events.

PLEASE READ ALL THE FOLLOWING INFORMATION CAREFULLY!

In order to enter any or all of the above ICCA / IHSAA sponsored events, the head cheerleading coach must do the following:

1. Be a member of the ICCA. Send in membership form and payment with the rest of the forms if you are not already an ICCA member. Membership information is on our website: iowacheercoaches.org
2. Complete an **ONLINE** NF Spirit Rules Meeting. It is mandatory for the present salaried HEAD coach/sponsor to complete a rules meeting covering the 2011 - 2012 cheerleading rules. The Spirit Rules meeting is available **ONLINE ONLY**, from August 1 – September 1. Go to the website (iowacheercoaches.org) to access the rules meeting. ****NEW for 2011** Coaches MUST send a copy of Rules Meeting completion certificate with this registration.**
3. The Head coaches are expected to accompany their cheerleaders to these ICCA events.
4. Fill out the appropriate forms:

Required Forms:

1. Form A. One **Summary of Registration Form** per school.
2. Form B. One **Coach/School Information/Disclaimer Form** per school. If the school has more than one head coach, please include that information on the form. Each head coach must complete the on line rules meeting.

Forms Required at Event: Form C.

One **Information and Consent For Medical Treatment Form** per cheerleader.

Be sure to fill out all information, including **ALL PHONE NUMBERS FOR DOCTORS AND DENTISTS**.
****You will not mail these forms in with your registration. You as the head coach are required to these forms with you at all events and practices. You will be required to verify your possession of these forms at each ICCA event.**

Forms for ICCA Events:

1. Form D. One **All-State Agreement of Terms Form**. A \$20.00 non-refundable entry fee for each cheerleader trying out is required. **This event is open to any bona fide high school cheerleader.**
2. Form E. One **State Competition Registration Form**. An non-refundable entry fee of \$15.00 per cheerleader per event is required. (ex. One cheerleader is registered in team routine and stunt routine. This would require two payments of \$15 each for that cheerleader.) **This Event is open to any bona fide high school cheerleader.**
3. Form F. One **Iowa Cheer Honor Squad Application Form**. An non-refundable entry fee of \$35.00 per cheerleader is required. **This Event is open only to juniors and seniors who cheer for a varsity squad.** There is a limit of three participants per school.
5. Enclose **one check made out to the ICCA** for all entry fees. **No purchase orders will be accepted.**
6. **ALL ENTRIES MUST BE POSTMARKED BY THE US POST OFFICE NO LATER THAN TUESDAY, SEPTEMBER 27, 2011.**

Send all registration materials in one envelope to:

ICCA, PO Box 207, Huxley, IA 50124

IOWA ALL-STATE CHEERLEADING PROGRAM -- 2011 – 2012

High school cheerleaders are invited to tryout for the 2011-2012 All-State Cheerleading Squad. This is the 22nd year of this squad. The cheerleaders chosen for this squad will perform at the Iowa Boys' Basketball Tournament in March.

TRYOUT REQUIREMENTS:

1. Coaches must be members of the ICCA. The head coach must also have completed an ONLINE 2011–2012 Spirit Rules meeting. ****NEW for 2011** A copy of the Spirit Rules Meeting Completion must be mailed with this registration.** These rules meetings are **ONLINE ONLY** from Aug.1 – Sept.1, 2011.
2. A non-refundable \$20 registration fee payable to ICCA is required from each candidate.
3. Submit Forms A, B, and D with appropriate signatures.
4. The coach must have a completed **Information and Consent for Medical Treatment – Form C** for each candidate at the tryout, practices, and performances.
5. Candidates must be a bona fide high school cheerleader.
6. There are no limits on how many can try out or make the squad from an individual school. All cheerleaders from one school must try out on the same day.
7. The coach must drive candidates to and from All-State tryouts, practices, and performances. See “Coaches’ Duties” page 3 for further details.

TRYOUT MATERIAL AND INFORMATION

LOCATION: Valley High School, West Des Moines.

TRYOUT DATES: October 15th and 16th. All cheerleaders from one school must tryout on the same day.

TIMETABLE: (approximate)

Registration and Warm-up	9:30 – 10:00
Learn cheer and practice	10:00 – 11:00
Break (bring own lunch)	11:00 – 11:30
Tryouts	11:30 – finish

For the convenience of those who are traveling a great distance, cheerleaders will tryout in order of their distance from the tryout site. Those farthest in distance will tryout first, etc.

SELECTION PROCESS: The judging committee will meet after the tryout and review the tryout judging sheets and videotapes. A minimum of twenty cheerleaders will be selected for the All-State Squad. The final number will be determined by the judges following the tryout. There will not be a specific number selected from each day of tryouts.

APPEARANCE: Candidates must wear plain BLACK or NAVY BLUE shorts with a plain, white short-sleeved T-shirt during the practice and tryout. No tank tops or long sleeved T-shirts can be worn. No school affiliation, advertising, logos, or words can be on the clothing. If necessary, candidates may turn the shorts inside out for the tryout. Cheerleading shoes must be worn. Candidates with long hair must have their hair in a ponytail or braid and away from their face. Refer to the “Hair – Get It Right” rules.

All National Federation Spirit Rules must be followed at all times by all candidates. Those trying out will be checked for violations including jewelry, unsafe hair devices, and unsafe fingernails. Anyone in violation will not be allowed review the material. Candidates will be checked again for violations prior to the actual tryout. No refunds will be given in the event of disqualification.

TRYOUT PROCEDURE:

Motion Drill/Cheer: Candidates will learn the motion drill/cheer. Judges will be looking for strong, correctly placed motions that demonstrate rhythm, coordination, and technique.

Dance: Candidates will be taught a dance (about 4 – 6 eight counts) by video. This instruction will be made available on the ICCA website in early September. The All-State choreographer will be the instructor. The Choreographer will be available at tryout practice to review the dance with the candidates. Candidates will dance in groups when trying out. Judges will be looking for coordination, rhythm, and personality.

Jumps: After the motion technique and dance portion of the tryout, each candidate will perform a single toe touch and also a two-jump combination. This combination can include any jumps such as a toe touch, front hurdler, etc. The candidate may take a prep between jumps, but the combination must demonstrate continuous motion.

Tumbling – If a candidate wishes to show any gymnastics skills, he/she will demonstrate these last. Gymnastic skills should be at least at the back handspring level. A cheerleader does NOT have to do gymnastics to make the squad.

SQUAD REQUIREMENTS AND INFORMATION

The following is information pertaining to those who make the All-State Squad and their coaches. Please read it carefully so both the candidate and coach knows what is expected of All-State Squad members.

COACH'S DUTIES – All-State cheerleaders need to be accompanied to practices and performances by the head coach. An assistant who has completed a rules meeting may accompany them with permission from the All-State Director. All-State cheerleaders need the guidance of a cheer coach during practice as well as coaching while the All-State cheerleader practices on her/his own between official practices with the choreographer. For optimum success of an All-State cheerleader, the coach must accept an active role and also make a commitment to the All-Stater(s). The coach must drive candidates to and from all All-State tryouts, practices and performances. Coaches are responsible for chaperoning at all times which means they cannot leave the site during the tryout, practices and performances. No parents will be permitted to accompany the participants in a supervisory position unless they are employed by the school AND special circumstances have been arranged with the All-State Director. This is to insure coverage through the IHSA catastrophic insurance plan should an injury occur. The ICCA abides by the National Federation Spirit rules governing cheerleading. Insurance regulations require a school vehicle (unless other arrangements are made with your administrator) and a school employee to bring the cheerleaders to the event.

In special circumstances, ICCA will allow an employee of the All-State cheerleader's school district to escort the All-State cheerleader to tryouts, practices and performances. A request for any exception must be made in a timely manner (at least one week prior) to the All-State director. If necessary, the All-State Director will seek the advice of the Executive Board. If one of the coaches is unable to attend, a school employee may bring the candidates. This must be approved IN ADVANCE (at least one week) with the All-State Director. Upon approval of the All State Director, the school employee must bring a letter from the school district superintendent or his/her designee stating the employee's relationship to the school and why the head coach cannot attend. This should only occur in case of an emergency, as it is important that the coach attend the tryout, practices, and performances. Failure to comply with this ruling will result in a consequence. Possible consequences could be, but are not limited to, suspending the school from All State for a designated time, suspending the coach from ICCA for a designated time, or dismissing that school's current All-State cheerleaders from the All-State Team.

The coach must have a completed **Information and Consent for Medical Treatment – Form C** for each candidate at the tryout, practices, and performances.

SQUAD PRACTICES AND PERFORMANCES – The All-State Squad will practice on Sundays. To be a member of the squad, the candidate must attend all practices. Failure to attend a practice will result in dismissal. Squad members and their coaches must be responsible for know when practices will be held. Practices are from 10:00 a.m. to 3:30 p.m. unless told otherwise. One practice will start earlier in order to take a group picture for the plaque. The practices will be held at a West Des Moines school on the following dates:

Sunday, December 4th, 2011 Sunday, February 5th, 2012 MAKE UP (If needed) Sunday, March 4, 2012
Sunday, January 15th, 2012 Sunday, February 26, 2012

Final practices will be held the afternoon and evening of Thursday, March 8th, 2012 at a West Des Moines school, and the morning of Friday, March 9, 2012, at Wells Fargo Arena. Afternoon and evening performances will be on Friday, March 9th 2012, at the Iowa Boys' State High School Basketball Tournament.

OTHER INFORMATION

1. Squad members are required to follow all guidelines established by the ICCA. These guidelines will include: appearance, behavior, conditioning, etc. The squad member will also be required to follow good conduct policies set by individual schools.
2. Squad members and coaches are responsible for all food, hotel and travel expenses. Squad members must stay at the designated ICCA hotel with the squad on the night prior to the final performance.
3. The All-State Director/ICCA representative shall not permit a team member to participate if in his/her judgment there is a safety concern.

IOWA CHEERLEADING STATE CHAMPIONSHIPS – 2011

Your high school squad is invited to attend and compete in the 20th Annual Iowa Cheerleading State Championships sponsored by the ICCA and supported by the IHSAA. The competition will be held on November 5, 2011, at the Jacobson Exhibition Center on the Iowa State Fairgrounds in Des Moines, and is open to Iowa high school cheerleading squads. This competition is designed to give recognition to the excellent high school cheerleading squads in the state of Iowa.

The competition will again be in two sessions. Start time and finish time for the day are dependent upon the number of schools that are participating. Placement of divisions in the day's schedule and times of performance will be determined after registrations are received. The morning session will include Non-Stunt/Mount, Small Team, 1A and 2A Cheer/Dance and the finals of Small School Group Stunt Competition. The afternoon/evening session will include Co-ed, 3A, 4A, and 4A Large Cheer/Dance the finals of Large School Group Stunt Competition. In an effort to shorten the day, in 2011 we will use an alternate site close (short walk) to the Jacobson Center for all Sideline Teams and Group Stunt preliminaries. The alternate site will be in the Varied Industries Building just north of the Jacobson Arena. ****NEW for 2011**** In the Group Stunt division, the top 5 scoring teams in both Small School Group Stunt and Large School Group Stunt will be invited to compete in the Jacobson Arena for the trophies at the conclusion of their respective sessions. Large School Group Stunt Teams and Large School Sideline Teams should plan on competing sometime after 10:00 a.m.

Parents and fans are encouraged to attend! The admission charge is \$8.00 per person for the day. A limit of two (2) coaches per squad will be admitted free to the competition. Administration passes will not be accepted for admission.

GENERAL INFORMATION AND RULES

COACHES: In order to compete in the Championships the head coach must be a member of the ICCA. The head coach must have also participated in an ONLINE rules meeting (available August 1 – September 1 only). A copy of the Spirit Rules Meeting completion certificate must be sent with registration materials. Membership material and rules meeting information have been enclosed in the fall mailing.

All squads must be accompanied by their head coach or a designated school official at all times. No squad will be allowed to compete without a salaried coach or a designated school official in attendance. NO exceptions will be made.

A limit of two (2) coaches per squad will be admitted free to the competition.

FEES: An entry fee of \$15 per competing cheerleader per event is required (i.e. a cheerleader registered in both cheer/dance and a stunt team, the cost would be \$15 per event or \$30 total.)

FORMS: The coach must have completed Forms A, B, E & have an **Information and Consent for Medical Treatment Form (Form C)** for each member of the squad. It is the responsibility of the head coach to carry the Medical Treatment forms (Forms C). The coach will be asked to sign off indicating the forms are in his/her possession.

The coach must list the cheerleaders competing on the squad on the entry form. Each squad member must be an eligible member of a 2011-2012 high school cheerleading squad. This means each cheerleader cheers for a high school sport. A JV, sophomore or freshman cheerleader who cheers for a high school team is eligible. A squad may include a school mascot. However, the mascot must appear in uniform and cannot stunt or spot stunts. The mascot cannot be an adult. The mascot is counted as one of the 12, 16, or up to 25 squad members.

Substitutions: In case of injury, illness, or ineligibility, a coach may substitute another bona fide high school cheerleader to their team at anytime. ICCA respects a coach's right to do this in these situations. Please notify us of the name changes for the program by October 15. It is the coach's responsibility to get the paperwork up to date. Coaches may not substitute for other reasons.

*****NEW for 2011*****

1. Coaches will be required to go to the ICCA website and type in the names of the participating cheerleaders.
2. This will be required for the program.
3. On the website – iowacheercoaches.org – please click on the competition tab & follow directions. Names of competitors are due by Oct. 1 and must match the names submitted on Form E.

ELIGIBILITY: Participants are required to follow all guidelines established by the ICCA. To participate, all cheerleaders must be eligible under their school's good conduct policy.

- DIVISIONS:** All Cheer/Dance teams will be divided by 2010 – 11 IHSAA boys' basketball classifications (not Girls' Union classifications.) We have 1A, 2A, 3A, and 4A.
- TEAM SIZE:** All-girl squads are limited to twelve (12) high school cheerleaders in the following divisions: Non-Stunt/Mount; Division 1A and Division 2A. Teams in the Small Team division can have up to 8 members. Schools divided into divisions 3A and 4A may have up to sixteen (16) members. Division 4A Large can have between 17 – 25 members. (see page 7 for more information about this division) Cheer/Dance teams may now have one male member.
- Co-ed squads** will be one open division. **If enough teams register, this division will be divided into two divisions – Small and Large. This decision is at the discretion of the Director.** A small squad would have up to sixteen (16) varsity members with at least two males. A large squad would have 17 to 25 members with at least two males. Co-ed squads are not allowed to enter the Non-Stunt/Mount division. (see page 7 for more information about this division)
- Sideline Cheer** will be divided into 2 classes. – Small Schools (1A, 2A) and Large Schools (3A, and 4A) (see page 8 for more information about this division)
- Stunt Groups** will be made up of a maximum of five members. Teams may be any combination of males and/or females. (see page 8 for more information about this division)
- NOTE:** Schools who enter cheer/dance and/or stunt group may also enter a group to compete in the Sideline Division. IE- a school may have a cheer/dance group, two stunts teams AND a sideline cheer team. The members of the sideline team cannot be the same cheerleaders who are competing in cheer/dance. They need to be a new group of participants.
- T-SHIRTS:** Iowa Cheerleading State Championship T-shirts are available at a cost of \$17 per T-shirt. They must be ordered and paid for in advance. Please include your squad order and payment with your registration. You will pick up your order when you check-in the day of the competition. All T-shirt sales are final.
- TROPHIES:** Trophy policy is to award up to five trophies in each championship division. In the case of fewer than 10 teams competing in a division, trophies will be awarded to half of the teams which compete in each division. If an odd number compete, trophies will be one less than half. Up to three places will be awarded individual medals in each championship division. Divisions are determined using IHSAA basketball classifications from the prior year. IHSAA will be consulted as needed to make final determination. The Sideline and Non-Stunt/Mount Divisions ARE NOT Championship Divisions and will be awarded Division I, II, or III plaques for outstanding performance.
- VIDEO: TAPING** The video rights of the Iowa Cheerleading State Championships rest solely with the ICCA and the video contractor. Videos will be sold to the public. The ICCA requests that you only videotape your own squad. No tripods will be allowed, and any coach and/or spectator blocking the view of others while taping will be asked to move and/or discontinue taping. ANYONE video taping more than their school will be asked to leave.
- COMPETITION AREA:** All competition in the Jacobson Arena will take place within the bounds of a 42' X 42' performance mat. Deductions will no longer be assessed for unintentional stepping off the mat.
- In the Alternate Site (for Sideline and Group Stunt preliminaries) we will provide five 6' x 42' mats or 30' x 42'. All-squad members must be within this area for all of their performance.
- RULES:** All squads must follow the 2011-2012 National Federation Spirit Rules adopted by the Iowa High School Athletic Association. These include the strengthened guidelines adopted by the ICCA/IHSAA for 2011-2012. Your school district received a copy of the 2011-2012 Spirit Rules Book in the fall mailing from the IHSAA.

RULES: (continued)

If you have questions about the legality of a stunt or any other component of a routine, **email** a video of that part of the routine to **Donna McKay** at jdmckay4@mchsi.com by October 20. This will help prevent deductions on the day of the competition. The video does not have to be performance quality, but should be in Quick Time or Windows Media format. If the stunt is determined to be illegal or an infraction of the National Federation and/or ICCA rules, the school will be notified immediately. No tapes will be returned. Please do not send an email with a description of the stunt to determine its legality. It's too hard to miss something. It could be possible that a difficult stunt series could be performed legally at home and performed illegally the day of competition. It is up to the coach as to how best to show their squad's abilities in making all stunts (including a series) legal.

All decisions made by the technical judges concerning the legality of stunts/mounts and/or any other component of your competition routine are final and not subject to review.

SPOTTERS: Members of your competition squad must fulfill all spotting requirements as required by the National Federation Spirit Rules. Professional spotters are hired by ICCA and will be on the mat assisting only where necessary. It is the responsibility of the coach to make sure the routine is safe with proper catches and spots.

START THE ROUTINE

RULES: Each squad will be given time to enter the performance area and place poms and signs. Your school name will be called two (2) times – once when you enter the performance area and a second time when you are in your starting position on the performance surface. Teams are required to enter the performance area in a timely manner; jumps, tumbling, and chants are not allowed at this time unless this is the beginning of your routine, which means timing will begin. Your routine may begin with an entrance or from a stationary position on the floor. You may begin from any side of the performing surface except from the front (where the judges will be seated). You cannot begin your routine in a stunt, i.e. each team member must have at least one foot on the ground. You will have 30 seconds to collect all props and exit the performance area following the completion of your routine.

PROPS: Signs, megaphones, and pompons are the only props that are allowed. These objects cannot be used in a theatrical manner (i.e. – in the shape of guitars, people, etc.). They must have words or symbols associated with school spirit (i.e. - school name, go-fight-win, etc.) and should be used in the routine, not just to “decorate” the performance area. Megaphones, if present, must also be used in the routine, and not just as a decorative device. No cheerleader(s) may break through a sign, as that would be considered theatrical. Please use signs only to lead cheers.

JUDGES: Judging will be done by qualified competition judges selected by the ICCA. **All decisions of the judges are final and not subject to review.** Coaches and/or spectators may not communicate with the judges at any time. Any and all questions must be directed to the Competition Directors.

SCORING: This year ICCA created a new scoring rubric for the Cheer/Dance and Group Stunt Divisions. Rubrics are available on the ICCA website: iowacheercoaches.org under the “State Competition” tab.

Sideline and Non-Stunt/Mount forms have not changed and are on the website.

Squads will be disqualified if the performing school's coach(es) and/or other spectators “act out” the routine. Coaches on the side should not yell with a squad during a crowd involvement cheer.

FAMILY

VIEWING: All routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music may result in the assessment of a ten (10) point penalty or disqualification.

BLOOD/
INJURY:

The ICCA will follow the procedures as per the National Federation guidelines found in your 2011-2012 rules book. No squad will be assessed a penalty and may return at a later time – to be determined by the Competition Director – to repeat their performance.

TIME: All Cheer/Dance and Non-Stunt/Mount routines should be no longer than 2 minutes and 30 seconds. Timing will begin with your first word, motion, or taped portion, and ends when your squad comes to a standstill or a stationary position. Both Side Line Cheer and Stunt Groups will have a time limit of one minute. Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit to ensure that the team does not go over time. A ten (10) point penalty will be assessed to any squad exceeding the time limit. Any squad who exceeds the time limit by more than ten (10) seconds will be disqualified. Judges' decisions on the timing of overall routines are final.

MUSIC: Music time cannot exceed one and a half minutes (90 seconds). Any material that is on a CD (spoken or otherwise) is considered part of your music.

Please be aware that different machines may play at slightly different speeds. It is better to be slightly under the time limit to be safe. Any squad exceeding the 90 second time limit for music will be assessed a ten (10) point penalty.

Your music can be in segments throughout your routine or played all at one time. You must use a CD, plus it is recommended that you bring a music backup CD. A sound professional will actually run the music, but must have a school coach next to him giving the directions. Please check the website for advice on creating CD for best results (scratched CDs tend to skip). Judges' decisions on the timing of the music portion of routines are final.

NON-STUNT/MOUNT DIVISION

The Non-Stunt/Mount division is an open division, meaning that the division will not be made into classifications by size of school. This division is limited to a maximum squad of twelve (12) participants. They may have one male who is a bona fide high school cheerleader.

The routine should represent a continuous flow of cheers, chants, jumps, tumbling and dance. No stunts/mounts are allowed in this division.

Schools entered in this division may not participate in the Group Stunt Division. They are allowed to enter a separate team in the Sideline Division.

The Non-Stunt/Mount Division is NOT a championship division.

CHEER/DANCE DIVISION

The Cheer/Dance Division will be all-girl squads limited to twelve (12) squad members in Division 1A and 2A. Schools divided into Divisions 3A and 4A may have up to sixteen (16) squad members. Division 4A Large may have between 17 – 25 members. Teams in these divisions may now have one male cheerleader who is a bona fide cheerleader in their high school.

The routine should represent a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance.

Any team wishing to compete UP a division needs to contact Nancy Huether and have all the necessary paperwork filled out and turned in by Friday, September 23. Any team choosing to move up a division will be required to stay at that division for 2 years.

COED CHEER/DANCE DIVISION

Co-ed squads will be one open division. If enough teams register, this division will be divided into two divisions – Small and Large. This decision is at the discretion of the Directors. Note – Over the past five years we have not had more than a total of 5 teams compete in this division. A small squad would have up to sixteen (16) varsity members with at least two male cheerleaders. A large squad would have 17 to 25 members with at least two male cheerleaders.

The routine should represent a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance.

SMALL TEAM DIVISION

Small Team Division is for all girl squads (or may include one male) of eight members or fewer. This is also an OPEN division meaning that the division will not be made into classifications by size of school.

The routine should represent a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance.

SIDE LINE CHEERLEADING DIVISION

Any school may enter a group to participate in this division, plus enter a group in the Cheer/Dance Division or Group Stunt. Schools which have participants entered in Cheer/Dance cannot enter the same cheerleaders in this division. The participants must be different cheerleaders. They may cross over from the Group Stunt division if they aren't in Cheer/Dance also.

Examples: Cheerleader A – only entered in Group Stunt and not Cheer/Dance – is eligible in Side Line.

Cheerleader B – not a member of a Cheer/Dance, Non-Stunt/Mount, or Group Stunt – is eligible in Side Line.

Cheerleader C – a member of Cheer/Dance division – is not eligible in Side Line.

Cheerleader D – a member of Cheer/Dance and a Group Stunt – is not eligible in Side Line.

Cheerleader E – a member of a Non-Stunt/Mount division – is not eligible in Side Line.

The emphasis of this division is side line cheering. The cheerleaders will lead the crowd in chants and/or cheers. The idea is cheer teams bring some regular chants and/or cheers which your home crowds love and present them for the judges. The volume of the crowd response will not be judged to make it fair to every school whether they have 20 or 200 fans in attendance. However, the judges will be looking at the potential for crowd response, as well as the squad's motion technique and personality. Scores will be given, but **NO STATE CHAMPIONSHIP WILL BE AWARDED IN THE SIDE LINE DIVISION.**

*Jumps will be allowed, but will not be evaluated by the judges. Teams will use jumps to show enthusiasm and lead the crowd, not to be evaluated by judges for performance points.

*Stunts at shoulder level or below will be allowed, but will not be evaluated by the judges.

Teams will use stunts to show enthusiasm or lead the crowd, not to be evaluated by judges for performance points. Teams will receive deductions for stunts extended above shoulder height.

*Poms, megaphones, and signs may be used (but not required) to help lead the crowd.

*No tumbling is allowed.

*No music is allowed.

*Time is one minute.

Side Line Cheer will be divided into Small School – (1A, 2A), and Large School (3A, and 4A) (basketball classifications)

Small School - 1A and 2A – up to 12 members

Large School - 3A and 4A – up to 25 members

GROUP STUNT

This routine represents a continuous flow of stunts by a five- person team accompanied by music. Bases and flyers may switch places as long as it is the same five members involved.

*Tumbling into a stunt will be permitted as long as it doesn't violate NF rules.

No other tumbling will be allowed. Tumbling other than into a stunt could cause a scoring deduction.

*There will be no leading of cheers, jumps, or dance.

*Teams may be any combination of males and/or females.

*To qualify for this division:

1. Your team is registered in any cheer/dance division.

2. This is the only entry from your school.

Ex. #1- A participant is registered on a team for any cheer/dance division, he/she may also participate in one stunt group for his/her school.

Ex. #2- A participant's team is not registered in any team division for state, but his/her school has put together a stunt team.

Ex #3- A participant is on a team in the Sideline Division may participate.

Ex #4 A participant is on a team in Non Stunt/Mount Divisions, he/she is not allowed to participate on a stunt team.

*Teams registered in the Non-Stunt/Mount Division will NOT be allowed to compete in this division. (see example #4 above)

*A school may enter up to TWO Teams in this division. Participants are allowed to participate on only one stunt team.

TIME: One minute

*****Integrity Clause *****

Purpose: ICCA is asking participating coaches to take the definitions of the various divisions in the spirit of creating opportunities for our cheerleaders. Coaches need to use the ethical code in choosing the proper division for their teams' participation. This choice should truly benefit their cheerleaders and allow them to grow as people.

The **Small Team Division** has been created for those teams which cheer varsity ball games with 10 or fewer girls on the team. (a competition team of 8 with 2 alternates). This is not intended for teams to "load" a squad and cut several girls who would normally cheer with the squad so that their school may be more competitive. This is for schools with limited numbers of cheerleaders on their teams. A varsity team that cheers with 10 or fewer may add JV/Sophomore/Freshmen cheerleaders to a team to raise their numbers and compete in the larger cheer/dance divisions.

The **Non/Stunt Mount Division** has been created for those teams whose coaches do not allow their teams to stunt for safety purposes, but wish to participate in a competition. Teams in this division should be those who cannot or do not stunt **on a regular basis** at games or competitions. **Teams who stunt on a regular basis should not enter this division to put themselves in better plaque contention. Any team that performs beginning or intermediate stunts at games should not enter this division. Teams are not required to stunt at an advanced or elite level to enter Cheer/Dance.**

IOWA CHEER HONOR SQUAD – 2011

The Iowa Cheerleading Coaches' Association and the Iowa High School Athletic Association are proud to sponsor the Iowa Cheer Honor Squad. This squad will perform at the half times of two or three Iowa High School Football Championship Games on Saturday, November 19, 2011. We hope to have up to 200 cheerleaders participating in this event, representing ICCA member schools throughout Iowa.

REQUIREMENTS NEEDED TO PARTICIPATE:

1. Coaches must be members of the ICCA. The head coach must also have completed an **ONLINE** for 2011 – 12 Spirit Rules meeting. A copy of the Spirit Rules completion certificate must be sent in with this registration.
2. A non-refundable \$35.00 fee payable to ICCA for each participant.
3. All forms must be completed and have all required signatures.
4. Participants must be juniors or seniors cheering for a varsity squad for the current school year. Each ICCA member school may send up to three cheerleaders to participate.
5. The coach must drive participants to Honor Squad practices and performances. See “Coaches’ Duties” below for further details.
6. The coach must have a completed **the Medical Treatment Form C** for each participant. The Information and Consent Form F is mailed with the registration as well as Forms A & B.. It is the responsibility of the coach to carry the Medical Treatment Forms to all practices and performances.
7. Participants and coaches are responsible for all food, hotel and travel expenses.
8. Participants are required to follow all guidelines established by the ICCA. These guidelines will include polices covering appearance, behavior, conditioning, etc. The participating member will also be required to follow good conduct polices set by individual schools.

COACHES’ DUTIES – A head cheerleading coach or assistant cheerleading coach who is on the school payroll and has completed an online 2011-2012 Spirit Rules meeting (**available Aug. 1 – Sept. 1 ONLY**) can be the official chaperone for the cheerleaders. The coach must drive candidates to Honor Squad practices and performances. The coach is responsible for chaperoning at all times which means they cannot leave the site during the practices or performances. No parents will be permitted to accompany the participants in a supervisory position. This is to insure coverage through the IHSAA catastrophic insurance plan should an injury occur. The ICCA abides by the National Federation Spirit Rules governing cheerleading. therefore, the participants will be covered under the IHSAA’s catastrophic insurance plan as well. Insurance regulations require a school vehicle (unless other arrangements are made with your administrator) and a school employee to bring the cheerleaders to the event.

If one of the coaches is unable to attend, a school employee may bring the candidates. This must be approved IN ADVANCE (at least one week prior) with the Honor Squad Director. The school employee must bring a letter from the school district superintendent or his/her designee stating the employee’s relationship to the school and why the head coach cannot attend. This should only occur in case of an emergency, as it is important that the coach attend the practices and performances.

PRACTICES AND PERFORMANCE

The first practice will be held on Sunday, November 13 from 8:00 a.m. to 4:00 p.m., at Ames High School. Registration that day will be from 8:00 – 8:30 a.m., with practice starting at 8:30 a.m. The second practice will be held on Friday, November 18, at Cedar Falls, from 2:30 - ? p.m. A final practice will occur in the Dome on Saturday, November 19, from 6:30 a.m. – 9:00 a.m., with the performances to follow.

1. All practices are mandatory, and both the coach and cheerleaders must stay for the entire practice. Cheerleaders will not be allowed to perform if they miss a practice.
2. Hotel information will be emailed to participants with your confirmation.
3. Participants will receive a T-shirt, certificate, and medal at the last performance. Please print names on forms as they should appear on the certificate. Do not order t-shirts on the summary of registration form.
4. The Honor Squad Director/ICCA representative shall not permit a team member to participate if in his/her judgment there is a safety concern.
5. The last day to change names or substitute is October 31st.
6. All practices are mandatory, and both the coach and cheerleaders must stay for the entire practice. Cheerleaders will not be allowed to perform if they miss a practice.

**MAIL ALL REGISTRATION FORMS AND A CHECK (TO ICCA) TO:
ICCA, PO Box 207, Huxley, IA 50124**

**SUMMARY OF REGISTRATION
FORM A
(One per school)**

****PLEASE USE BLACK OR BLUE INK FOR ALL FORMS**
Please complete all forms as neatly as possible!**

SCHOOL NAME _____

Please check off all items below as enclosed in your entry. Only send those forms required for the programs you are entering.

___ ICCA MEMBERSHIP APPLICATION (from ICCA website) AND FEE. (if you are not already a member)

___ FORM B – Coach/School Information and Disclaimer Form (one per school required for all entries)

___ FORM D – All-State Agreement of Terms Form (one per squad member entering All-State Competition)

___ FORM E – State Competition Registration Form (if entering the state competition)

___ FORM F – Iowa Cheer Honor Squad Application Form (if participating in the Honor Squad)

___ RULES MEETING CERTIFICATE OF COMPLETION

___ **One Check** for entry fees made out to **ICCA**. No purchase orders please.

State Entry Fee – Team Comp ___ Members X \$15.00 = Total _____

State Entry Fee – Group Stunt ___ Members X \$15.00 = Total _____

State Entry Fee – Sideline Comp ___ Members X 15.00 = Total _____

All-State Registration ___ Members X \$20.00 = Total _____

Honor Squad Registration ___ Members X \$35.00 = Total _____

___ **State Competition T-shirt Order** ___ T-shirts X \$17.00 = Total _____

SIZES ___ Small ___ Medium ___ Large ___ XL ___ XXL (\$19.00)

(Please indicate how many of each size)

___ Membership Fee for ICCA (\$40/school) Total _____

All new members must go to www.iowacheercoaches.org and complete an online membership form. Payment should be received with this registration.

TOTAL FEES ENCLOSED TO ICCA \$ _____

****All entries must be postmarked by the USPO no later than Tuesday, SEPTEMBER 27, 2011.**

No late registrations will be accepted.

Individual business postage meter postmarks are not the equivalent of the post office. The ICCA is not responsible for late, misdirected, incomplete, or lost mailings. This includes if the athletic director did not give this packet to the coach in a timely manner. Any incomplete registrations will be charged a \$20 LATE FEE per event (All-State, State Competition, Honor Squad) All Late fees must be paid one week prior to the event in order to be eligible to compete. Please read all of your forms completely, so you will not be assessed any penalties. All penalties must be paid before the event. Do not leave any spaces empty on any of the forms. We need all of the information for our records.

**Coach / School Information Form
FORM B**

Please fill out the form neatly and completely with blue or black ink.

Correct email addresses are very important for communication with the coach.

School Name _____

School Address _____

City _____ ST _____ Zip _____ School Phone _____

Coach's Name _____

Coach's Address _____

City _____ ST _____ Zip _____

Coach's Home Phone _____ Coach's Work Phone _____

E-mail Address _____ Coaches' cell phone _____

Assistant Coach's Name _____

Asst. Coach Home Phone _____ Asst. Coach Work Phone _____

E-mail Address _____

Athletic Director's Name _____ Phone _____

Principal's Name _____ Phone _____

Date completed online rules meeting _____

Copy of the Completion Certificate of the ONLINE RULES meeting is required.

(If the head coach did not participate in an online rules meeting for the current school year, do not send in any registrations.)

DISCLAIMER FORM

We, the undersigned officials of _____ High School, hereby acknowledge that any and all events and/or competitions sponsored or held by the Iowa Cheerleading Coaches' Association (ICCA) are governed by the National Federation Guidelines and that these guidelines must be followed when participating in an ICCA event or competition. We agree to follow all rules and regulations of the ICCA when participating in an ICCA sponsored event. We hereby declare that our cheerleading coaches have reviewed and understand the safety guidelines and will use our best efforts to insure that our cheerleading squad will adhere to the safety guidelines in all ICCA events and competitions.

All registered cheerleaders must be bona fide cheerleaders in our high school.

We further acknowledge and understand that all decisions made at an ICCA EVENT competition by a panel of judges are final.

Head Coach's Signature _____ Date _____

Athletic Director's/Principal's Signature _____ Date _____

**Iowa All-State Cheerleading Squad
FORM D**

Agreement of Terms

School Name _____

Coach's name _____ Work phone _____

Home phone _____ Cell phone _____ Email _____

Assistant Coach _____ Cell phone _____

List names of all candidates: (Be sure each candidate has completed a Form C)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Head Coach:

I have read the information concerning the guidelines and requirements of the ICCA All-State Squad. I am a member of the ICCA. I agree to accompany candidate(s) to the tryout, practice sessions, and performances. I understand that for insurance purposes, I will be the official chaperone at all times. If I cannot attend, I will find a replacement who is an employee of the school system (with the administrator's and All-State Director's approvals). I will make sure that if I cannot attend, a letter from my school administrator will be sent with the adult attending the practice/event.

I verify that the candidate(s) is/are bona fide cheerleader(s) for the current school year. I understand I am responsible for bringing the completed Medical Release Form C for each candidate to the tryout and to each practice.

Head Coach's Signature

Date

Athletic Director/ Principal:

I have read the information concerning the guidelines and requirements of the ICCA All-State Squad. I understand that for insurance purposed, the coach will be the official chaperone at all tryouts, practice sessions, and performances. If the coach cannot attend, I will find a replacement who is an employee of the school system. I verify that the cheerleader has a current physical form on file with my school. I understand that the head coach or their designee must bring Form C (Information and Consent For Medical Treatment Form C) completed to all ICCA events.

I verify that all candidate(s) is/are a bona fide high school cheerleader for the current school year.

Athletic Director/Principal's Signature

Date

Tryout Date

Please indicate which tryout date you prefer. All cheerleaders from your school MUST tryout on the same day.

Saturday_____ Sunday_____ No preference_____

We can only try out on Saturday_____ Sunday_____ because_____

**State Competition Registration
FORM E**

School Name _____ Coaches' name _____

**** Cheer/Dance Division Entering: (CIRCLE ONE): 1A, 2A, 3A, 4A, 4A Large, Small Team, or Co-ed OR Non-Stunt/Mount**

Names must also be submitted on website: iowacheercoaches.org – go to “State Competition” tab

CHEERLEADER NAMES – CHEER/ DANCE OR NON-STUNT MOUNT - Print neatly!

- | | | |
|-----------|-----------|-----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |
| 10. _____ | 11. _____ | 12. _____ |
| 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ |
| 19. _____ | 20. _____ | 21. _____ |
| 22. _____ | 23. _____ | 24. _____ |
| 25. _____ | | |

Please list possible alternates: _____

NAMES – SIDE LINE

- | | | |
|-----------|----------------------------|-----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |
| 10. _____ | 11. _____ | 12. _____ |
| 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ |
| 19. _____ | 20. _____ | 21. _____ |
| 22. _____ | 23. _____ | 24. _____ |
| 25. _____ | Possible alternates: _____ | |

STUNT GROUP I

STUNT GROUP II

- | | | | |
|----------|----------|----------|----------|
| 1. _____ | 2. _____ | 1. _____ | 2. _____ |
| 3. _____ | 4. _____ | 3. _____ | 4. _____ |
| 5. _____ | | 5. _____ | |

Possible alternates: _____

I certify that the above information is correct, and that the listed squad members are bona fide high school cheerleaders in our school district. I further verify that all squad members have current physicals on file with the school. I understand that the head coach must bring completed Form C (Information and Consent for Medical Treatment Form) completed to all ICCA events.

Head Coach's Signature

Date

Athletic Director/Principal's Signature

Date

**Iowa Cheer Honor Squad Application
FORM F**

Print neatly in blue or black ink.

School Name _____

Coach's Name _____

Address _____

City _____ ST _____ Zip _____

Home Phone _____ Work Phone _____

E-mail Address _____ Cell Phone _____

Assistant Coach _____ Cell Phone _____

***(Be sure each candidate has completed a Form C)

FIRST Cheerleader's Name _____

Grade _____

T-shirt size _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

SECOND Cheerleader's Name _____

Grade _____

T-shirt size _____ Small _____ Medium _____ Large _____ X-Large _____ XXL Large

THIRD Cheerleader's Name _____

Grade _____

T-shirt size _____ Small _____ Medium _____ Large _____ X-Large _____ XXL Large

I certify that the above information is correct, and that those named above are either juniors or seniors, and cheer for a varsity sport. I further verify that these cheerleaders have current physicals on file with the school. I understand that the head coach must bring Form completed Form C (Information and Consent for Medical Treatment Form) completed to all ICCA events.

Head Coach's Signature

Date

Athletic Director/Principal's Signature

Date

