

## IOWA HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS – 2019

Your high school squad is invited to attend and compete in the 28th annual Iowa Cheerleading State Championships sponsored by the ICCA and supported by the IHSAA. The championships will be held on November 2, 2019, at the Jacobson Exhibition Center on the Iowa State Fairgrounds in Des Moines, and is open to Iowa high school cheerleading squads. This championship is designed to give recognition to the excellent high school cheerleading squads in the state of Iowa, and is the only state recognized championship.

All championship performances will be held in the Jacobson Exhibition Center. The Championships will be in two sessions. Start and finish times for the day are dependent upon the number of schools participating. Placement of divisions in the day's schedule and times of performance will be determined after registrations are received. The morning session will most likely include 1A and 2A divisions in Group Stunt Teams, Time Out Cheer, and Cheer/Dance. The afternoon/evening session will most likely include 3A, 4A, and Coed Cheer/Dance, Group Stunt, and Time Out Divisions. The current trophy policy applies to divisions with lower numbers.

Parents and fans are encouraged to attend! The admission charge is \$10.00 per person for the day. Under school age are admitted free. A limit of two (2) coaches per squad will be admitted free to the championships. Administration passes will be accepted for admission with the proper credentials and ID at the Team Pass Gate.

### GENERAL INFORMATION:

#### ***PARTICIPATION REQUIREMENTS***

- A. **All participating coaches (head, assistant, volunteer) are registered members of the ICCA.**
- B. **All participating coaches (head, assistant, volunteer) have completed the current online spirit rules meeting (August 5-August 29) and the National Federation concussion video training. All coaches have rules meeting and concussion training certificates on file with ICCA.**
- C. The school and coaches must be in good standing with the ICCA in regards to the National Federation and ICCA/IHSAA Spirit Rules to participate in ICCA events involving cheerleaders.
- D. An ICCA head coach registers ALL participants for ALL ICCA events.
- E. **Non-refundable entry fee of \$20 per competing cheerleader per event is required** (i.e. a cheerleader is registered in both cheer/dance and a stunt team, the cost would be \$20 per event or \$40 total). **Alternates are \$20. Only register alternates you wish to go through the warm up process and stay with the team.**
- F. **School and coach information, plus the final names of the competitors, are due online by September 26 and must match the money submitted with online registration. Payment for registration and paperwork are due by **October 3, 2019. NO EXCEPTIONS WILL BE MADE. Errors in registration will cost \$50 each.****
- G. Two coaches are admitted free of charge. All other registered coaches will be charged \$10 (the cost of a ticket).
- H. 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.
- I. The coach must have a completed **Medical Treatment and Release Form** for each member of the squad. It is the responsibility of the head coach to carry medical forms. The coach will be asked to sign off indicating the forms are in his/her possession.
- J. Participants must be **bona fide** high school cheerleaders (**may not be college cheerleaders, just on an all-star team or competition squad**). They may cheer for any sport and be on any high school squad including varsity, JV, sophomore, or freshman squads. No cheerleaders below 9<sup>th</sup> grade may participate. **Participants must be high school cheerleaders who actively participate in cheering at scheduled games for their school.** Cheerleaders may participate in 2 divisions. (See Examples of Eligibility in Divisions for more information.)
- K. **Choreographers may NOT** go into the warm up area of the State Championships unless they are a hired school as well.
- L. **Coaches MUST comply with Federal Music Copyright laws and purchase music from legitimate and legal**

**sources.**

## **ICCA STATE CHAMPIONSHIP RULES AND PROCEDURES:**

**APPAREL:** Iowa Cheerleading State Championship **apparel will be available at an online store from August 10 - October 10.** Coaches, cheerleaders, and fans will have the option to purchase short-sleeved T-shirts, baseball-style T-shirts, crew neck sweatshirts, and hoodies. **To save shipping, we urge coaches to put in ONE order.** A shipping option will be available for an additional cost, or orders may be picked up at the merchandise booth the day of the competition. Please check the ICCA website under State Championships to place your apparel orders; be sure to give this information to fans, also. There will be a limited number of apparel items available on the day of the championships at higher prices than the online store. All apparel sales are final.

**CHOREOGRAPHERS:** Choreographers may NOT go back into the warm area on the day of the Championships unless they are a hired school coach who is also registered in the school's membership.. Violation of this rule would invite a sportsmanship penalty for the participating team.

**COMPETITION AREA:** The Championship performances in the Jacobson Arena will take place on seven mats lined vertically for a 42' X 42' performance mat.

**DIVISIONS:** All teams will be divided by 2019-2020 IHSAA boys' basketball classifications (not the Girls' Union). To find the classification of your school go to the IHSAA website and click on Basketball, then List of Basketball Schools and Classifications.

**ELIGIBILITY:** To participate, all cheerleaders must be eligible under their school's Good Conduct policy and be an official member of their school's cheerleading program.

### **\*\*\* Integrity Clause for Participation \*\*\***

The Iowa Championships are made up of teams of bona fide high school cheerleaders (both male and female) from Iowa schools. ICCA requires all participating cheerleaders to be bona fide cheerleaders. Bona fide cheerleaders cheer at scheduled games for an entire season, and participate in ALL cheer activities as team members. They cannot be cheerleaders who cheer now and then, step in to stunt, or only cheer on a competition squad. The cheerleader cannot be a college cheerleader or only cheer for a non-school all-star squad. To place someone other than a bona fide cheerleader on a squad will open the school to possible disqualification, probation from ICCA Events, and the rescinding of trophies and medals won by the school at the Championships.

**FAMILY VIEWING:** All routines must be appropriate for family viewing. This includes choreography, music selection, and outfitting cheerleaders. Up to a **5 point penalty or possible disqualification** will be assessed for vulgar or suggestive choreography, words, or music lyrics which are unsuitable for family viewing/listening. Replacing improper words from a song with sound effects or other words still constitutes inappropriate and deductions will be assessed.

**MASCOTS:** A squad may include a school mascot. Mascots must appear in the uniform of the mascot and cannot stunt or spot stunts. The mascot must be high school age. The mascot is counted as one of the cheerleaders.

**MUSIC:** All copyrighted music must follow the **REQUIRED** guidelines for copyrighted music by using the clearinghouse AND having the appropriate licensing paperwork filed with ICCA.

**OPPORTUNITY TO PARTICIPATE:** It is ICCA's wish that as many cheerleaders as possible be given the opportunity to experience the State Championships. If a school's cheer/dance team is small, consider entering a team in the Time-Out

Division so more students might have the experience of cheering in this situation. Consider bringing one or two stunt groups of different cheerleaders from the division you are entering.

**PROPS:**

1. Only signs, megaphones, and poms are allowed and must have words or symbols associated with school spirit. For example: “Go-Fight-Win” or school colors. Flags are NOT allowed.
2. Signs cannot be used in a theatrical manner (e.g., in the shape of guitar, people, etc.).
3. Props (and other items) cannot just “decorate” the floor or be used as markers only.
4. Cheerleaders may NOT break through a sign. Signs are only used to lead cheers.
5. Props must be placed so cheerleaders are able to pick up the props without touching outside the mat area.
6. Be sure to follow National Federation rules concerning props.
7. No items may be thrown, tossed or released into the crowd.

**RULES:** All squads must follow the 2019-2020 National Federation Spirit Rules adopted by the Iowa High School Athletic Association. These include the strengthened guidelines adopted by the ICCA/IHSAA. Schools must also follow the rules and procedures specific to this championship. Rule changes for 2019-2020 can be found on the ICCA website: [www.iowacheercoaches.org](http://www.iowacheercoaches.org), and were covered in the online rules meeting. It is the head coach’s responsibility to see that their squads follow ALL rules.

**Before emailing legality questions, coaches are expected to check stunt legalities by using the National Federation Rules Book (including the articles and situations rulings under each rule). Coaches should only email if questions still remain about the legality of a stunt or any other component of a routine. THESE STEPS MUST BE FOLLOWED. Only emails from head coaches employed by the school will be accepted!**

1. **Email a video** (right side up) of that **part** of the routine (not the entire routine) to **ERIN TAYLOR** at [iowaerintaylor@gmail.com](mailto:iowaerintaylor@gmail.com)
2. Include the coach’s name, school name, school classification, and division entered.
3. Include rule number pertaining to this stunt and a specific question (which part of the stunt are you still questioning and why).

The deadline is **October 22<sup>nd</sup>** for legality questions. (Do not send questions or videos after this date.) This may help prevent deductions on the day of the Championships. The video does not have to be performance quality and should not be the entire routine. If the stunt is determined to be an infraction of the National Federation, ICCA rules, or championship rules the school will be notified immediately. It might be possible that a difficult stunt series could be performed legally at home and performed illegally the day of the championship. We are not telling coaches to take stunts out of routines, but rather realize the complicated nature of some stunts. It’s up to the head coach to show their squad’s abilities, yet make all stunts legal. The coach should recognize a squad’s particular ability level and should limit the squad’s activities accordingly. “Ability level” refers to the squad’s talents as a whole and individuals should not be pressed to perform activities until safely perfected.

**All decisions made by both panel and technical judges are final and not subject to review.**

**SCORING:**

1. Teams will be judged from rubrics, which can be found under the State Championship tab on the ICCA website – [www.iowacheercoaches.org](http://www.iowacheercoaches.org).
2. Technical judges will base deductions on violations of National Federation Spirit Rules, ICCA Strengthened Rules, and ICCA Championship Rules. Coaches are responsible for making sure rules are followed without having gray areas for legality.
3. In case of ties, the following scores will be used as tie breakers: Cheer/Dance – Motion Technique (both Difficulty and Execution); the second tie breaker will be the Jumps (both Difficulty and Execution). Time Out Cheer – Motion

Technique; the second tie breaker will be Using Cheer Skills to Lead the Crowd, and the third tie breaker will be Jumps (technique and difficulty). Stunt Groups – Execution; the second tie breaker will be Difficulty. Should two or more teams tied after all tie-breakers, a simple flip of the coin will be performed by ICCA officials with the head coach of each team present.

**SPOTTERS:** Members of each team must fulfill all spotting requirements as required by the National Federation Spirit Rules. Professional spotters are hired by the 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.

**STARTING AND ENDING ROUTINE:**

1. Each team member must have at least one foot on the performing surface. Teams may not begin in a stunt.
2. **No formal entrances are allowed.** Cheer/Dance teams are expected to walk or spirit quickly, without holding hands, from the On Deck area to their positions on the mat, get set, and begin their routine. Penalties will be assessed for stopping before reaching starting positions (such as lining up at the back of the mat). Cheerleaders may begin from any side of the performing surface except the front where the judges are seated. Time Out teams should start from the left side of the mat (when looking at it) and finish on the right side. **All rituals and traditions need to take place prior to entering the performance area.** This is for all divisions.
3. Timing for Cheer/Dance begins on the first word (including chants to the crowd), motion, jump, tumbling skill, or music/voice. Time Out begins with a buzzer. Stunt Group begins with music.
4. **Cheer/Dance** teams must collect props and exit the performance area quickly, without holding hands, following completion of routine. Teams should refrain from any type of excessive celebration on the mat following the team's performance. **Time Out** teams need to take all props as they exit the floor.

**SUBSTITUTIONS:** In case of injury, illness, or ineligibility, a coach may substitute another bona fide high school cheerleader to their team at any time. Please notify us of the name changes for the program by October 15. It is the coach's responsibility to notify ICCA of changes and get the medical release forms filled out as required. Coaches may not substitute for other reasons.

**TEAM SIZE by DIVISIONS:**

CHEER/DANCE (1A, 2A, 3A, and 4A teams may have one male, coed teams may have an unlimited number of males)

1A – up to 12 team members

4A – up to 20 team members

2A – up to 12 team members

Coed – up to 25 team members

3A – up to 16 team members

TIME OUT CHEER: Any combination of male/female members

1A and 2A – up to 16 team members

3A and 4A – up to 25 team members

GROUP STUNT:

Group Stunt – up to five female team members

Coed Group Stunt – up to three team members, one male/female couple plus one designated spotter

**\*NOTE: Register students with the gender the school recognizes for them in regards to number of male and female participants.**

For more information on transgender guidelines, please consult <http://www.iahsaa.org/wp-content/uploads/2014/04/Transgender-Guidelines.pdf>. The Code of Iowa defines "Gender identity." Section 216.2 Definitions reads: "When used in this chapter, unless the context otherwise requires: "Gender identity" means a gender-related identity of a person, regardless of a person's assigned sex at birth.

## **TIME:**

### **Routine:**

1. All Cheer/Dance routines should be **no longer than 2 minutes and 30 seconds**. Timing will begin with the first word, motion, or taped portion, and end when the squad comes to a standstill or stationary position.
2. Time Out Cheer and Stunt Groups will have a **one minute** time limit.
  - Time Out: Time will begin at the buzzer after the team is announced for Time Out Cheer. There will be a warning buzzer with “15 seconds left” (after 45 seconds) and a final buzzer at the 1:00 time. All cheerleaders should be off the mat at 1:00. Wait for the buzzer to sound to begin the routine.
  - Stunt Group: Time will begin when the music starts or the squad begins stunting for Group Stunt.
3. A one (1) point penalty will be assessed to ANY squad exceeding the time limit for overall routine and/or music. Any squad who exceeds the time limit by more than 10 seconds will be **also** receive a Delay of Performance penalty of one (1) point.

### **Music:**

4. Cheer/Dance **music time** cannot exceed **one and a half minutes** (90 seconds) of a 2 minute and 30 second routine for Cheer/Dance. Any material that is played (spoken or otherwise) is considered part of music time. Any squad exceeding the 90 second time limit for music will be assessed a one (1) point penalty. Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit. **Stunt Group music** must not exceed one minute or a one (1) point penalty will be issued.
5. Coaches should make sure that the routine fits within the time limits; no “cushion” time is given. Hand held stopwatches are used.
6. Music can be in segments throughout the routine or played all at one time in Cheer/Dance only.
7. Music must be on a CD or digital music player (iPod, iPhone, iPad, MP3). Phones must be in airplane mode if used.

## **INFORMATION ABOUT EACH DIVISION**

### **CHEER/DANCE DIVISION**

The Cheer/Dance Division is a routine with a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance. Coed squads will perform in one open division. All team members must be bona fide high school cheerleaders. See the ICCA website: State Championships: Cheer/Dance Rubrics, Difficulty Drivers, and Championship Definitions and Scoring for more information.

**NOTE: SCHOOLS MAY ONLY ENTER ONE TEAM IN THE CHEER/DANCE DIVISION.**

Any team wishing to compete UP a division needs to contact Jeanne Ehn and have all the necessary paperwork filled out and turned in by September 15. Any team choosing to move up a division will be required to stay at that division for two years.

### **TIME OUT CHEER DIVISION**

The emphasis of this division is cheering during a game timeout. The cheerleaders will lead the crowd in chants and/or cheers. Cheer teams bring chants and/or cheers (home crowds’ favorites) 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, jumps, cheer skills used to lead the crowd, and personality. All team members must be bona fide high school cheerleaders.

- A. Poms, signs and/or megaphones **MUST** be used to help lead the crowd. Flags are **NOT** allowed.
- B. A combination of cheers, chants, and/or traditional yells which elicit crowd response.
- C. No music is allowed.
- D. Skills are limited to those allowed on gym floors by the National Federation (no tosses).
- E. Maximum difficulty in tumbling is limited to a standing back handspring. No running tumbling is allowed except

during entrance.

- F. Stunts and tumbling may be used to show enthusiasm and to lead the crowd, but they will NOT be evaluated by the judges for technique or difficulty points, but they will be evaluated on response potential. Jumps and motion technique will be evaluated by judges for points.

See the ICCA website >> State Championships: Time Out Rubrics, Difficulty Drivers, and Championship Definitions and Scoring for more information.

### **GROUP STUNT**

This championship will be broken down by school size: 1A, 2A, 3A, 4A, and Coed. This routine represents a continuous flow of stunts by a team. All team members must be bona fide high school cheerleaders. A school may enter two teams in this division. Each team must have different participants. In Coed Group Stunt one male and one female partner may perform coed stunts; the third person is the designated spotter ONLY. A team will be disqualified if the base and spotter change positions during a Coed routine.

- A. Tumbling into and out of a stunt will be permitted as long as it doesn't violate National Federation rules. **No other tumbling will be allowed. Other tumbling could cause a scoring deduction.**
- B. There will be no leading of cheers, jumps, or dance.
- C. Teams must be all female in Divisions 1A - 4A. A male on a team will move the team to the Coed Division for Group Stunt.
- D. Participants may only perform on one group stunt team.
- E. Schools may enter one all girl team and one coed team if they wish.

### **EXAMPLES FOR ELIGIBILITY IN ALL DIVISIONS**

- A. Cheerleader in Cheer/Dance may also enter Group Stunt, but NOT Time Out Cheer.
- B. Cheerleader in Group Stunt may also enter Time Out Cheer OR Cheer/Dance, but not both.
- C. Cheerleader in Time Out Cheer may also enter Group Stunt, but NOT Cheer/Dance.
- D. Cheerleader in Cheer/Dance and Group Stunt may NOT enter Time Out Cheer.
- E. A school with a team in Cheer/Dance may enter a team in Time Out Cheer as long as they are not the same cheerleaders.
- F. A school may enter the same cheerleaders in Group Stunt and Time Out Cheer if they do not have a Cheer/Dance team with these cheerleaders.
- G. A school may enter the same cheerleaders in Cheer/Dance and Group Stunt.
- H. A school may NOT enter a cheerleader who is also a cheerleader on a college squad, whether sideline cheer or competitive cheer. Once a cheerleader is cheering in college he/she is ineligible for ICCA Events that school year.
- I. A school may NOT enter a cheerleader who is only an all star cheerleader for an all star company.
- J. Every championship participant must be a cheerleader for his/her high school, cheering in the support of athletic teams on a full season basis.