

IOWA HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

**November 2, 2019
Iowa State Fairgrounds, Des Moines**

Jacobson Exhibition Center: 8:30 AM for All Divisions

COACHES: You are responsible for the information in this packet. PLEASE READ CAREFULLY. All headings are put in alphabetical order for easy reference.

ADMISSION: \$10.00 ALL DAY

Tickets can be purchased by all non-participants at the west end of the Jacobson Center. Tickets must be purchased by all non-participants.

APPAREL: The Online Store for State Championship apparel closes October 18 at 9:00 A.M.. Orders will be shipped to your school or may be picked up at the apparel booth at the Championships. There will be a limited amount of apparel at the State Championships at a higher price than the online store. All apparel sales are final.

ATTIRE: We expect team members to display an overall appearance conducive to high school student-athletes serving as public representatives of their school in regards to grooming, appropriate attire, conservative make-up, etc. All skirts must remain zipped and buttoned during the entire competition, including awards. **No face or body paint is allowed.**

AWARDS PRESENTATIONS:

Awards will be completed in as timely a manner as possible. Cheerleaders will sit around the outside of the mats during the awards presentation. If receiving a trophy, please send one coach and no more than two cheerleaders to accept it. Please show good sportsmanship during this time.

ICCA will award trophies to the top five teams in each division in Cheer/Dance and Stunt Group, and trophies to the first three teams in each division of Time Out, plus plaques to the fourth and fifth place teams. The exception will be in any division with fewer than ten teams. In that case, trophies/plaques will be awarded to no more than half of the teams in the division. If an odd number compete, trophies/plaques will be one less than half. Medals will be presented to the top three teams in coordination with what is presented in trophies.

All first place teams will have their pictures taken with their trophy during the awards ceremony. These pictures will be taken by the professional photographer, and teams will be allowed to purchase them. No fans may take pictures at this time, and no other photos will be taken in the awards area. We will continue to have a special photo area for teams to take selfies and other photos. We ask that teams be respectful of other teams still performing in regards to noise or this area will be shut down.

BAGS: We are limiting bags to **one bag per team** in which a coach may carry team valuables, but are allowing teams with over sixteen cheerleaders to have two bags. No garbage bags are allowed. Please do not bring in pillows, blankets, stuffed animals, balloons, etc. because there is not room for extra items, and teams will not be admitted with them. During team warm up and performance, we will have a place for the team bag(s). It is in the warm up area and there will be workers in the area, but it will not be monitored. ICCA will not be responsible for lost or stolen items. While viewing the competition, the team bag(s) must be stowed under the seats in the arena, not on the seats or in the aisles.

Teams may bring in multiple bags through the Team Entrance Check-in only. **Teams with bags must exit immediately after checking in, and go directly to the Walnut Building to change.** DO NOT change in Jacobson! Extra bags MUST be taken to cars, vans, or buses before reentering Jacobson. There will be no admittance to Jacobson for teams with more than one bag (two for teams with other sixteen cheerleaders). **Purses or sling bags**, not backpacks, are allowed for coaches and cheerleaders. All purses/sling bags must fit under seats.

BUS PARKING: Buses may drop off and pick up teams at the north Team Entrance on Walnut Avenue. There is absolutely NO BUS PARKING AT THE DROP OFF POINT! **Buses have a designated parking area. Go to the ICCA website for the map of the fairgrounds and bus parking area, as well as the bus route for drop off.** Bus drivers will be admitted for free when he/she enters through the **Team Pass Gate** located at the Jacobson Center north doors. One driver per school will be admitted for free. Bus drivers only will be admitted through this gate. All other fans must purchase tickets. This includes all children.

BUZZER FOR THE TIME OUT DIVISION: ICCA will provide the buzzer sound for the Time Out Division. A buzzer at the start of the 60 seconds will signal the team to begin their routine. There will be a buzzer when there are 15 seconds remaining (indicating it is time to start to exit the court) and a final buzzer at 60 seconds which completes the performance.

CHAMPIONSHIP CANCELLATION POLICY: If the State Championships need to be cancelled (i.e., severe weather), the ICCA Executive Directors will be the ones to cancel the ICCA State Cheerleading Championships after consulting with the ICCA Executive Board. No refunds will be given if the Championships are cancelled. Also, no refunds will be given if the Championships are held and a school chooses not to attend and/or is unable to attend.

CHANGING ROOM: We suggest that teams arrive already dressed to compete. To accommodate cheerleaders who travel a great distance, we will be providing a large changing area for females in the Walnut Building directly across the street from the bus drop off point at Jacobson. Male cheerleaders may change in the restroom located in the Walnut Building. Cheerleaders needing to change are asked to use these areas only and not public restrooms. **Coaches need to supervise their cheerleaders in the Walnut Building!** Only cheerleaders and coaches wearing wristbands will be allowed entrance. Teams may not leave their bags or congregate in the dressing area; **ICCA is not responsible for items left in this area.** This area will open at **7:15 AM** and remain open until **3:00 PM**. Entrance requires a wristband. Females only are allowed in the designated changing area. We suggest that bags be placed in vans, buses

or cars before entering Jacobson as there is not room. Coaches may carry ONE valuable bag.

We understand the desire to check hair and makeup before performing, but as a courtesy to others **please remind cheerleaders that they are not to congregate in restrooms; cheerleaders need to allow the public access to toilets, sinks, and hand dryers.**

COACHING DURING PERFORMANCE: Coaches MUST remain AT the music table beside the mat throughout the routine and not distract judges by yelling; this includes crowd involvement cheers. Squads may receive a penalty if the performing school's coaches and/or other spectators "act out" the routine. Only two coaches are allowed at the music table during their team's routine. An ICCA official will direct coaches to the music table. Extra coaches and alternates will proceed to the five minute seating area at this time.

COMPETITION RULES: To be in compliance with the rules, remember to follow all the NFHS and ICCA/IHSAA Rules (these rules are available on the ICCA website). Coaches are responsible for knowing all rules, not just those concerned with stunting. Take time to review the State Championships information found in the Back to School Mailing, the State Championship Rubrics, Cheer Dance Information and Rubrics, Point Deduction, Safety Violation, and Time Violations Information. Also read the Time Out Division information and Rubrics, and the Stunt Group rubric on the ICCA website for information, scoring drivers, and deductions. This includes the ICCA Championship Rules listed below. Be sure all rules are being followed BEFORE entering the Warm Up Check-in area. These deductions could affect a team's final placement. **Deductions are avoidable** if teams are following all the rules. Coach your team to success!

Teams must also follow rules that are specific to the ICCA State Championships:

- All cheerleaders must have at least one foot on the mat at the beginning of the routine; routines may not begin in a stunt.
- Cheerleaders must walk or spirit quickly onto the mat or beside the mate to position themselves to begin their routine. All team spirit huddles, traditions, or other rituals must take place prior to entering the competition area. Cheerleaders are not to line up on the back of the mat before walking to their places. Alternates may not walk onto the mat.
- All teams need to exit the performance area immediately following their performance and should refrain from any type of excessive celebrations or organized exits. An ICCA official will guide where to go after exiting.
- Failure to enter and/or exit the performance area in a timely manner, coaches not remaining at the music table, and/or not having music queued may result in a Delay of Performance penalty.
- A team will not be penalized if a cheerleader accidentally steps off the mat, but will receive a 2 point deduction for intentionally going off the mat.
- A team will receive a 1 point deduction (for each occurrence) if a cheerleader accidentally steps on an item on the mat (poms, signs, etc.). However, if a cheerleader slips while stepping on an item, the team will receive a 2 point deduction. A maximum of 5 points will be deducted for accidentally stepping on items on the mat.
- Props: see props listed below.

- Routines, including choreography, music selection, and outfitting of cheerleaders must be suitable for family viewing and listening. (Unsuitable choreography includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements, and signal, slapping, positioning of body parts and positioning to one another.) Music or words must be suitable for family listening which includes, but is not limited to, swear words and connotations or any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing them with sound effects or other words is inappropriate. Deductions will be given for inappropriateness in choreography, music selection, and cheerleader outfitting.
- **ALL TEAMS** must follow the championship rules specific to their divisions.
- **NEW FOR 2019:** Time Out teams are required to start their routine from the **left side** of the mat and exit to the **right side**. Teams will be allowed to go to the left side of the mat (standing off the mat) and wait for the announcer to announce the team. Teams should wait for the buzzer to begin their routine.
- Time Out - a 2 point deduction will occur if more than $\frac{1}{2}$ of the team is still on the mat at the final buzzer.

Before emailing legality questions, coaches are expected to check stunt legalities by using the National Federation Rules Book (including the articles 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 the school's designated head coach of the cheer program will be answered!**

1. Email a video (right side up) of that part of the routine (not the entire routine) to **Erin Taylor, (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 rule are you still questioning and why).

The deadline is October 22nd 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 the technical judges concerning the legality of stunts and/or any other component of a team's routine are final and not subject to review.

ENTRANCE ONTO MAT: Please enter in a quick fashion in all divisions. Standing at the back of the mat or waiting for team members to enter will invite a Delay of Performance penalty. Please instruct your cheerleaders to go to their starting position quickly. This includes the Time

Out Division where the team should gather off to the side of the mat, ready for the buzzer to begin their official entrance.

NEW Entrance and Exit Sides in 2019: As teams enter, they will come from the back of the mat on back LEFT side and will exit to the back RIGHT side of the mat. This is the opposite of what it has been done in the past.

HALL OF PRIDE: During your trip to Des Moines, you do not want to miss this fantastic tribute to Iowa High School Activities! The Hall of Pride is located downtown and would be a wonderful experience for your team. Be sure to check out the cheerleading exhibit! All Iowa school students are allowed free admission!

INJURY/BLOOD: The head judge or safety judge reserves the right to stop a routine due to blood or an obvious injury. If blood or an injury causes the team's routine to be interrupted, competition officials will determine the spot in the schedule where the team will repeat its performance. When returning, a team will perform the routine in its entirety, but will be evaluated ONLY from the point where the interruption occurred; all scores and deductions up to this point will carry over. The injured participant may not return to the competition floor until championship officials receive clearance from, first the medical personnel attending to that participant, the parent (if present), AND THEN the head coach of the team. If a team prefers not to revise their routine and perform again, the team may take the score they received up to the point of the injury/interruption. If a skill has not been performed, a "0" will be given in that category.

The ICCA will follow the procedures as per the National Federation guidelines found in the 2019-2020 rules book.

INVITATION TO PERFORM AT THE BOYS' STATE BASKETBALL TOURNAMENT: Routines will be watched for a high entertainment value to receive an invitation to perform at the Boys' State Basketball Tournament in March. Those receiving invitations will be notified as soon as possible following the competition. Thanks to the IHSAA, this is another opportunity to showcase the talent of Iowa's cheerleaders! If a team accepts this invitation, the team will be expected to perform and not drop out at the last second, since teams will already be booked into the half time schedule. This invitation is an honor and should be taken very seriously. Coaches are strongly encouraged to evaluate their school's schedule and school calendar before agreeing to perform, taking into consideration other school activities and spring breaks.

JUDGING: All performance and safety judges are highly qualified. All decisions of the judges are final and not subject to review. Judging will be done by qualified competition judges selected by the ICCA. By participating in this competition, each team agrees that **all scoring decisions, including any deductions, are final and not subject to review**. Coaches and/or spectators may not communicate with the judges at any time. Please relay this information to the team's fans. Do not approach judges and/or scorers at any time. The scoring rubrics are on the ICCA website. Coaches should be familiar with the rubrics and apply them to their team's/teams' routines and abilities.

LATE REPORT TO WARM UP: Teams reporting late to safety check will lose warm up time. ICCA staff will do the safety check and photos will still be taken. Upon the completion of both, the team will be placed in the appropriate place for warm up rotation. As a coach, see that this does not happen to your team. ICCA will not wait for your team.

MUSIC: Head coaches are responsible for having playable music. If coaches want their team to warm up to music, they need to be prepared with the appropriate adapter for their device to connect to the player. The coach may bring a CD if they wish. 2019 will be the final year CDs will be used.

Music must be on an iPod, iPad or portable playing device and should have its own playlist with the device should be fully charged. CDs are also acceptable for 2019 only. Please bring your own connecting cords as ICCA may not be able to meet all individual needs. If using this method, coaches will be responsible for starting, pausing, and stopping their equipment. All music or timing errors are the coach's responsibility. The ICCA sound technician will simply connect the coaches' device into the system with an adapter. Coaches should be able to find the music and be ready to play in a timely manner or a Delay of Performance penalty could apply. Cell phones may be used if absolutely necessary, but must be in the airplane mode. The ICCA assumes no responsibility if the music is interrupted if using a cell phone. The team will not be allowed to start over should an interruption occur.

It is up to the coach to decide the music source, but we recommend bringing music on a CD as an emergency backup option. ICCA will have a CD player available for emergencies. Coaches are ultimately responsible for how their team's music is played. ICCA will not assume any responsibility for miscues or other music issues. If a CD is used, a sound professional will run the music if the coach would like, but **MUST** have a school coach next to him/her giving the directions.

Note that music is 90 seconds maximum for the Cheer/Dance divisions and 60 seconds maximum for the Stunt Group division.

Music Royalties Compliance Forms must be signed and sent with receipts/paperwork by October 14. ICCA must have each team's music royalties paperwork on file or they will not be allowed to participate in the Championships.

PASS GATE TEAM CHECK-IN: The Team Pass Gate (signs will be posted outside the door) is on the north side of The Jacobson Center with the check-in table inside. This entrance is for teams, athletic directors and bus drivers. **All** teams **MUST** check-in at the Pass Gate. **This is the only team pass gate.** Teams are expected to change in the Walnut Building directly across from Jacobson, not in the Jacobson restrooms. Go to change in the Walnut Building AFTER they have gone through the pass gate. Times to enter the pass gate are below. All teams from one school are considered one group. A wrist band is required to use the changing room at the Walnut Center. The Walnut Center is open from 7:15 AM to 3:00 PM.

PASS GATE SCHOOL TIMES WILL BE COMING SOON!

OTHER IMPORTANT PASS GATE INFORMATION:

- Two coaches per team will be allowed free of charge. Only REGISTERED coaches will be allowed in the pass gate and through the warm up process. Tickets for extra coaches had to be purchased at the time of registration. There will be NO EXCHANGING TICKETS FOR WRISTBANDS. All registered coaches have been approved through paperwork. There will NO EXCEPTIONS to this rule. Only registered alternates in uniform will be allowed to enter through the pass gate.
- **No children are admitted at the pass gate or allowed admittance with the team. This gate is for participants and coaches only.**

Coaches MUST HAVE the following at the Team Pass Gate Check-in:

- **Completed Emergency Forms for every cheerleader (including alternates)**
- **Completed Picture Forms for every cheerleader**
- **Copies of Music Copyrights (including ICCA Compliance Form)**
- **Music device and appropriate cords (if competing in Cheer/Dance or Stunt Group).**

ADDITIONAL INFORMATION:

- **WRISTBANDS** will be issued to the cheerleaders, alternates, and coaches at the Team Entrance. This will allow entrance into Jacobson Center and the Walnut Building changing area. A ticket may NOT be bought and exchanged for a wristband. Once teams arrive at the safety check area, the bands of cheerleaders will be cut off and new ones will be issued to the coach. Cheerleaders should put the new ones on directly after the performance. Please do not remove the bands before you enter the Warm Up area. We will only issue the same number of wristbands as the number we cut off. Cheerleaders will be charged an admission fee if they do not have a wrist band.
- **ALTERNATES:** Unregistered alternates are expected to buy a ticket and sit with the general public. They will not be allowed in the TEAM ENTRANCE, warm up, or in team photos. Registered alternates will be admitted at the TEAM ENTRANCE. They need to be in uniform as a team member and undergo a complete safety check as if they were going to perform. Registered alternates may not walk across the mat, but need to sit in the five minute seating area during their team's performance. If you need to move a cheerleader up to Cheer/Dance from Time Out in an alternate/performance situation, please contact Jeanne Ehn as soon as possible for permission.

PASS GATE WORKERS ENTRANCE: The pass gate is on the northeast doors of the Jacobson Center. This entrance is for bus drivers, ICCA workers, ICCA guests, and the press. Athletic directors and/or administrators will be admitted with an administration pass. Bus drivers and press will sign in then receive a wristband.

PARKING: There is free parking at the fairgrounds. Parking between the Varied Industries Building and Jacobson Center is limited. Buses have a special area to park. See the State Fairgrounds map on the ICCA website.

PERFORMANCE MATS: The cheerleading competition mat is composed of seven strips measuring 42' wide x 42' long, and the velcro will run vertically or front to back. Teams may

place signs, poms, and/or megaphones on the mat before their performance; if placed, these items **MUST BE USED** during their routine. In the Time Out division signs, poms and/or megaphones must be carried on to the mat at the start of the performance and cleared as the team leaves (just like they would during a time out of a basketball game). No other items are allowed on the mats.

PHOTOS: All teams are REQUIRED to have their team photo taken by the event photographer in the warm up area prior to their performance for the use of the ICCA. To help ease this process, every cheerleader must fill out a picture form **BEFORE** arriving at the Championships and return the completed form to the coach. Forms will be checked for completion at Team Check-In upon arrival at the Jacobson Center along with Medical Release Forms. If forms are not completed when reporting to Team Warm Up, the team will lose warm up time while the forms are filled out. The photo form can be found on the ICCA website.

Tim McConnell, event photographer, will also be taking action shots of those teams who have pre-ordered at least one CD of the shots. No action shots will be taken of teams who have not pre-purchased at least one CD. Teams will be able to order photos at the venue that day or online before the event with a discount at the following link:

<http://timmcconnellphotography.com/event/formlist.php>. A booth for Tim McConnell will be in the Jacobson Center's lobby, for the same day photo ordering. Pictures will also be available online at timmcconnellphotography.com, plus the ICCA website will have a link to order pictures. No parents or personal cameras are allowed in the photography areas.

Again this year, we will have a photo op area inside Jacobson proper for team selfies. Feel free to post your team's photo on the ICCA's Facebook and Twitter pages to promote cheerleading in Iowa.

PROGRAMS: Remember your trip to the State Championships! Souvenir programs containing the names of all participants, performance order, and pictures of last year's champions will be sold at the championships. Remind your fans and cheerleaders to purchase this \$3 memento for the days' time schedule and for their scrapbooks.

PROPS (ICCA Championship Rules): 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. Signs cannot be used in a theatrical manner (e.g., in the shape of a guitar, people, etc.). Props (and other items) cannot just "decorate" the floor or be used as markers only.

Cheerleaders may NOT break through a sign. Signs are only used to lead cheers. Cheer Dance division: Props must be at least partially positioned on the mat; reaching off the mat will result in a 1 point deduction. Props may be discarded off the mats as long as the National Federation rules for discarding props are followed.

ROUTINE LENGTH AND TIMING: The maximum routine length for the Cheer/Dance divisions is two and one-half minutes (2 ½). In the Stunt Groups and Time Out Cheer divisions, the maximum routine length is one minute. One point will be deducted for going over the time limit in Cheer/Dance. Two points will be deducted in Time Out if more than half of the team is on the mat when the final buzzer sounds. Any team going over the time limit by more than 10

seconds in Cheer/Dance will also receive a Delay of Performance and a time violation penalty.
Timing is by hand held stopwatches; there are two watches on every routine and music section, and the lowest times are used. Coaches are strongly advised to create routines and mix music that will finish a few seconds under the time limit.

Music is 90 seconds maximum for the Cheer/Dance divisions. Music is 60 seconds maximum for the Stunt Group division. Music is not allowed in the Time Out Cheer division.

Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced. Timing will end when the squad comes to a standstill or stationary position. Timing for the Time Out Division will begin with the buzzer. See BUZZER for the Time Out Division for the exact buzzer sequence. Cheerleaders and their poms, signs, and megaphones must be off the mat at the end of the minute to avoid going over time and receiving a 2 point penalty.

If a team's performance is interrupted due to a technical or unforeseen error, the coach will have the opportunity to stop the performance and immediately perform the routine again in its entirety. As stated earlier, coaches should have a backup with them at the music table in case their music should fail. If a music error is caused by the coach, the performance may be stopped and begun again immediately, but timing of the routine will NOT be stopped. In most cases, a time deduction will occur, but a team will not be disqualified. Judging and timing will resume from the point at which the interruption occurred as determined by the judges; all scores and deductions up to this point will carry over.

NEW FOR 2019: SAFETY VIOLATION and SCORE SHEET PICK UP: NEW IN 2019:
Head Coaches may pick up their Point Deduction, Safety Rules and Time Violations score sheet approximately 30 minutes after their performance. (We cannot guarantee the time that your school's safety violation sheet will be released to you. Please be patient while scores are reviewed for accuracy.). Sheets may be picked up at the table by the T-shirt sales. The head coach is the only one who may pick up this information and must sign for it. **This is for information only! Do not approach judges or ICCA officials with complaints or questions.**

At the conclusion of the awards ceremony, coaches MUST pick up their score sheets at the emcee table. It is the coach's responsibility to pick up the score sheets; NO SCORE SHEETS OR SAFETY VIOLATION SHEETS will be mailed to coaches/schools.

SOCIAL MEDIA STATEMENT: The expectation is that all coaches and cheerleaders follow the guidelines of good sportsmanship when posting comments, pictures, and videos to social media sites.

SPECTATOR SEATING: For safety reasons, AT NO TIME are cheerleaders OR fans to CLIMB OVER, UP or DOWN the chairs/bleacher seating. Use the aisles to go in and out of seats. Coaches, please discuss this with your cheerleaders beforehand.

SPECTATOR SEATING DURING TEAM PERFORMANCE: FIVE minute seating is reserved for fans of the CURRENT PERFORMING TEAM ONLY during Cheer/Dance! Fans

MUST keep the aisle clear for the videographer and may not move chairs into the aisles. We ask fans to be considerate and follow requests of ICCA officials supervising this area. The area will be cleared after every team performs during Cheer/Dance. Coaches – please make this information available to your fans and understand that these policies are set in place to help make this experience good for all the cheerleaders and fans! **There is NOT 5 minute seating for Stunt Group or Time Out.** Be considerate of each other and let fans watch their team, then leave the area for the next team. Please respect fans from other schools as they cheer for their team. Ask fans to move out of the area after your team performs.

SPORTSMANSHIP POLICY: The ICCA expects all events involving a member school to be conducted without compromise to any fundamental element of sportsmanship. Such fundamental elements include but are not limited to integrity of competition, civility toward all, and respect, particularly toward opponents and officials. Coaches are educators as well, and there is an expectation that they set the example for students and others in the area of sportsmanship.

Participating cheerleaders, their coaches, and fans are expected to be good sports at all times, which means supporting not only their school but **all participating schools**. This includes supporting cheerleaders/squads in a manner that is appropriate, rather than reactive where a negative implication may occur. Cheerleaders, coaches, and fans are expected to be respectful to ICCA officials, workers, and each other. An unsporting act may result in a rules violation as sportsmanship is one of the National Federation Spirit Rules (2-2-1). If a violation is considered severe by judges or ICCA officials, a deduction of up to 5 points or disqualification may occur. The ICCA has adopted and will follow the IHSAA expectations of conduct of spectators, participants, and coaches. Any person violating these expectations will be asked to leave the premises. This includes the IHSAA rules of *no signs, noise makers, or bare chests in the spectator crowd*.

During the State Championships the Upper Level of Jacobson is for State Championship judges and workers ONLY. Cheerleaders, coaches, or fans should NOT be in this area at ANY TIME. Cheerleaders and/or coaches found in this area without permission will put their team in jeopardy of disqualification or a sportsmanship penalty.

Choreographers will not be allowed in the warm up area during the State Championships. Teams failing to follow this rule may be issued a violation of the sportsmanship rule.

The head coach is responsible for sharing this information with cheerleaders, coaches, parents, and fans affiliated with the team.

SPOTTERS: ICCA is providing spotters to help insure the safety of the performing cheerleaders; these spotters are professionally trained. ICCA still expects teams to perform stunts safely using their own spotters. The ICCA provided spotters will do their best to stay out of the cheerleaders' way; the spotter's job is to be in position to assist, if needed.

STUNT TEAM COACHES WITH DOUBLE ENTRANTS: The schedule is very tight for you as a coach, but not for your teams. One team may perform and the next team will be ready to go into safety check. We recommend that there be an assistant coach ready to take the second team into warm up/safety/pictures and you catch up if necessary. Create a plan with your assistant coaches should the championships run a few minutes behind schedule.

TIES: In case of a tie in Cheer/Dance division the Motion Technique scores, both Difficulty and Technique, will be used as the tiebreaker, and the second level will be Jumps, both Difficulty and Technique. In the Time Out division the first level of tie breaker will be Motion Technique, first Technique, then Difficulty and the second level will be Crowd Effectiveness, with the third level being Jumps Technique, then Difficulty. In the Group Stunt division the Technique score will be used as the tiebreaker, and the second level will be Difficulty. Should two or more teams be tied after all tiebreakers, a simple flip of the coin will be performed by ICCA officials with the head coach of each team present.

TIMES: The doors will open to the public at 8:00 AM. The morning session will include 1A and 2A Time Out Cheer, Group Stunt, and Cheer Dance divisions. Coed, 3A and 4A Time Out Cheer, Group Stunt, and Cheer Dance divisions will perform in the afternoon. Awards will follow the morning session and the afternoon session.

Be sure to review this information with your team. Team check-in with warm up times and performance time will be/are posted on the ICCA website as soon as they are available.

TRAINER/EMT: A trainer and/or EMT is available for assistance. The trainer/EMT will notify ICCA staff if, in their opinion, a cheerleader should not perform for his/her health or safety. If the cheerleader goes on to perform, the team will automatically be disqualified. Any cheerleader injured at the competition must be seen by a trainer or EMT. We realize this could be a very stressful situation for a team and coach, but safety is our concern. A team will still be able to perform if a cheerleader is injured and needs to sit out. A team may choose to use an alternate.

VIDEOTAPING: All performances will be recorded and the video rights of the championships rests solely with the ICCA and the video contractor. Pre-competition DVD orders will receive a special discount. DVDs may be ordered online before and after the competition at the following link: www.mrvideoonline.com. Search 903702.

Mr. Video will have a table with information in the lobby during the competition. Reminder, the recording and distribution of copyrighted material is prohibited by the U.S. Copyright Law.

WATER and RESTROOMS: To keep the mats dry and the warm up area safe, water should be limited in the warm up area. A small number of water bottles are okay if necessary. WARNING: Should water spill in the warm up area near mats, or if water bottles are left behind, ICCA will ask that water bottles be disposed of before entering warm up.

Water fountains and restrooms are available on each side of the warm up area at the Jacobson Building entrance (Safety Check and Team Entrance Check-in). Anyone is welcome to use either side as needed during warm up; however, we will not wait for performance or moving your team through the warm up sequence. It is the team's sacrifice of time. **Coaches are responsible to see that their team gets the rest and water that they need to be at peak performance. Teams are not required to use all of the warm up time.** There will be water in Jacobson for teams to grab a quick drink after their warm up, but it will be in small portions. We will not hold the competition so your team can have water. Warm up should not be so strenuous that large amounts of water are necessary. Water will also be available at the end of the performance. Please ask your teams

to dispose of cups when done. After the performance, teams should put on their wristbands before going to see video performance.

Be sure to review ALL information with your team.

PERFORMANCE VENUE JACOBSON CENTER

WARM UP CHECK-IN for CHEER DANCE:

- **Station 1 - Report for Warm Up:** Cheerleaders are asked to report to the southeast corner/Station 1 approximately five minutes before the team's official safety check and warm up time. Teams should be prepared for the safety check when reporting to Station 1. DO NOT bring cheerleaders to the Station 1 entrance more than five minutes ahead. DO NOT enter through the doors on your own. Please wait for an ICCA staff person before entering. Coaches should have COMPLETED PICTURE FORMS in hand for each cheerleader. Upon entering the doors, teams will immediately be given a safety check. If your team arrives late, warm up time will be sacrificed.
- **Station 2 - Safety Check:** A safety check of the National Federation safety rules is required of all cheerleaders, including alternates; this is the official start time of the warm up sequence. Violations will result in 2 point deductions for each infraction. After the safety check, teams may place their team bag in the Bag Holding Area. This area is unguarded. The ICCA is not responsible for lost or stolen items.
- **Station 3 - Pictures:** Completed picture forms will be turned in to the photographer at this station. All teams are required to have their picture taken for ICCA records. Refer to the PHOTO information in this information, and the picture form on the ICCA website for order information. There is a direct link on the ICCA website. Teams will be able to see the photo taken on championship day in the meet and greet area (west lobby lower level) of Jacobson.
- **Station 4 – Stretching & Wait:** Teams will have the opportunity to stretch while waiting to be called to the warm up mats. This is a stretch area only; absolutely no warming up skills is allowed. This mat is not timed. In order to follow the designated time schedule, ICCA has the right to put a team directly to the skills warm up mats.
- **Station 5 – Skills Warm Up Mat (3 strips):** Teams will be called to the first of two skills warm up area by an ICCA official. Teams will have five minutes to warm up skills on a section of three mats; coaches may choose which skills they warm up on the mat.
- **Station 6 – Skills Warm Up Mat (Full mat):** Teams will be called to the skills warm up mat by an ICCA official. Teams will have five minutes to warm up any skills they wish on a full size mat; however, no music is allowed at this station. It is the coaches' responsibility to manage the 5 minute warm-up time as the coach will only be warned when one minute remains on the mat. Teams must move from mat to mat as instructed. Do not hesitate as time will continue to move.
- **Station 7 – Full Routine Warm Up Mat:** Teams will be called to another full-size competition mat by an ICCA official for full routine warm up. Teams will have five minutes to warm up their routine on this mat. Time on this mat is limited, so teams should utilize the warm up time on the other mats wisely. A small sound system will be available for music. Please connect with your own cords. Please understand that if your music

doesn't work, it might not be the fault of the system; do not become upset with the station monitors. It is the responsibility of the coach to bring a connecting cord(s) to hook into their device. Available cords are not guaranteed to work with your device.

- **Holding Area:** Depending upon the flow of the competition, your team will be taken to a hall between the warm up area and the main arena. Many teams will leave the warm up mat and go directly to the hall.
- **In the Hole and On Deck:** Teams will enter this area and wait to be announced to perform: In the Hole (moves to On Deck) and On Deck (next to perform). An ICCA official will answer questions and assist teams immediately preceding their performance. Coaches and alternates will be told when to leave and go to the emcee/music table at the front of the mat (two coaches) and five minute seating (extra coaches and alternates). Water will be available in this area. Please see that cups are disposed of properly.
- **Performance:** Please discuss the team's entrance to the performance mat (see Competition Rules) to avoid a Delay of Performance penalty. Coaches are required to stay at the table with the sound technician during their team's performance.
- **Debriefing:** Following a team's performance, the team will exit the back of the mat on the opposite (right) side from the entrance. **An ICCA official will lead the team** to a debriefing area (small hallway) where coaches will join them. Cheerleaders will need to put on new wristbands and pick up bags before leaving the area to meet fans. DO NOT meet in the Warm up area or go into the warmup area. Please follow the directions of the ICCA Event Staff. Water will be available in this area. Please dispose of cups properly.
- **Meet and Greet:** An ICCA worker will guide the team to a room off the west lobby area of Jacobson to meet fans, view their performance video, and see their professional team portrait. Please inform fans.

WARM UP CHECK IN for Stunt Group and Time Out:

- **Station 1 - Report for Warm Up:** Cheerleaders are asked to report to the southeast corner/Station 1 approximately five minutes before the team's official safety check and warm up time. Teams should be prepared for the safety check when reporting to Station 1. DO NOT bring cheerleaders to the Station 1 entrance more than five minutes ahead of schedule. DO NOT enter through the doors on your own. Please wait for an ICCA staff person before entering. Coaches should have COMPLETED PICTURE FORMS in hand for each cheerleader. Upon entering the doors, teams will immediately be given a safety check. If your team arrives late, warm up time will be sacrificed.
- **Station 2 - Safety Check:** A safety check of the National Federation safety rules is required of all cheerleaders, including alternates; this is the official start time of the warm up sequence. Violations will result in 2 (two) point deductions for each infraction. After the safety check, teams may place their team bag in the Bag Holding Area. This area is unguarded. The ICCA is not responsible for lost or stolen items.
- **Station 3 - Pictures:** Completed picture forms will be turned in to the photographer at this station. All teams are required to have their picture taken for ICCA records. Refer to the PHOTO information in this information, and the picture form on the ICCA website for order information. There is a direct link on the ICCA website. Teams will be able to see the photo taken on championship day in the meet and greet area (west lobby lower level) of Jacobson.

- **Station 4 – Stretching & Wait:** Teams will have the opportunity to stretch while waiting to be called to the warm up mats. This is a stretch area only; absolutely no warming up skills are allowed. This mat is not timed. In order to follow the designated time schedule, ICCA has the right to put your team directly on to Station 5. More than one team may be on these mats.
- **Station 5 - Team Warm Up on 3 mats.** Teams may warm up anything on these mats, but no music may be used. Please be aware that this is on 3 mats only. Station Time: 3 minutes.
- **Station 6 – Full Mat Warm Up:** Teams will be called to the warm up mat by an ICCA official. Teams will have 3 minutes to warm up their routine on these mats. No music at this station. Do not hesitate as time will continue to move. Station Time: 3 minutes.
- **Station 7 – Full Routine Warm Up Mat:** Teams will be called to another full-size competition mat by an ICCA official for full routine warm up. Teams will have 3 minutes to warm up their routine on this mat. Time on this mat is limited, so teams should utilize the warm up time on the other mats wisely. A small sound system will be available for music. Please connect with your own cords. Understand that if your music doesn't work, it might not be the fault of the system; do not become upset with the station monitors. It is the responsibility of the coach to bring a connecting cord(s) to hook into their device. Available cords are not guaranteed to work with your device. Station time: 3 minutes.
- **Holding Area:** Depending upon the flow of the competition, your team will be taken to a hall between the warm up area and the main arena. Many teams will leave the warm up mat and go directly to the hall.
- **In the Hole and On Deck:** Teams will enter this area and wait to be announced to perform: In the Hole (moves to On Deck) and On Deck (next to perform). An ICCA official will answer questions, and assist teams immediately preceding their performance. Coaches and alternates will be told when to leave and go to the emcee/music table at the front of the mat (two coaches) and five minute seating (extra coaches and alternates). Water will be available in this area. Please see that cups are disposed of properly.
Note: There is no official five minute seating for Time Out and Stunt Group.
- **Performance:** Please discuss the team's entrance to the performance mat (see Competition Rules) to avoid a Delay of Performance penalty. Coaches are required to stay at the table with the sound technician during their team's performance. Time Out will start on the left side of the mat looking from the back and exit to the right.
REMINDER FOR 2019: Time Out teams are required to start from the left side and exit to the right side of the mat.
- **Debriefing:** Following a team's performance, the team will exit the back of the mat on the opposite (right) side from the entrance. **An ICCA official will lead the team** to a debriefing area (small hallway) where coaches will join them. Cheerleaders will need to put on new wristbands and pick up bags before leaving the area to meet fans. DO NOT meet in the Warm up area or go into the warmup area. Please follow the directions of the ICCA Event Staff. Water will be available in this area. Please dispose of cups properly.
- **Meet and Greet:** An ICCA worker will guide the team to a room off the west lobby area of Jacobson to meet fans, view their performance video, and see their professional team portrait. Please inform fans.

Direct all competition questions to:

Jeanne Ehn, Executive Director

jehn@heartofiowa.net

Kenna Johnson, Executive Director

kennajohnson47@gmail.com