

Iowa Cheerleading State Championships

VIRTUAL DIVISIONS

Your high school squad is invited to compete in the virtual Iowa Cheerleading State Championships sponsored by the ICCA and supported by the IHSAA. We are offering the virtual options of School Fight Song and Band Chant, in addition to the traditional in-person divisions (Cheer/Dance, Time Out, and Stunt Group). NOTE: *This is a transitional year, and we will not offer the virtual option next year.*

General Information

PARTICIPATION REQUIREMENTS

1. All participating coaches must be registered paid members of the ICCA.
2. All participating coaches must have completed the current online spirit rules meeting (August 2- August 31) and the National Federation concussion video training. All coaches must submit current rules meeting and concussion training certificates online to the ICCA with their registrations.
3. 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.
4. An ICCA head coach must register ALL participants for ALL ICCA events through the online process by 5:00 pm on September 24, 2021.
5. A non-refundable entry fee must be paid by the deadline. Cost for each participant is \$10 per event. Max 20 cheerleaders per division. This pricing is different from the in-person competition. Please be sure to pay correctly.

**** Penalties for Late Fees begin October 2.**

- Postmarked October 2-16 -- Add \$50
 - Postmarked October 17-23 -- Add \$100
 - Postmarked October 24-November 1 -- Add \$200
 - After November 1 -- No participation
 - School and coach information, plus the final names of the competitors, are due online by 5:00 pm on September 24, 2021 and must match the money submitted with the online registration. Payment for registration must be postmarked by October 1, 2021. Paperwork must be submitted online by 5:00 pm on October 1, 2021. NO EXCEPTIONS WILL BE MADE.
6. The coach must have a completed Medical Treatment and Release Form for each member of the squad. Verification by signature is required for entry.

7. Participants must be bona fide high school cheerleaders (they 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 9th grade may participate. Participants must be high school cheerleaders who actively participate in cheering at scheduled games for their school.
8. COACHES MUST comply with Federal Music Copyright laws and purchase music from legitimate and legal sources. **All copyrighted music must follow the REQUIRED guidelines for copyrighted music by using the clearinghouse AND having the appropriate licensing paperwork filed with ICCA. All coaches must submit the music copyright information even if your school song is in the public domain.**
9. All Entries must be submitted via DropBox prior to the deadline. No exceptions will be made. Please plan ahead and submit well in advance of the deadline to guarantee successful submission of your entries. All entries must be submitted by 5:00 PM on Wednesday, October 6, 2021. You will receive a link for your submission after your registration (including payment) is received.

ICCA State Championship Rules and Procedures

APPAREL

Iowa Cheerleading State Championship **apparel will be available at an online store.** Coaches, cheerleaders, and fans will have the option to purchase short-sleeved T-shirts, long sleeve T-shirts, crew neck sweatshirts, and hoodies. All items will be shipped from the t-shirt company. Please check the ICCA website under State Championships to place your apparel orders. Be sure to give this information to fans, also. All apparel sales are final.

ATTIRE/UNIFORMS

We expect team members to display an overall appearance conducive to high school student-athletes serving as public representatives of their school. Cheerleaders should wear school issued uniforms (skirt, vest, sleeves) and proper shoes. **Uniforms do not have to match.** No T-shirts, shorts, or pants. No face or body paint is allowed.

AUDIENCE INVOLVEMENT

While we would like to have crowd involvement for the competition, the concerns of Covid require us to not allow any audience during the video of the performance. It is important for the judges to hear the cheerleaders, not the audience, so do not video your performance with an audience. *(Note for consideration: Coaches, you can serve as the “yell back” for your team.)*

COMPETITION AREA: 42’x 42’

Can be videoed on either a basketball court or a football field. Coaches should mark off “performance area” using cones. Because of sound quality for the video, it is preferable to use a basketball court. No mats are allowed for the virtual competition. If you record your entry/s on a mat, you will be disqualified.

COMPETITION CLASSES

Classes will follow 2021-2022 IHSAA Boys’ Basketball Classifications (1A, 2A, 3A, 4A). There will not be a separate coed division. Each team is allowed an unlimited number of male cheerleaders up to the 20 member limit.

COMPETITION DIVISIONS

School Fight Song and Band Chant (see specific descriptions below)

ELIGIBILITY

To participate, all cheerleaders must be eligible under their schools’ 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 from Iowa schools. The 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. Cheerleaders cannot be college cheerleaders 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 and outfitting cheerleaders. Up to a **5-point penalty or possible disqualification** will be assessed for vulgar or suggestive choreography or words 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 an enrolled high school student. 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 the ICCA. All paperwork must be submitted with your registration. Specific music licensing information is available on the ICCA website under the Music Copyright Laws tab. **If you submitted your School Song copyright information last year, you will need to submit it again this year, even if it is in the public domain. Remember any music purchased through iTunes must be from a school account, not a personal one. You DO NOT need to submit copyright information for the Band Chant category as ICCA already has the information on file. However, you do need to fill out the part that shows which band chant you are using.**

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. Be sure to follow National Federation rules concerning props.
6. No items may be thrown, tossed or released into the crowd.

RULES

All squads must follow the 2021-2022 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 2021-2022 can be found on the ICCA website and were covered in the online rules meeting. It is the **head coach's** responsibility to see that their squads follow ALL rules.

SCORING

1. Teams will be judged from rubrics, which can be found on the website. .
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. Coaches are expected to conduct a safety check prior to taping. Deductions will be given if a school is in violation on the submitted video.
3. In case of ties, the motion technique scores, both technique and difficulty, will be used as tie breakers. First technique, then difficulty. The second level, if needed, is crowd effectiveness.

STARTING AND ENDING ROUTINE

There is no formal entry allowed for the virtual competition. Cheerleaders should be in position to perform in the performance area when the music starts.

SUBSTITUTIONS

A team can substitute a cheerleader from one division to another without penalty. If a previously UNregistered cheerleader needs to be added, this can only be done only if a registered cheerleader is removed and ICCA gives permission. Once registered, numbers entered in each division cannot be increased, but can decrease. Substitution should be for injury or eligibility only. Contact Kristen Baker (kbmorlan@gmail.com) if a substitution becomes necessary.

TEAM ENTRIES

A school may enter one team per division. Participants may overlap between divisions. Teams may use one group of cheerleaders for both entries, or different cheerleaders in different

divisions. Names for all participants must be registered and verified. All participants must be bona fide cheerleaders for your school. Mascots are also allowed in all divisions!

TEAM SIZE

Maximum number of cheerleaders: 20 per division. Teams may be made up of any number of females and/or males as there is no coed division.

TIME LIMITS

1. **SCHOOL FIGHT SONG:** We recognize that not all school fight songs are the same length, so try to limit your music to 60-90 seconds. Do not extend the performance beyond the normal length of your song. Timing begins with the first note. There will be a 2 point deduction if over 90 seconds.
2. **BAND CHANT:** Not to exceed 1 minute. There will be a 2 point deduction if over 60 seconds. You **must** use one of the two band chants offered by ICCA. Any alterations or additions to these choices will result in disqualification. Use the music as it is presented to you.

VIDEO REQUIREMENTS

- Videos will be submitted to Drop Box. Directions for uploading videos will be made available on the ICCA website.
- May be recorded on a basketball court OR football field.
 - Area should be marked off with cones to represent 42'x42' performance area.
 - CROP the video to only record the performance area. (Do not video the entire court or field.)
 - Recommendations: Get into an elevated position on the bleachers to record. Have lots of light for clarity of recording. Play music over the school sound system, if possible.
 - Video quality of an iPhone or iPad is sufficient.
 - **NO MATS ARE ALLOWED.**

Information About Each Division

SCHOOL FIGHT SONG DIVISION

- Each team will perform a routine not to exceed 90 seconds.
- Teams are encouraged to use their traditional school fight song.
- Timing will begin with the first organized movement, voice or note of music, whichever comes first.

Timing will end with the last beat of music or organized movement.

- Props (poms, signs, and megaphones) are permitted in this category and encouraged. These are the only props permitted. No flags.
- There is no stunting or tumbling in this division. It is permissible to incorporate jumps and/or kicks into the performance but they will only be judged for overall effect.

Judging will be based on the following criteria, as well as elements noted on the scoresheet:

- Crowd oriented material, fit to music, using effective spacing and formations, and incorporating visual effects such as ripples or level changes.
- Placement, synchronization and strength of motions.
- Overall impression and crowd appeal.
- Emphasis should be placed on practicality and crowd involvement.

All material should be suitable and able to be performed multiple times during a game or pep rally.

SCORING: In case of ties, the motion technique scores, both technique and difficulty, will be used as tie breakers. First technique, then difficulty. The second level, if needed, is projection and showmanship.

BAND CHANT DIVISION

1. Each team will perform a routine not to exceed 1 minute.
2. A team must begin on the performance floor for the start of their music. No entrances/exits are permitted.
3. Timing will begin with the first organized movement, voice or note of music, whichever comes first. Timing will end with the last beat of music or organized movement.

4. The Band Chant must be one of the two music selections provided above. **Failure to use one of the two selected will result in disqualification.**
5. Crowd interaction and involvement, including yell-backs, spell-outs, school colors are encouraged.
6. Sideline/traditional school uniforms are required.
7. The use of poms, signs, and megaphones is permitted and encouraged. These are the only props permitted. No flags.

Judging will be based on the following criteria, as well as elements noted on the scoresheet:

- Creativity and musicality, variety and the execution of transitions and formations.
- Crowd leading ability, including crowd encouragement, ease of crowd to participate, etc.
- Material appropriate for a sideline situation during a time-out, quarter break, between downs, etc.
- Placement, synchronization and strength of motions/movement.
- Visual effect and spacing.
- Overall impression and crowd appeal.
- Thematic routines and/or specialized costuming is not encouraged. Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.

SPECIFIC SKILL RESTRICTIONS

- Tumbling and/or stunting of any kind is prohibited, including during entrances and exits. Kicks and/or jumps are permitted.

SCORING: In case of ties, the motion technique scores, both technique and difficulty, will be used as tie breakers. First technique, then difficulty. The second level, if needed, is projection and showmanship.

EXAMPLES FOR ELIGIBILITY IN ALL DIVISIONS - IN PERSON AND VIRTUAL

IN PERSON ELIGIBILITY

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.

VIRTUAL ELIGIBILITY

- A. Cheerleader in School Song may also be in Band Chant.
- B. Cheerleader in School Song does not have to be in Band Chant.
- C. Cheerleader in Band Chant does not have to be in School Song.

Crossover between Virtual and In-Person - All of the above rules apply, however, a cheerleader may participate in both in-person and virtual as long as all the above rules are followed.

- A. Cheerleader in Cheer/Dance may also enter Group Stunt, but NOT Time Out Cheer. The same cheerleader can also enter Virtual School Song and/or Band Chant.
- B. Cheerleader in Group Stunt may also enter Time Out Cheer OR Cheer/Dance, but not both. The same cheerleader may also enter Virtual School Song and/or Band Chant.

Virtual Award Policy:

ICCA will award plaques to the top five teams in each division in Band Chant and School Fight Song. The exception will be in any division with fewer than ten teams. In that case, plaques will be awarded to no more than half of the teams in the division. If an odd number competes, plaques will be one less than half. Medals will be presented to the first place finishers in the above divisions.