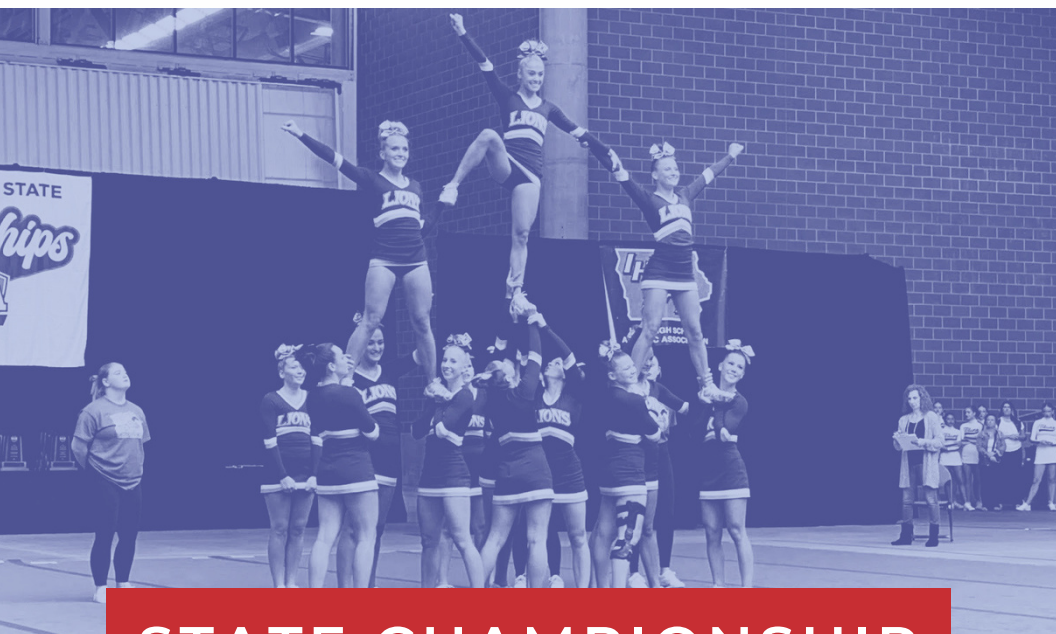




STATE CHAMPIONSHIP INFORMATION GUIDE

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WELCOME MESSAGE



On behalf of the Iowa Cheerleading Coaches Association, welcome to the ICCA State Cheerleading Championships!

Congratulations to every athlete, coach, and school represented here today. Competing at the state championships is an incredible accomplishment in itself and a testament to your commitment, perseverance, and countless hours of hard work. From summer practices, to early mornings & late nights, to football games, local events, and everything in between, you have proudly represented your schools throughout the fall season. Your dedication has inspired school spirit, supported your teams, and strengthened your communities.

Today is a celebration of all that you've achieved together. While you'll have the opportunity to showcase your routines on the competition floor, I encourage you to take time to enjoy the entire experience. Watch the other teams perform. Learn from one another. Celebrate each other's successes. Cheer loudly, not just for your own team, but for every athlete who has worked tirelessly to earn the chance to be here.

The friendships you build, the lessons you learn, and the memories you create today will stay with you long after the awards have been presented. Trophies recognize a moment in time, but the experiences, teamwork, resilience, and pride you share with your teammates will last a lifetime.

Thank you to our coaches, families, judges, volunteers, and supporters who make this championship possible and who continue to invest in the growth of cheerleading across Iowa.

Best of luck to all of our competitors. Perform with confidence, support one another with enthusiasm, and most importantly, enjoy every moment of this unforgettable day.

Cheers!

Dana Logan
ICCA President

Your high school squad is invited to attend and compete in the 36th annual Iowa Cheerleading State Championships sponsored by the ICCA and supported by the IHSA. The championships will be held on November 7, 2026, 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 Cheer/Dance, Game Time Spirit, and Stunt Groups. The afternoon/evening session will most likely include 3A, 4A, and Coed Cheer/Dance, Game Time Spirit, and Stunt Group divisions.

Parents and fans are encouraged to attend! The admission charge is \$10.00 per person for the day. Under school age are admitted free. Administration passes will be accepted for admission with the proper credentials and ID at the Team Pass Gate. Once all registrations are complete, the schedule for the competition day will be posted on the ICCA website.

Please read ALL of the following information carefully. Coaches are responsible for knowing and complying with all of the following information. Be sure to look through all of the general requirements (which are alphabetized) and the more specific requirements/rules for the individual categories.

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 and 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. Any unsporting act may result in a rules violation as sportsmanship is one of the National Federation Spirit Rules (1-2-1). If a violation is considered severe by judges or ICCA officials, **a deduction of up to five (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 allowed in the spectator crowd.



PARTICIPANT REQUIREMENTS

- All participating coaches (head, assistant, volunteer) must be registered members of the ICCA.
- All participating coaches (head, assistant, volunteer) must have completed the current online spirit rules meeting (August 3-August 28, 2026) and the National Federation concussion video training. All coaches must have rules meeting and concussion training certificates on file with ICCA. REMEMBER: The online rules meeting AND the concussion video will be available through the National Federation website (NFHSlearn.com).
- 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.
- One head coach registers ALL participants for ALL ICCA events. ICCA expects ONE school registration for all the ICCA Events in which the school wishes to participate. ALL COACHES MUST BE LISTED UNDER THEIR SCHOOL'S CURRENT MEMBERSHIP. Each ICCA Event where the school is represented must have a head coach attend the event. All registered assistant coaches may supervise participating athletes if necessary.
- **A non-refundable entry fee of \$20 per competing cheerleader in Cheer/Dance or Game Time Spirit is required. Alternates for these divisions are \$20. Stunt Groups are a \$125 flat fee per stunt group. Only register alternates that you wish to go through the warm up process and stay with the team.**
- **School information and coach information, plus the final names of the competitors, are due online by September 20, 2026, and must match the money submitted for online registration. Payment for registration and paperwork are due by September 27, 2026. Errors in registration will cost \$50 each. This includes not completing online forms on time.**
 - **Penalties for Late Fees begin September 21, 2026.**
 - Postmarked September 28-October 14, 2026 – Add \$50 to fees
 - Postmarked October 15-21, 2026 – Add \$100 to fees
 - After October 21, 2026 – No Participation
- **All fees are non-refundable.** Failure to pay fees will result in a school not being allowed to enter any future event until all previous fees are paid. If a school decides not to participate, it is still liable for ALL entry fees.
- All required paperwork must be completed and submitted on time. Please be sure to review the registration guidelines to assure registration is complete.

- **Two coaches are admitted free of charge.** A limit of two (2) coaches per squad will be admitted free to the championships. All other coaches must purchase a wristband at the pass gate. Wristbands are required to go through the warm up process.
- 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.
- 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. Teams will not be allowed to perform without the medical forms being present at the event.
- Participants must be bona fide high school cheerleaders. (They cannot be members of a college cheerleading squad, solely participate on an all-star team, or exclusively on a competition squad). They may cheer for any high school sport and be on any level 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. Cheerleaders may participate in up to two divisions. (See Examples of Eligibility in Divisions for more information.)
- Choreographers may NOT go into the warm up area of the State Championships unless they are a hired school coach as well. If the choreographer is a hired school coach, he/she must be one of the registered coaches to go through warm up.

GENERAL RULES & PROCEDURES

PAGE 08

The following rules and procedures will be used for ALL DIVISIONS at the Championships.

APPAREL

Iowa Cheerleading State Championship apparel will be available at an online store. Coaches, cheerleaders, and fans will have the option to purchase from a variety of clothing options. To save shipping, we encourage 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. Apparel being shipped may not be sent out until AFTER the actual event date. 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 one of the registered coaches for their school. 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. All permitted skills (stunts, pyramids, tumbling, jumps) must be performed on the competition mat. Objects cannot be thrown outside the competition area.

DIVISIONS

All teams will be divided by 2025-2026 IHSAA boys' basketball classifications (not the Girls' Union).



GENERAL RULES & PROCEDURES, CONT'D

PAGE 09

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 (**grades 9-12**) 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 five (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 is required to follow all safety rules. The mascot must be high school age (grades 9-12). The mascot does not count towards the number of athletes used to calculate and meet the "majority." The mascot does not need to be included in "full team" skills like jumps.



GENERAL RULES & PROCEDURES, CONT'D

PAGE 10

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. Music must be purchased in the school's name, not the coach's. All music must be paid for by the school either with a school credit card or check. The head coach must submit all copyright information with registration online and also must bring copies of all paperwork to the competition.

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 an additional team in the Game Time Spirit 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:

The following rules will apply to all props for the Cheer/Dance and Game Time Spirit Divisions. Props may NOT be used during stunt group routines.

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/body 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. Cheerleaders must follow all NFHS rules concerning props.
7. No items may be thrown, tossed or released *into the crowd*.

Note to coaches: Use good judgment when placing and releasing props (signs, poms, etc...) on/from the performance area.

GENERAL RULES & PROCEDURES, CONT'D

PAGE 11

RULES AND LEGALITIES

All squads must follow the 2026-2027 National Federation Spirit Rules as well as the strengthened guidelines adopted by the ICCA/IHSAA and the ICCA State Championship rules and procedures. It is the head coach's responsibility to see that their squads/teams are following ALL rules.

Rule changes for 2026-2027 can be found on the ICCA website: 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 askICCARules@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 13, 2026, by 5:00 pm for legality questions. (Do not send questions or videos after this date.) This may help prevent deductions on the day of the Championships. 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 due to a performance error. We are not telling coaches to take stunts out of routines, but rather realize the complicated nature of some stunts. Videos being sent in with questions should be of your own squad, NOT videos from social media or other squads.

GENERAL RULES & PROCEDURES, CONT'D

PAGE 12

SCORING AND TIE BREAKER POLICY

Scoring rubrics for all divisions can be found in this packet. Please familiarize yourself with any changes, requirements, and ranges for your specific division(s).

1. Teams will be judged from scoring rubrics, which can be found within this information guide.
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 in any division, the following scores will be used as tie breakers:
 - a. Criteria A: Motion Execution
 - b. Criteria B: Motion Difficulty
 - c. Criteria C: Jump Execution
 - d. Criteria D: Jump Difficulty
 - e. Should two or more teams tie after all tie-breakers, the tie will not be broken and the teams who are tied will receive the same awards. Lower trophies will be adjusted accordingly (if two teams tie for first place after all the tiebreakers, they will both receive first place honors. No second place will be awarded).
4. All Cheer Dance divisions (1A, 2A, 3A, 4A, and Coed) will use the same scoring rubric.

SPOTTERS

Professional spotters are hired by the ICCA and will be on the mat assisting only where necessary throughout the routine. It is the responsibility of the coach to make sure the routine is safe with proper catches and skills that have been consistently executed safely by their team.



GENERAL RULES & PROCEDURES, CONT'D

PAGE 13

STARTING AND ENDING ROUTINE

- ALL DIVISIONS
 - All rituals and traditions need to take place prior to entering the performance area. This is for all divisions.
 - Formal entrances are not allowed for Cheer/Dance and Stunt Groups divisions. Athletes 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). Formal entrances are a judged part of the Game Time Spirit division. Please see the scoring rubric for details.
 - All props must be quickly collected and all athletes must exit the performance area quickly, without holding hands, following completion of routine. Please refrain from excessive celebration after your performance.
- CHEER-DANCE DIVISION
 - Each team member must have at least one foot on the performing surface at the beginning of the routine.
 - Timing for Cheer/Dance begins on the first word (including chants to the crowd), motion, jump, tumbling skill, or music/voice.
- GAME TIME SPIRIT
 - Game Time Spirit participants must have both feet on the floor, off the performance mat. Teams may not begin in a stunt.
 - The entrance for Game Time Spirit is part of the routine and is judged.
 - Game Time Spirit teams must start from the left side of the mat (from the audience's perspective) and exit on the right side. Teams cannot enter from the corner on the left.
 - Game Time Spirit Timing begins with the start of the "time out" buzzer. Timing ends with the final word/motion made by the squad.
- STUNT GROUPS
 - Stunt Group Timing begins with the start of the music.

SUBSTITUTIONS

In case of injury, illness, ineligibility, or extenuating circumstances, a coach may substitute another bona fide high school cheerleader to their team at any time. Coaches cannot add cheerleaders to increase participation numbers from the original registration. Please notify us of the name changes 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 SIZES BY DIVISION

PAGE 14

CHEER DANCE:

1A, 2A, 3A, and 4A are all Girl. Coed may have an unlimited number of males. **One male makes a team coed.**

- 1A: up to 12 team members
- 2A: up to 12 team members
- 3A: up to 16 team members
- 4A: up to 20 team members
- Coed: up to 25 team members

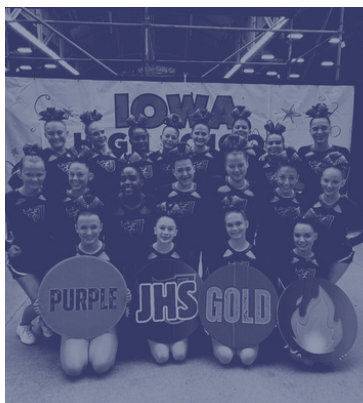
GAME TIME SPIRIT

Any combination of male/female members

- 1A: up to 16 team members
- 2A: up to 16 team members
- 3A: up to 25 team members
- 4A: up to 25 team members

GROUP STUNT

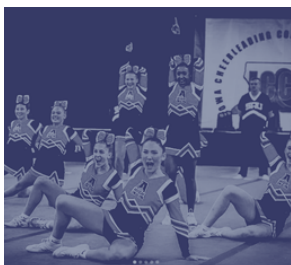
- GROUP STUNT: Up to five female team members
- COED GROUP STUNT: up to three team members, one male/female couple plus one designated spotter.



***NOTE: Register students with the gender the school recognizes for them in regards to the number of male and female participants. ICCA will follow the legislation under House File 2416 that was passed on March 3, 2022, regarding transgender participation.**

TIME LIMITS FOR ROUTINES

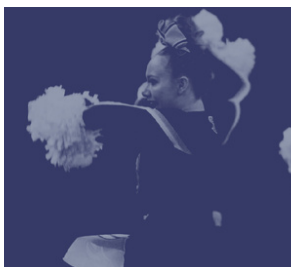
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CHEER/DANCE

TOTAL ROUTINE: 2min 30sec

- Music max 90 seconds
- Timing will begin with the first word, motion, or taped/recorded sound portion, and end when the squad comes to a standstill or stationary position.



GAME TIME SPIRIT

TOTAL ROUTINE: 2min 0sec

- 1:00 MAX for entrance + crowd leading cheer
- 1:00 MAX for School Fight Song with music recording of your fight song.
- Timing begins at time out style “buzzer”.
- Timing ends with the final word/motion made by the squad.



GROUP STUNT

TOTAL ROUTINE: 60sec

- Time will begin when the music starts or the squad begins stunting.
- Music must be continuous from the start of the routine till the end.

GENERAL ROUTINE TIMING AND MUSIC POLICIES

- EXCEED TIME LIMIT (1.0-5.0 seconds): .25 point penalty
- EXCEED TIME LIMIT (5.1-19.9 seconds): 1 point penalty
- EXCEED TIME LIMIT (20+ seconds): Team Disqualified
- Coaches should make sure that the routine fits within the time limits; no “cushion” time is given. Hand held stopwatches are used.
- Music must be on a digital music player in **airplane mode** (iPod, iPhone, iPad, MP3). Music cannot be accessed from a website or other internet source. Music must be downloaded onto the device being used.

TROPHY POLICY

PAGE 16



ICCA will award trophies to the top five teams in all divisions: Cheer/Dance, Game Time Spirit, and Stunt Group. 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.

In the case a division only has one team entered, that team will be required to achieve a score that is 85% of the total score in order to receive a trophy. Please see below for specific division minimum scores:

CHEER/DANCE

The team would be required to earn a score of 85 points (out of 100 total points).

GAME TIME SPIRIT

The team would be required to earn a score of 85 points (out of 100 total points).

ALL GIRL STUNT

The team would be required to earn a score of 127.5 points (out of 150 total points).

COED STUNT

The team would be required to earn a score of 115 points (out of 135 total points).

ELIGIBILITY EXAMPLES FOR ALL DIVISIONS

PAGE 17

PLEASE SEE BELOW EXAMPLES. IF YOU HAVE ADDITIONAL QUESTIONS OF SCENARIOS NOT LISTED, PLEASE CONTACT ICCA.

1. Cheerleader in Cheer/Dance may also enter Group Stunt, but NOT Game Time Spirit.
2. Cheerleader in Group Stunt may also enter Game Time Spirit OR Cheer/Dance, but not both.
3. Cheerleader in Game Time Spirit may also enter Group Stunt, but NOT Cheer/Dance.
4. Cheerleader in Cheer/Dance and Group Stunt may NOT enter Game Time Spirit.
5. A school with a team in Cheer/Dance may enter a team in Game Time Spirit as long as they are not the same cheerleaders.
6. A school may enter the same cheerleaders in Group Stunt and Game Time Spirit if they do not have a Cheer/Dance team with these cheerleaders.
7. A school may enter the same cheerleaders in Cheer/Dance and Group Stunt.
8. 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.
9. A school may NOT enter a cheerleader who is only an all star cheerleader for an all star company.
10. **Every championship participant must be a high school cheerleader (grades 9-12) for his/her high school, cheering in the support of athletic teams on a full season basis (football, basketball or wrestling).**



DIVISION SPECIFIC INFORMATION

PAGE 18

INFORMATION FOR EACH DIVISION INCLUDES:

- *Additional routine guidelines*
- *Additional scoring rules and team size guidelines*
- *Division-specific scoring DEFINITIONS and DRIVERS*
- *Division-specific SCORING RUBRICS*



Please review the following pages for information regarding each of the specific competition divisions at The State Championships.

CHEER/DANCE

To help you easily find details specific to the Cheer/Dance division, please reference the pages that are coded yellow in the following section.

GAME TIME SPIRIT

To help you easily find details specific to the Game Time Spirit division, please reference the pages that are coded green in the following section.

STUNT GROUPS

To help you easily find details specific to the Stunt Groups division for both all-girl and coed, please reference the pages that are coded blue in the following section.



The Cheer/Dance division is a routine with a continuous flow of cheer/chants, jumps, stunts, tumbling, pyramid, and dance.



ROUTINE TIME LIMIT

- Cheer/Dance routines are limited to a total time of two minutes and thirty seconds. Music cannot exceed 90 seconds total in the routine.
- Any material that is played (spoken or otherwise) is considered part of the music time.
- Music can be in segments throughout the routine or played all at one time in Cheer/Dance only.
- Timing will begin with the first word, motion, or taped/recorded sound portion, and end when the squad comes to a standstill or stationary position.
- Timing Penalties found on page 15 apply to any routine over the time limit.



DIVISIONS

1A, 2A, 3A, and 4A are all Girl.

Coed may have an unlimited number of males. One male makes a team coed.

- 1A: up to 12 team members
- 2A: up to 12 team members
- 3A: up to 16 team members
- 4A: up to 20 team members
- Coed: up to 25 team members



GENERAL INFO

- Each team member must have at least one foot on the performing surface at the beginning of the routine. Teams may not begin in a stunt. No formal entrances are allowed.
- 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.
- 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.
- **SCHOOLS MAY ONLY ENTER ONE TEAM IN THE CHEER/DANCE DIVISION.**
 - Any team wishing to compete UP a division needs to contact Kenna Johnson and have all the necessary paperwork filled out and turned in by September 10. Any team choosing to move up a division will be required to stay at that division for two years.
 - This policy applies to all divisions the team enters: if a team moves up in cheer/dance, they also move up in Group Stunt and/or Game Time Spirit.



SCORING INFORMATION

The following pages include all necessary information regarding scoring at The State Championships. Please read carefully and email askICCArules@gmail.com with questions or for clarification. It is the responsibility of each competing coach to fully understand the scoring rubrics and the abilities of their team.

CHEER/DANCE DEFINITIONS



Dance Technique: Perfection of routine and technique, sharpness, spacing, rhythm, transitions, patterns of movement, uniformity, timing

Dance Visual Effects: Transitions, formations, level changes, variety of movements, foot and floor work, partner work, and creativity

Jumps - Advanced Jumps: Pike, side hurdler, front hurdler, toe touch, double nine, around the world

Jumps - Basic Jumps: Spread eagle, tuck, herkie

Jumps - Connected Jumps: Jumps connected with continuous movement using a whip approach

Jumps - Technique: Form (pointed toes, arm levels/placement, leg and body position), approach, landing (feet together), hyperextension/height, uniformity, timing

Jumps - Jump-Tumbling Combination: The degree of difficulty of these skills will be scored in the tumbling section. The technique of the jump will be scored in jump technique. The technique of the tumbling skill will be scored in the tumbling technique. Jumps connected to tumbling will not count for jump difficulty.

Listed Skills: Skills listed on scoring rubrics are only examples. Other skills may fit into categories as seen fit by the judging panel.

Motion Technique: Sharpness, wrist and arm placement, uniformity, seamless transitions, timing – using poms for over half of the cheer and/or dance could result in a lower score.

Overall Impression: See specific scoring rubrics for Routine Composition, Performance/Showmanship, and Overall Impression

Scoring - Difficulty Drivers: Factors that judges will consider when determining an actual score within a range – refer to the Difficulty Drivers Chart

Scoring - Multiple Skills: More than one of the designated skills must be performed

CHEER/DANCE: DEFINITIONS, CONT'D

Scoring - Ranges: Skills listed in ranges must be performed by the majority of the team to move into a range (except where noted on scoring rubrics) – Difficulty Drivers are used to score higher in a range

Scoring - Synchronization: Two or more performing a skill(s) at the same time – could be, but doesn't need to be the same skill(s)

Squad Size	Stunt Groups (C/D)	Pyramid Structures (C/D)	Jumps* (C/D & GTS) & Tumbling (C/D)
# of Athletes	# to meet majority	# to meet majority	# of Athletes
5	1	2	3
6	1	2	4
7	1	2	4
8	1	2	5
9	1	2	5
10	1	2	6
11	2	2	6
12	2	2	7
13	2	2	7
14	2	2	8
15	2	3	8
16	3	3	9
17	3	3	9
18	3	3	10
19	3	3	10
20	3	4	11
21	4	4	11
22	4	4	12
23	4	4	12
24	4	4	13
25	4	4	13

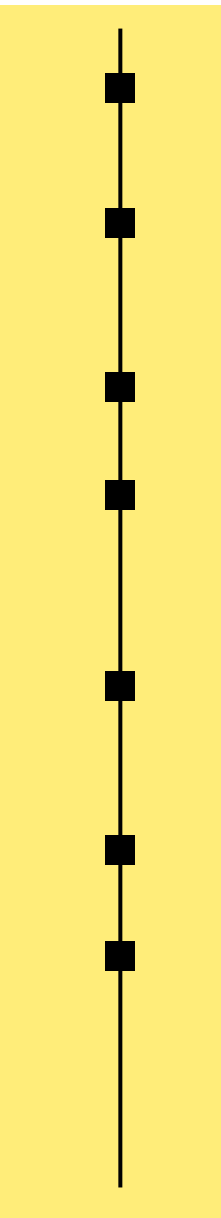
Majority Stunt = (# of athletes ÷ 5) - 1 if whole number, or rounded down to the nearest whole number if decimal. Using more stunt groups than "majority" when possible increases difficulty.

Majority Pyramid Stunts = (# of athletes ÷ 5) if whole # or rounded down to the nearest whole number if decimal. **Minimum required is 2 for a squad of 14 or less.** Using more stunt groups than "majority" when possible increases difficulty.

Majority Jumps/Tumble = (# of athletes ÷ 2) + 1 if whole #, or rounded up to the nearest whole number if decimal.

*** FULL team jumps are required for maximum jump score.** A mascot does not count towards the number of athletes and is not used to meet the majority. The mascot does not need to be included in "full team" skills like jumps.

CHEER/DANCE: DEFINITIONS, CONT'D



Stunts/Tosses/Pyramids - Body Positions: Foot away from body (e.g., heel stretch, scale, arabesque, scorpion, bow and arrow, needle, etc.). A lib is not considered a body position on its own.

Stunts/Tosses/Pyramids - Assisted Stunt: Any stunt in which one base supports the weight of a top person(s) with hands-on assistance from another base or spotter at any time during the stunt until the descent of the top person to a dismount.

Stunts/Tosses/Pyramids - Coed Stunt: Base and spotter may not be chest to chest, base must be directly under the stunt.

Stunts/Tosses/Pyramids - Elite Stunts: Including but not limited to: Full up to extended position, release moves that land in an extended position, tick tock variations, toss extended stunts, other unique stunts and transitions of similar difficulty level. Please see the scoring rubric for more details.

Stunts/Tosses/Pyramids - Technique: Perfection (no bobbles, missed or incomplete skills), proper technique and form (body alignment, body control, etc.), transitions, timing, dismounts/cradles, height of toss.

Stunts/Tosses/Pyramids - Structure: A place in a pyramid when a top person connects and pauses to show a defined position.

Stunts/Tosses/Pyramids - Unassisted Stunt: Any stunt in which one base supports the weight of the top person(s) without hands-on assistance from another base or spotter until the descent of the top person during a dismount.

CHEER/DANCE: DEFINITIONS, CONT'D

Tumbling - Technique: Strong set/good height, proper technique, clean landings, precision (no bobbles, missed or incomplete skills), clean body lines, pointed toes, body positioning, clean connections between tumbling elements, uniformity, timing.

Tumbling - Majority: Please refer to the chart below for calculations of majority for tumbling.

Squad Size	Majority
7	4
8	5
9	5
10	6
11	6
12	7
13	7
14	8
15	8
16	9
17	9
18	10
19	10
20	11
21	11
22	12
23	12
24	13
25	13

CHEER/DANCE: DIFFICULTY DRIVERS

<u>JUMPS</u> • Difficulty of skills • Percentage of team participation • Pace of jump skills • Combination of jump skills • Synchronized jumps • Variety of jumps	<u>FORMATIONS/SPACING</u> • Formation and level changes • Variety of movements • Use of floor • Visual and creative
<u>MOTIONS</u> • Difficulty of skills • Combination/Variety of skills • Uniformity and timing of motions • Sharpness and placement • Percentage of team participation • Synchronized motions	<u>TRANSITIONS</u> • Quick pace • Visual and creative • Smooth flow of routine
<u>CROWD EFFECTIVENESS</u> • Combination/Variety of skills • Creative and elicits a crowd response • Difficulty of skills • Pace and energy of the routine • Synchronization	<u>SHOWMANSHIP/VISUAL APPEAL</u> • Enthusiasm and energy, confidence, poise • Natural facial expressions • Creativity • Attention-grabbing • Percentage of team participating • Use of floor
<u>OVERALL IMPRESSION</u> • Appropriate athletic impression maintained throughout the routine • Cleanliness of routine • Musicality (tempo, mood, rhythm) of routine • Crowd appeal, energy	<u>CROWD LEADING TOOLS</u> • Combination of skills • Pace • Timing • Visual and creative • Voices, including volume and enunciation • Signs, poms, megaphones, stunts, tumbling
<u>TUMBLING</u> • Difficulty of skills • Percentage of team participation • Variety of skills • Pace of tumbling skills • Combination of skills • Synchronized tumbling	<u>STUNTS/PYRAMIDS</u> • Difficulty of skills • Percentage of team participation • Transitions • Pace of stunting • Combination of skills • Number of bases • Variety of entries and dismounts • Multiple tops in pyramids
<u>DANCE</u> • Difficulty of skills • Percentage of team participation • Variety of skills • Pace of dance • Combination of skills • Numerous formation/level changes	<u>TOSSES</u> • Difficulty of skills • Percentage of team participation • Pace of tosses • Height • Number of bases/spotters • Synchronized tosses • Variety of dismounts

CHEER/DANCE SCORING

RUBRICS: STUNTS



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS

CHEER & DANCE - PYRAMIDS, TOSSES, PARTNER STUNTS SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

PYRAMIDS

DIFFICULTY							SCORE
0	2.0-2.4	2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	
No pyramid was performed	Did not meet majority for a 2.5	Pyramids involving prep level and below level structures	Pyramids involving extended double leg stunts and a transitional sequence	Pyramids involving extended single leg stunts and a transitional sequence	Pyramids involving extended single leg stunts and two+ transitions and majority extended structures	Pyramids involving extended single leg stunts, 2+ transitions, and majority extended structures. Required braced flip transition. Additional consideration for inversions & single braced flips.	

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No pyramid was performed	Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	
PYRAMIDS X 1 =						

TOSSES

DIFFICULTY							SCORE
0	2.0-2.4	2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	
No tosses were performed	Did not meet majority for a 2.5	Single skill tosses without twists in the same section (Ex. Toe Touch Basket)	Multi-skill tosses without twists in the same section (Ex. Ball X Basket)	Tosses with twists in the same section (Ex. Full Basket)	Multi-skill tosses with twists (Ex. Kick Full basket, Hitch Kick Full Basket) in the same section & one other single skill toss by at least one stunt group	Multi-skill tosses with twists in the same section* and one other multi-skill twisting toss by at least one stunt group (Ex. Kick Full basket, Hitch Kick Full Basket)	

*A ripple counts as "in the same section" but may lower difficulty due to non-synchronization.

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No tosses were performed	Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	
TOSSES X 0.5 =						

PARTNER STUNTS

DIFFICULTY							SCORE
0	2.0-2.4	2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	
No partner stunts were performed	Did not meet majority for a 2.5	Prep level double leg stunts	Extended double leg stunts or prep level single leg stunts	Extended single leg stunts with at least one extended body position	Extended single leg stunts that include an advanced body position (heel stretch, scale, arabesque, bow + arrow, or similar skill), at least one elite stunt, required full twist extended level dismount.	Extended single leg stunts that include an advanced body position (heel stretch, scale, arabesque, bow + arrow, or similar skill). Multiple elite extended level stunts that include a full twist dismount (twist cradle, corkscrew to load, twisting prone or similar skill) from an extended advanced body position.	

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No partner stunts performed	Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	

Note: The majority of stunt groups must perform the same skill within the same range to receive maximum difficulty credit for that skill. If majority is not reached, teams will receive a difficulty score of the lowest level of skill performed by the majority. Ex: A team of 12 must have 2 stunt groups performing the stunts in the range to receive the scoring. See majority stunt chart for clarifications.

PARTNER STUNTS X 2 =

TOTAL SCORE

CHEER/DANCE SCORING RUBRICS: TUMBLING



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - TUMBLING SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

STANDING TUMBLING

DIFFICULTY													NOTES & # of SKILLS	SCORE
0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0				
Did not meet majority	Forward Rolls, Backward Rolls	Cartwheel from Lunge Position	Round Off from Lunge Position	Front or Back Walkovers	Standing Back Handspring	Back Walkover to BHS, Backward Roll to BHS	Back handspring series or jump(s) connected to single BHS	BHS to Tuck, Standing Tuck, Back Walkover Tuck, Jump to BHS Series	BHS(s) to Layout, Jump BHS(s) to Tuck, Jump Tuck	Jump BHS to Layout, Standing Full, any standing sequence with a Full				

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
No standing tumbling was performed.	Major errors: Uncontrolled, poor form, under-rotated, stumble.	Multiple errors: Bent arms/legs, low set, form breaks, hop or step on landing.	Minor errors: Slight bend, low set, small adjustment on landing.	Clean with slight errors: soft knees, minor body position or landing flaws.	Excellent: Tight form, strong set, clean and controlled landing, no visible errors.		

STANDING TUMBLING
TOTAL SCORE x 0.25 =

RUNNING TUMBLING

DIFFICULTY													NOTES & # of SKILLS	SCORE
0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0				
Did not meet majority	Cartwheels	Round Offs	Front Walkovers	Combo pass including at least 2 of the following: Front Walkover, Cartwheel, Back Walkover	Round Off Back Handspring	Round Off BHS Series, Combs that incl: a Front Walkover and end with a Round Off BHS or BHS Series	Round-off BHS Back Tucks, Round off Tucks, Aerials, Cartwheel Tuck, Front Aerial	Pikes, X-outs, Punch Fronts, and Combs that incl: a Front Walkover or Aerial and end in a Tuck	Layouts, Running Combs that incl: Punch Front or Whip or Aerial in a Tuck or Layout	Fulls, or Running Combs that incl: Punch Front or Whip to Full, or Arabian through to Layouts & Fulls				

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
No running tumbling was performed.	Major errors: Uncontrolled, poor form, under-rotated, stumble.	Multiple errors: Bent arms/legs, low set, low height, form breaks, uncontrolled landing.	Minor errors: Slight bend, low set, low height, small adjustment on landing.	Clean with slight errors: soft knees, minor body position or landing flaws.	Excellent: tight form, strong height, clean and controlled landing, no visible errors.		

"Skills must be performed by the majority (more than half) of the team to be scored in that difficulty range"
Majority may be achieved by "recycling" tumblers.

Tumbling Execution: Strong set/good height, proper technique, clean landings, precision (no bobbles, missed or incomplete skills), clean body lines, pointed toes, body positioning, clean connections between tumbling elements, uniformity, timing.

RUNNING TUMBLING
TOTAL SCORE x 0.25 =

TOTAL SCORE

CHEER/DANCE SCORING RUBRICS: JUMPS



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - JUMPS SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

JUMPS

DIFFICULTY											
0	.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	SCORE
No jumps were performed by the majority of the team	Majority of team performs 2 basic jumps. Do not need to be connected	Majority of team performs 2 advanced jumps. Do not need to be connected	Majority of team performs 2 connected advanced jumps	Full team performs 2 connected advanced jumps	Majority of team performs 2 connected advanced jumps plus 1 additional advanced jump. Must include variety (at least two different jumps)	Full team performs 2 connected advanced jumps plus 1 additional advanced jump. Must include at least two different jumps	Majority of team performs 3 connected advanced jumps. Must include at least two different jumps	Majority of team performs 3 connected advanced jumps, plus 1 additional advanced jump. Must include at least two different jumps	Full team performs 3 connected advanced jumps. Must include at least two different jumps	Full team performs 3 connected advanced jumps, plus 1 additional advanced jump. Must include at least two different jumps	

NOTES:

JUMP DIFFICULTY
SCORE

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No jumps were performed.	Major Errors: Inconsistent timing, bent legs, poor arm/leg placement, low jump height, minimal team synchronization.	Multiple Errors: Some consistency in technique. Moderate height, inconsistent arm/leg placement, timing issues or incomplete extension	Minor Errors: Generally solid technique and timing, good height and form, mostly correct arm/leg placement, small inconsistencies across athletes.	Clean with Slight Errors: Solid technique and timing from most athletes, good height, correct form and placement, minor inconsistencies.	Excellent: Strong technique and timing from all athletes, consistent height and full extension, correct body position, complete synchronization, no visible errors.	

NOTES:

JUMP EXECUTION
SCORETOTAL JUMP
SCORE x 1.5 =**Majority:** More than half of the number of athletes competing**Advanced Jumps:** Pike, side hurdler, front hurdler, toe touch, double nine, around the world.**Basic Jumps:** Spread eagle, tuck.**Connected Jumps:** Jumps connected with continuous movement using a whip approach.**Jump Execution:** Form (pointed toes, arm levels/position, leg, and body position), approach, landing (feet together), hyper extension/height, uniformity, timing.**Jump-Tumbling Combination:** The degree of difficulty of these skills will be scored in the tumbling section. The technique of the jump will be scored in jump execution. The technique of the tumbling skill will be scored in the tumbling execution. Jumps connected to tumbling will not count for jump difficulty.

CHEER/DANCE SCORING RUBRICS: MOTIONS & DANCE



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - MOTIONS & DANCE SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

MOTIONS

DIFFICULTY						
1	2	3	4	5	NOTES	SCORE
Limited use of motions; primarily simple elements with little variety. Performed at a controlled pace with minimal changes in speed, direction, or levels. Low coordination and overall team demand.	Use of motions shows some variation in types/ pathways. Performed at a moderate pace with occasional changes in speed, direction, or levels. Some coordination and timing required, not consistent across the team.	Clear variety of motions and transitions throughout. Includes changes in speed, direction, and levels that require coordination and timing from a majority of the team.	Strong variety and sequencing of motions with frequent changes in speed, direction, and levels. Requires consistent coordination, timing, and control from a majority of the team.	Highly intricate and layered motion sequences with continuous changes in speed, direction, and levels. Requires advanced coordination, precise timing, and full team involvement throughout.		

EXECUTION

1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
Poor level of technique: Frequent errors in motion placement, timing, and control. Motions lack precision, sharpness, and consistency. Minimal synchronization across the team.	Below Average Technique: Multiple errors in placement, timing, and control. Some correct positions are achieved, but consistency and precision are lacking. Synchro is inconsistent.	Average Technique: Generally correct placement and timing with some errors. Motions show developing precision and control. Synchronization is present but inconsistent at times.	Above Average Technique: Clean placement with strong timing and control. Motions are mostly precise, sharp, and consistent. Synchro is strong across the majority of the team.	High level of technique: Precise placement, exact timing, and complete control throughout. Motions are sharp, fully extended, and consistent. Full team synchronization with no visible errors.		

MOTIONS TOTAL x 2 =

DANCE

DIFFICULTY						
1	2	3	4	5	NOTES	SCORE
Limited: simple visual elements with minimal variety. Performed at a slower tempo with little use of levels, direction, or musicality. Low overall team demand.	Minimal: includes a basic variety of visual elements. Shows occasional changes in levels, direction, and tempo. Musicality is present but not sustained.	Average: includes a variety of visual elements. Demonstrates changes in levels, direction, tempo, and musicality that require coordination from a majority of the team.	Strong: wide range of visual elements with frequent changes in levels, direction, tempo/musicality. Requires consistent coordination and timing from a majority of the team.	Excellent: highly visual and intricate sequences. Utilizes multiple changes in levels, direction, tempo, musicality throughout. Requires advanced coordination and full team involvement.		

EXECUTION

1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
Poor Level of Technique: Frequent errors in timing, control, and overall performance. Movements lack sharpness, strength, and clarity. Limited musicality. Energy and performance quality are minimal. Little uniformity.	Below Average Technique: Multiple errors in timing and control. Some correct execution, but movements lack consistent sharpness, strength, and clarity. Musicality is inconsistent. Energy and performance quality are uneven. Uniformity is inconsistent.	Average Technique: Generally correct timing and control with some errors. Movements show developing sharpness, strength, and clarity. Musicality is present but not consistent throughout. Energy & performance quality are evident but not sustained. Uniformity is improving.	Above average technique: Strong timing and control throughout most of the section. Movements are sharp, clear, and controlled. Musicality is consistent. Energy and performance quality are strong across the majority of the team. Uniformity is strong.	High Level of Technique: Excellent timing, control, and overall performance. Movements are sharp, strong, and precise w/ clear intent. Musicality enhances performance throughout. Energy and performance quality are consistently high. Complete uniformity across the full team.		

DANCE TOTAL x 1.5 =

TOTAL SCORE

CHEER/DANCE SCORING RUBRICS: OVERALL



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - OVERALL IMPRESSION SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

ROUTINE COMPOSITION AND PERFORMANCE

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Limited Routine: Routine lacks clear structure and flow. Limited incorporation of required elements. Transitions are choppy or cause breaks in the routine. Minimal use of floor space. Low energy and weak performance quality. Little to no musicality. Formations are unclear or inconsistent.	Below Average: Basic routine structure with some identifiable sections. Required elements are included but lack variety or purpose. Transitions are present but may feel slow or awkward. Some use of floor space. Inconsistent energy and performance quality. Musicality is attempted but not consistent. Formations are simple and occasionally unclear.	Average Routine: Clear routine structure with balanced incorporation of required elements. Transitions are mostly smooth with minimal pauses. Good use of floor space with noticeable formation changes. Consistent energy from most team members. Movements generally match the music. Formations are clean and easy to follow.	Above Average: Well-organized routine with intentional flow and pacing. Strong variety of elements appropriate to team skill level. Transitions are smooth and maintain momentum. Effective use of floor space and formations. High energy and confident performance. Musicality is clear and consistent. Formations are clean, intentional, and visually effective.	Truly Exceptional: Routine is extremely well constructed with clear flow and purpose throughout. Excellent variety & balance of elements appropriate to team ability. Transitions are seamless & keep the routine moving continuously. Full use of floor space with strong, clear formations. Strong, consistent energy and performance from the entire team. Musicality is precise and enhances the routine. Formations are sharp, clean, and maximize overall visual effect.	

COMMENTS:

PROJECTION AND SHOWMANSHIP

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Limited Performance: Low energy and lack of engagement throughout the routine. Voices are difficult to hear or understand. Limited projection and confidence. Performance appears hesitant or inconsistent. Pace may feel slow or disconnected from the routine.	Below Average: Inconsistent energy and performance quality. Voices are audible at times but lack clarity or strength. Projection is developing but not maintained. Pace may slow during more difficult sections. Performance is somewhat engaging but lacks consistency.	Average: Consistent energy from most team members. Voices are generally clear and audible, with minor drop-offs during skills. Projection is evident and performance is engaging. Pace is appropriate with minimal slowdowns. Overall fun to watch.	Above Average: Strong/Confident Performance: High energy and confident performance throughout most of the routine. Voices are clear, strong, and mostly consistent. Projection is maintained and engages the crowd. Pace supports the routine with little to no drop in momentum. Performance quality enhances overall impression.	Excellent: Strong, consistent energy and performance from the entire team. Voices are clear, strong, and easy to understand throughout. Projection is confident and fully engages the audience. Pace is controlled and consistent with no noticeable drop in energy. Performance is polished, engaging, and crowd-ready.	

COMMENTS:

TOTAL SCORE

GAME TIME SPIRIT DIVISION (GTS)

PAGE 31



The emphasis of this division is cheering during a sideline situation. The volume of the crowd response will not be judged to make it fair to every school whether a team has 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.



ROUTINE TIME LIMIT

- Game Time Spirit (GTS) routines are limited to a total time of two minutes.
 - 1:00 MAX for entrance + crowd leading cheer
 - 1:00 MAX for School Fight Song with music recording of your fight song.
- Any material that is played (spoken or otherwise) is considered part of the music time.
- Once Music begins it should be played continually until completion
- Timing begins at time out style "buzzer". Timing ends with the final word/motion made by the squad.
- Timing Penalties found on page 15 apply to any routine over the time limit.



DIVISIONS

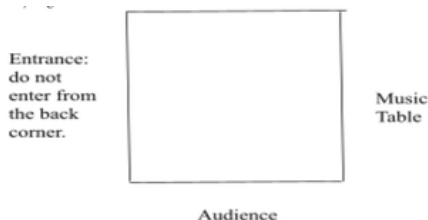
Any combination of male/female members

- 1A: up to 16 team members
- 2A: up to 16 team members
- 3A: up to 25 team members
- 4A: up to 25 team members



GENERAL INFO

- All team members must be bona fide high school cheerleaders.
- All rituals and traditions need to take place prior to entering the performance area.
- Cheerleaders will enter from the left side (from the audience's perspective). Cheerleaders must enter from the side, not the back corner, as the safety judge is in the corner and gets blocked. **If the team enters there, they will receive a deduction.** Only the entrance is judged.



- The routine should all be completed on the mat. There is no choreographed or required exit.
- 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.
- NO RUNNING TUMBLING IS ALLOWED IN THE GT SPIRIT DIVISION.
- Props may not be set up in advance.
- Poms, signs and/or megaphones need to be carried on and off the mat in a manner similar to usage during an actual sideline cheering situation.
- Props left on the mat will be a one (1) point deduction (each occurrence).
- One (1) point deduction for stepping on items on the mat (each occurrence) unless otherwise noted.
- Stunts and tumbling are to be used to show enthusiasm and lead the crowd, but they will NOT be evaluated by the judges for technique or difficulty points. They will be evaluated on the overall impression and crowd effectiveness scoring rubrics.

1

ROUTINE STRUCTURE: 1ST MINUTE

- An entrance is scored within the overall impression. Series of cheers/chants, using props, that encourage crowd response.
- This section of the routine consists of a series of cheers/chants not to exceed one minute similar to an actual sideline situation. This section is not sport specific.
- Time will start at the beginning of the buzzer sound, after the school name is announced. Team entrance, chants, answer backs, spell-outs, etc. are considered part of the one minute limit.
 - In this portion, stunts such as extensions, preps, thigh stands, or single leg extended stunts which are limited to liberties and liberty hitches. No inversions are allowed. Stunts are limited to those allowed on the gym floor by the National Federation. (No tosses are allowed.)
 - Tumbling such as a single standing BHS, a standing back tuck, cartwheel from a standing position, or a forward roll is allowed during the cheer/chant portion. No double BHS/multiple tumbling skill combinations are allowed. No running tumbling is allowed at any time.
 - The only jump/tumbling combination that is allowed is a jump to a single back handspring or back tuck. If you aren't sure whether a specific stunt or tumbling is allowed, contact ASKICCARULES@gmail.com.

2

ROUTINE STRUCTURE: 2ND MINUTE

- This is the School Fight Song portion. Poms, megaphones and/or signs may be used for this portion. No flags/body flags are allowed. This section should consist of a choreographed routine set to your school song music. You may use only the first verse if you need to edit to meet the time restriction. For example, if your song starts with a drum cadence, then a single verse, with a cheer transition between verses, go ahead and end the performance at the end of the transition. Finish and then exit. This must be your own school song.

2

2ND MINUTE, CONT'D

- You do not need to use props.
- You may incorporate one group jump into the routine.
- This portion cannot exceed one minute. You may need to edit your music to fit the time requirements.
- Your school song may be shorter than 1 minute.
- Your school song can end in a short “yell back” that typically ends your school song. It should not be another cheer to extend your performance time.
- The ending cheer must be contained within that one minute time limit.



SCORING INFORMATION

The following pages include all necessary information regarding scoring at The State Championships. Please read carefully and email askICCARules@gmail.com with questions or for clarification. It is the responsibility of each competing coach to fully understand the scoring rubrics and the abilities of their team.



GTS SCORING RUBRICS: CROWD EFFECTIVENESS



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS

GAME TIME SPIRIT - CROWD EFFECTIVENESS & SHOWMANSHIP SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

CROWD EFFECTIVENESS

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Limited: Routine lacks clear pace and structure for crowd engagement. Cheers are difficult to follow or not repeated. Little to no attempt to involve the crowd. Motions, timing, and voices do not support participation.	Below average: Pace is inconsistent or too slow/fast for crowd involvement. Some attempt to lead the crowd, but clarity and repetition are limited. Cheers are somewhat difficult to follow. Timing and organization are inconsistent.	Average: Routine is generally easy for the crowd to follow. Pace supports participation most of the time. Cheers are clear with some repetition. Motions and timing help guide the crowd. Overall effective with minor inconsistencies.	Above average: Routine is easy to follow and encourages crowd participation. Pace is controlled and appropriate. Cheers are clear, repeated, and well-timed. Motions and voices effectively lead the crowd. Strong overall crowd involvement.	Excellent: Routine consistently engages the crowd. Pace is well-controlled and enhances participation. Cheers are clear, repeated, and easy to respond to. Motions, timing, and voices fully support crowd involvement. Performance creates strong energy and a game day atmosphere.	

COMMENTS:

CROWD EFFECTIVENESS
TOTAL SCORE X 3.0 =

SHOWMANSHIP AND VISUAL APPEAL

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Limited: Low energy and lack of engagement throughout the routine. Voices are difficult to hear or understand. Limited projection and confidence. Performance appears hesitant or inconsistent. Pace may feel slow or disconnected from the routine.	Below Average: Inconsistent energy and performance quality. Voices are audible at times but lack clarity or strength. Projection is developing but not maintained. Pace may slow during more difficult sections. Performance is somewhat engaging but lacks consistency.	Average: Consistent energy from most team members. Voices are generally clear and audible, with minor drop-offs during skills. Projection is evident and performance is engaging. Pace is appropriate with minimal slowdowns. Overall fun to watch.	Above Average: Strong/ Confident Performance: High energy and confident performance throughout most of the routine. Voices are clear, strong, and mostly consistent. Projection is maintained and engages the crowd. Pace supports the routine with little to no drop in momentum. Performance quality enhances overall impression.	Excellent: Strong, consistent energy and performance from the entire team. Voices are clear, strong, and easy to understand throughout. Projection is confident and fully engages the audience. Pace is controlled and consistent with no noticeable drop in energy. Performance is polished, engaging, and crowd-ready.	

COMMENTS:

SHOWMANSHIP & VISUAL APPEAL
TOTAL SCORE X 4.0 =

TOTAL SCORE

*Crowd effectiveness addresses the opportunities for crowd response, including creativity along with difficulty, pace, and energy. Allowable stunting and tumbling skills can be used to enhance the creativity of the Time Out portion of the routine. **NO RUNNING TUMBLING is allowed in this division.**

*Showmanship includes genuine enthusiasm and energy shown and maintained throughout the routine, confidence, natural facial expressions and smiles, strong athletic impression, and effective use of the floor.

GTS SCORING RUBRICS: FORMATIONS & TOOLS



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS GAME TIME SPIRIT - FORMATIONS & TOOLS SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

FORMATIONS/SPACING

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Poor use of formations: Very limited formation changes. Poor spacing and alignment throughout. Little to no use of levels. Formations may appear crowded or unclear.	Below Average use of formations: Formation changes lack variety and clarity. Spacing is inconsistent. Limited use of levels. Formations are occasionally uneven or difficult to read.	Average use of formations: Clear formation changes with generally consistent spacing. Some variety in formations and levels. Formations are readable with minor inconsistencies.	Above Average use of formations: Strong variety of formations with consistent spacing and alignment. Good use of levels to add visual interest. Formations are clean and easy to follow.	Excellent use of formations: Excellent variety and creativity in formations. Spacing and alignment are consistently clean. Strong use of levels enhances visual effect. Formations are sharp, clear, and maximize visual impact.	
FORMATIONS & SPACING X 2 =					

TRANSITIONS

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Poor use of transitions: Transitions are minimal or unclear. Frequent pauses or breaks in the routine. Flow is disrupted.	Below Average use of transitions: Transitions are present but basic. Some pauses or slow moments between sections. Flow is inconsistent.	Average use of Transitions: Transitions are clear and connect most sections. Minor pauses may occur. Overall routine flow is maintained.	Above Average use of transitions: Transitions are smooth and purposeful. Routine flows well with little to no interruption. Movement between sections is efficient.	Excellent use of transitions: Transitions are seamless and enhance overall routine flow. No noticeable pauses. Movement is continuous, controlled, and adds to performance quality.	
TRANSITIONS X 2 =					

CROWD LEADING TOOLS

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Poor use of crowd leading tools: Minimal use of crowd leading tools. Limited participation from the team. Voices are unclear or not unified. Props are missing or ineffective.	Below average use of crowd leading tools: Some use of crowd leading tools. Participation is inconsistent across the team. Voices are sometimes clear but lack strength. Props are used but do not enhance performance.	Average use of crowd leading tools: Majority of team participates. Voices are generally clear and unified. Props support the routine.	Above Average use of crowd leading tools: Strong use of crowd leading tools with active team participation. Voices are clear, strong, and mostly consistent. Props enhance crowd engagement.	Excellent use of crowd leading tools: Full team participation with strong, unified voices. Props are used effectively to enhance crowd engagement and overall performance.	

COMMENTS

CROWD LEADING
TOOLS X 3 =TOTAL
SCORE

*Crowd leading tools include voices, as well as poms, signs, and megaphones. NO FLAGS or BODY FLAGS are allowed.

GTS SCORING RUBRICS: MOTIONS & JUMPS



IOWA CHEERLEADING STATE CHAMPIONSHIPS GAME TIME SPIRIT - MOTIONS & JUMPS SCORE SHEET

Judge's Initials _____

SCHOOL: _____ CLASS: _____ Total Athletes: _____

MOTIONS

DIFFICULTY						
1	2	3	4	5	NOTES	SCORE
Limited use of motions; primarily simple elements with little variety. Performed at a controlled pace with minimal changes in speed, direction, or levels. Low coordination and overall team demand.	Use of motions shows some variation in types/pathways. Performed at a moderate pace with occasional changes in speed, direction, or levels. Some coordination and timing required, but not consistently across the team.	Clear variety of motions and transitions throughout. Includes changes in speed, direction, and levels that require coordination and timing from a majority of the team.	Strong variety and sequencing of motions with frequent changes in speed, direction, and levels. Requires consistent coordination, timing, and control from a majority of the team.	Highly intricate and layered motion sequences with continuous changes in speed, direction, and levels. Requires advanced coordination, precise timing, and full team involvement throughout.		

EXECUTION

1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
Poor level of technique: Frequent errors in motion placement, timing, and control. Motions lack precision, sharpness, and consistency. Minimal synchronization across the team.	Below Average Technique: Multiple errors in placement, timing, and control. Some correct positions are achieved, but consistency and precision are lacking. Synchro is inconsistent.	Average Technique: Generally correct placement and timing with some errors. Motions show developing precision and control. Synchro is present but inconsistent at times.	Above Average Technique: Clean placement with strong timing and control. Motions are mostly precise, sharp, & consistent. Synchro is strong across the majority of the team.	High level of technique: Precise placement, exact timing, and complete control throughout. Motions are sharp, fully extended, and consistent. Full team synchronization with no visible errors.		
MOTIONS TOTAL X 2.0 =						

JUMPS

DIFFICULTY						
0	1	2	3	4	5	Notes SCORE
No jumps were performed by the majority of the team	Majority of the team performs one basic jump	Majority of the team performs one basic jump and one additional jump	Majority of the team performs one advanced jump and one additional jump	Majority of the team performs 2 advanced jumps	Full team* performs 2 connected advanced jumps *Mascots are NOT included in the majority or "full team" count	

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	Notes SCORE
No jumps were performed.	Major Errors: Inconsistent timing, bent legs, poor arm/leg placement, low jump height, minimal team synchronization.	Multiple Errors: Some consistency in technique. Moderate height, inconsistent arm/leg placement, timing issues or incomplete extension	Minor Errors: Generally solid technique and timing, good height and form, mostly correct arm/leg placement, small inconsistencies across athletes.	Clean with Slight Errors: Solid technique and timing from most athletes, good height, correct form and placement, minor inconsistencies.	Excellent: Strong technique and timing from all athletes, consistent height and full extension, correct body position, complete synchronization, no visible errors.	

**JUMPS TOTAL
X 1.0 =**

Basic Jumps: Spread Eagle, Tuck
Advanced Jumps: Pike, Side Hurdler, Front Hurdler, Toe Touch, Double Nine, Around the World

TOTAL SCORE

STUNT GROUPS (ALL-GIRL AND COED)

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This division showcases a traditional stunt group of five female athletes (GROUP STUNT) or a coed stunt group with a base, flyer, and spotter (COED 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 to music.



ROUTINE TIME LIMIT

- 60 Seconds Music
- Time will begin when the music starts or the squad begins stunting.
- Music must be continuous from the start of the routine till the end.



DIVISIONS

- GROUP STUNT: Up to five female team members
- COED GROUP STUNT: up to three team members, one male/female couple plus one designated spotter.



GENERAL INFO

- All team members must be bona fide high school (**grades 9-12**) cheerleaders.
- Schools may enter up to two teams in Group Stunt. This can include two all girl teams, one all girl team and one coed team, or two coed teams. There may only be two teams in total per school.

STUNT GROUPS (ALL-GIRL AND COED)

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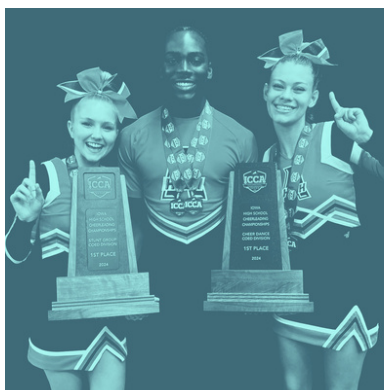
GENERAL INFO, CONT'D

- Teams must be all female in Divisions 1A - 4A. A single male on a team will move the team to the Coed Division for Group Stunt.
- Participants may only perform on one group stunt team.
- 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 or the flyer and spotter change positions during a Coed routine.
- 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.
- All team members must have at least 1 foot on the floor at the start of the music. Team members may not start the routine already in a stunt.
- There will be no leading of cheers or incorporation of jumps or dance.



SCORING INFORMATION

The following pages include all necessary information regarding scoring at The State Championships. Please read carefully and email askICCARules@gmail.com with questions or for clarification. It is the responsibility of each competing coach to fully understand the scoring rubrics and the abilities of their team.



STUNT GROUP

SCORING RUBRICS: ALL-GIRL



Judge's Initials _____

IOWA CHEERLEADING STATE CHAMPIONSHIPS

ALL-GIRL STUNT GROUP SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

TOSSES

DIFFICULTY						SCORE
0	2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	
No toss was performed	Straight ride toss	Single skill toss without twists (Ex. Toe touch basket)	Single skill toss with twists (Ex. full basket)	Multi-Skill toss without twists (Ex. ball X)	Multi-skill toss with twists	

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No tosses were performed	Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	
TOSSES X 0.5 =						

PARTNER STUNTS

DIFFICULTY						SCORE
0	2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	
No partner stunts were performed	Prep level stunts	Extended double leg stunts	Extended single leg stunts with at least one extended body position	Extended single leg stunts that include an advanced body position (heel stretch, scale, arabesque, etc.), at least one elite stunt, required full twist extended level dismount.	Extended single leg stunts that include an advanced body position (heel stretch, scale, arabesque, etc.), Multiple elite extended level stunts that include a full twist dismount (twist cradle, corkscrew to load, twisting prone or similar skill) from an extended advanced body position.	

EXECUTION

0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No partner stunts were performed	Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	
PARTNER STUNTS X 4 =						

OVERALL IMPRESSION

EXECUTION						SCORE
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0		
Limited Performance: Routine lacks structure and control. Multiple breaks, drops, or major timing issues. Pace is inconsistent or slow. Stunts are unstable or not completed. Performance lacks confidence and overall execution is unclear.	Below Average: Routine shows some structure but includes noticeable breaks or timing issues. Pace is inconsistent. Stunts are attempted but may lack control or completion. Performance is developing with inconsistent confidence.	Average: Routine is organized with minimal breaks. Pace is appropriate for most of the routine. Stunts are completed with general control. Timing is mostly consistent. Performance shows confidence with minor inconsistencies.	Above Average: Well-organized routine with strong pacing and flow. Stunts are completed with control and stability. Timing is consistent. Few to no breaks. Performance is confident and enhances overall execution.	Excellent: Routine is clean, controlled, and well-paced throughout. Stunts are consistently stable and completed with confidence. Timing is precise. No noticeable breaks. Performance is strong, polished, and elevates the overall routine.		

COMMENTS
OVERALL IMPRESSION
X 1 =

TOTAL SCORE

Elite stunts (include but not limited to): Full up to extended position, release moves that land in an extended position, tick lock variations, toss extended stunts, other unique stunts, and transitions of similar difficulty level.

STUNT GROUP

SCORING RUBRICS: COED



IOWA CHEERLEADING STATE CHAMPIONSHIPS COED STUNT GROUP SCORE SHEET

Judge's Initials _____

SCHOOL: _____ CLASS: _____ Total Athletes: _____

PARTNER STUNT ENTRIES/SKILLS

DIFFICULTY					
2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	SCORE
Assisted entry to chair, shoulder sit, or prep level stunts	Unassisted entry to chair, shoulder sit, or prep level stunts OR Assisted entry to press to extension	Unassisted entry to press to extension OR Assisted entry to extended double leg stunt OR Assisted entry to press to extended single leg stunt/single arm stunt	Unassisted press to extended liberty/single arm stunt (cupie) OR Unassisted entry to double leg stunt OR Assisted entry to extended liberty or single arm stunt (cupie)	Unassisted press to extended single leg stunt with flyer in elite body position OR Unassisted entry to extended liberty or single arm stunt (cupie)	

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	

PARTNER SKILLS X 2 = _____

PARTNER STUNT DISMOUNTS

DIFFICULTY					
2.5-2.9	3.0-3.4	3.5-3.9	4.0-4.4	4.5-5.0	SCORE
Assisted pop off	Unassisted pop off	Cradle (assist required) OR Assisted pop off w/ skill (twist, toe touch, etc in dismount)	Unassisted pop off with additional skill (twist, toe touch etc. in dismount)	Twist cradle (assist required) OR Connected inversion skill to the performing surface	

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Poor level of technique	Below Average Technique	Average Technique	Above Average Technique	High Level of Technique	

DISMOUNTS X 2 = _____

OVERALL IMPRESSION

EXECUTION					
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
Limited Performance: Routine lacks structure and control. Multiple breaks, drops, or major timing issues. Load-ins are unstable. Stunts are not completed or lack control. Performance lacks confidence and overall execution is inconsistent.	Below Average: Routine shows basic structure but includes noticeable breaks or timing issues. Load-ins are inconsistent. Stunts are attempted but may lack control or stability. Performance is developing with inconsistent confidence.	Average: Routine is organized with minimal breaks. Load-ins are generally controlled. Stunts are completed with overall stability. Timing is mostly consistent. Performance shows confidence with minor inconsistencies.	Above Average: Well-organized routine with strong pacing and flow. Load-ins are controlled and efficient. Stunts are completed with control and stability. Timing is consistent. Few to no breaks. Performance is confident and enhances overall execution.	Excellent: Routine is clean, controlled, and well-paced throughout. Load-ins are smooth and efficient. Stunts are consistently stable, extended, and completed with confidence. Timing is precise. No noticeable breaks. Performance is strong, polished, and elevates the overall routine.	

COMMENTS

2 POINT DEDUCTION _____

OVERALL
IMPRESSION X 1 = _____

TOTAL SCORE _____

Note: A TWO-POINT DEDUCTION will be assessed from the overall impression score for any team that uses the 3rd member for anything other than to ASSIST in entries or dismounts. [Spotter may not be a base at any point in routine.]

DEDUCTIONS & SAFETY VIOLATIONS

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The following point deductions will be used for ALL DIVISIONS at the Championships.

SKILL DEDUCTIONS

ATHLETE FALL: 0.25

- Falls and/or touch downs to the performing surface during tumbling and/or jump skills. Examples:
 - Hand, hands, or head touch down in tumbling or jumps
 - Knee or knees touch down in tumbling or jumps

BUILDING FALL: 0.75

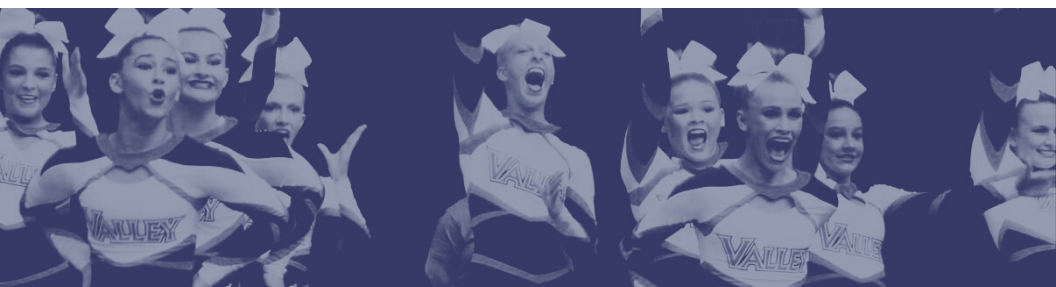
- Drops to a cradle and/or load in position from a stunt, pyramid and/or toss. Examples:
 - Base or spotter drops to the performance surface during a building skill
 - A lib falls to a cradle or load position from its intended position, but nobody in the stunt group, including the flyer, touches the floor.

MAJOR BUILDING FALL: 1.25

- Falls to the performing surface from a stunt, pyramid, or toss by the top person and/or bases/spotters. Examples:
 - Top person falls to the performing surface
 - Multiple bases and/or spotters fall to the performing surface
 - Top person lands on base and/or spotter who falls to the performing surface
 - Top person would have landed on performing surface if not caught by an ICCA spotter.

MAXIMUM STUNT DEDUCTION: 1.75

- When multiple deductions should be assessed during a stunt, toss (by a single group), or pyramid, then the sum of those deductions will not be greater than 1.75.



DEDUCTIONS & SAFETY VIOLATIONS, CONT'D

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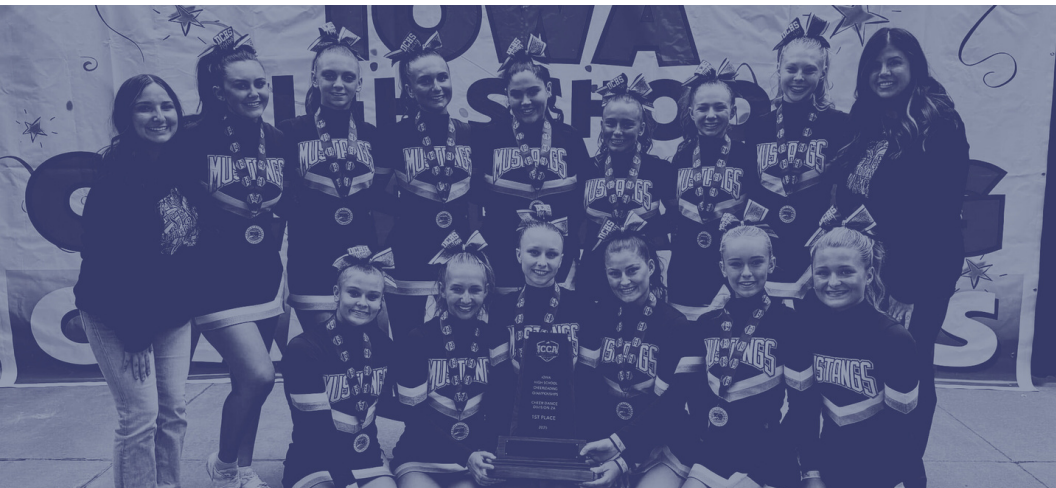
SAFETY VIOLATIONS

Please reference current National Federation Spirit Rules Book, ICCA/IHSAA Strengthened Rules, and ICCA Competition Rules

- 2 point deduction per rule infraction (maximum deduction - 5 points per rule.) There is no limit to the number of rules infractions.
- 1 point deduction for each occurrence of stepping on items on the mat (maximum deduction-5 points).
- 2 point deduction per Delay of Performance infraction
- Up to 5 point deduction or possible disqualification for inappropriate music, inappropriate choreography and/or unsportsmanlike conduct if the violation is found to be severe by ICCA officials and/or judges.

TIMING VIOLATIONS

- **EXCEED TIME LIMIT (1.0-5.0 seconds): .25 point penalty**
- **EXCEED TIME LIMIT (5.1-19.9 seconds): 1 point penalty**
- **EXCEED TIME LIMIT (20+ seconds): Team Disqualified**



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Consent for Treatment endorsed by the Iowa Chapter of the American Academy of Emergency Physicians.