IOWA HIGH SCHOOL
CHEERLEADING CHAMPIONSHIPS
November 7, 2026
Iowa State Fairgrounds, Des Moines

Jacobson Exhibition Center

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

ADMISSION: $10.00 ALL DAY
Tickets can be purchased by all non-participants at the west end of the Jacobson Center. Tickets may be purchased in advance at the following link: https://www.iowastatefairgrounds.org/event-calendar/2026-iowa-high-school-cheerleading-state-championships

APPAREL: The Online Store for State Championship apparel has closed but will reopen on November 9, 2026. There will be a limited amount of apparel available at the competition. If the item(s) of interest aren't available on site, they may be ordered through the online store until November 16, 2026, at 5:00 p.m.. Apparel that was pre-ordered will be available for pickup at the sales table.

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

AWARDS PRESENTATIONS:
Awards will be completed in as timely a manner as possible. Cheerleaders in a division will be called to the mat for awards. They will sit behind the taped off area as directed by ICCA officials. **If receiving a trophy, please send one coach and no more than two cheerleaders to accept it**. Please show good sportsmanship during this time.

ICCA will award trophies to the top five teams in each division in Cheer/Dance, 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.

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

BAGS: We are limiting bags to **one bag per team** in which a coach may carry team valuables; teams with over sixteen cheerleaders will be allowed to have two bags. (Cheerleaders are allowed a small sling bag, but those sling bags MUST fit in the TEAM bag.) No garbage bags are allowed. Do not bring in backpacks, pillows, blankets, stuffed animals, balloons, gift bags, etc. because there is no room for extra items, and teams will not be admitted with them. ICCA will not be responsible for lost or stolen items. While viewing the competition, the team bag(s) must be stowed under the seats in the arena, not on the seats or in the aisles.

Extra bags MUST be taken to cars, vans, or buses before entering Jacobson. There will be no admittance to Jacobson for teams with more than one bag (two for teams with other sixteen cheerleaders). **Coaches are allowed a purse or a personal backpack, if needed.**

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

BUZZER FOR THE GAME TIME SPIRIT DIVISION: ICCA will provide the buzzer sound for the Game Time Spirit Division. The buzzer at the start of the routine will start the judges' timing AND signal the team to begin. There will be no other buzzers during the routine. Cheerleaders will enter from the left (from the audience's perspective) and exit to the right. EXIT will be on the opposite side, the side with the announcer's table. Maximum time for the routine: 2 minutes.

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

CHANGING ROOM: Teams should arrive already dressed to compete. The only place available for changing is the restroom on the far west side of the 4H building. Bags must be placed in vans, buses or cars before entering Jacobson. Coaches may carry ONE TEAM bag. We understand the desire to check hair and makeup before performing, but as a courtesy to others please remind cheerleaders that they are not to congregate in restrooms; cheerleaders need to allow the public access to toilets, sinks, and hand dryers.

COACHING DURING PERFORMANCE: Coaches MUST remain AT the music table beside the mat throughout the routine and not distract judges by yelling; this includes crowd involvement cheers. Squads may receive a penalty if the performing school's coaches and/or other spectators "act out" the routine. Only two coaches are allowed at the music table during

their team's routine. An ICCA official will direct coaches to the music table. Extra coaches and alternates will proceed to the five minute seating area at this time.

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

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

- All cheerleaders must have at least one foot on the mat at the beginning of all Cheer Dance routines; routines may not begin in a stunt.
- Cheerleaders must walk or spirit quickly onto the mat or beside the mat to position themselves to begin their routine. All team spirit huddles, traditions, or other rituals must take place prior to entering the competition area. Cheerleaders are not to line up on the back of the mat before walking to their places. Alternates may not walk onto the mat.
- All teams need to exit the performance area immediately following their performance and should refrain from any type of excessive celebrations or organized exits. An ICCA official will guide where to go after exiting.
- Failure to enter and/or exit the performance area in a timely manner, coaches not remaining at the music table, and/or not having music queued may result in a Delay of Performance penalty.
- A team will not be penalized if a cheerleader accidentally steps off the mat, but will receive a 2 point deduction for intentionally going off the mat.
- A team will receive a 1 point deduction (for each occurrence) if a cheerleader accidentally steps on an item on the mat (poms, signs, etc.). However, if a cheerleader slips while stepping on an item, the team will receive a 2 point deduction. A maximum of 5 points will be deducted for accidentally stepping on items on the mat.
- Props: (See props listed later in this document.)
- Routines, including choreography, music selection, and outfitting of cheerleaders must be suitable for family viewing and listening. (Unsuitable choreography includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements, and signal, slapping, positioning of body parts and positioning to one another.) Music or words must be suitable for family listening which includes, but is not limited to, swear words and connotations or any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing them with sound effects or other words is inappropriate. Deductions will be given for inappropriateness in choreography, music selection, and cheerleader outfitting.

- **ALL TEAMS** must follow the championship rules specific to their divisions.
- Game Time Spirit teams are required to enter and exit as follows: Cheerleaders will ENTER from the RIGHT SIDE of the mat (when facing the audience.) EXIT will be on the opposite side, the side with the announcer's table and the LEFT SIDE when facing the audience.
- Game Time Spirit Teams will be allowed to go to the side of the mat (standing off the mat) and wait for the announcer to announce the team. Teams should wait for the buzzer to begin their routine. The timing for the School Fight Song begins with the first note of the song. Timing will conclude with the final word/motion of the school fight song.

All decisions made by the technical judges concerning the legality of stunts and/or any other component of a team's routine are final and not subject to review.

ENTRANCE ONTO MAT: Please enter in a quick fashion in all divisions. Standing at the back of the mat or waiting for team members to enter will invite a Delay of Performance penalty. Please instruct your cheerleaders to go to their starting position quickly. This includes the Game Time Spirit Division where the team should gather off to the side of the mat, ready for the buzzer to begin their official entrance.

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

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

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

Questions regarding judging and/or scoring can be directed to the Executive Director (not ICCA Board members) after November 9, 2026.

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

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

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

Music Royalties Compliance Forms should have been previously uploaded to the website. ICCA must have each team's music royalties paperwork on file or they will not be allowed to participate in the Championships.

PASS GATE TEAM CHECK-IN: The Team Pass Gate (signs will be posted outside the door) is in the northeast corner of The Jacobson Center with the check-in table inside. This entrance is for teams, athletic directors and bus drivers. **All** teams **MUST** check-in at the Pass Gate. **This is the only team pass gate.** Times to enter the pass gate are below. All teams from one school are considered one group.

PASS GATE SCHOOL TIMES WILL BE POSTED OCTOBER 30, 2026.

OTHER IMPORTANT PASS GATE INFORMATION:

- Only REGISTERED AND APPROVED coaches will be allowed in the pass gate and through the warm up process. Two coaches are allowed in free; two additional coaches are allowed to purchase a wristband for admission ($10 each). ALL COACHES must have completed the Online Rules Meeting and Concussion Training AND have paperwork submitted to the Executive Director/Ryzer system, to enter through the Team Pass Gate. There will be NO EXCHANGING TICKETS FOR WRISTBANDS. There will be NO EXCEPTIONS to this rule. **Only registered alternates in uniform will be allowed to enter through the pass gate.**
- **No children are admitted at the pass gate or allowed admittance with the team. This gate is for participants and coaches only.**

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

- **Completed Medical Forms for every cheerleader (including alternates)**
- **Music device and appropriate cords (if competing in Cheer/Dance or Stunt Group).**

ADDITIONAL INFORMATION:

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

PASS GATE WORKERS ENTRANCE: The pass gate is on the northeast doors of the Jacobson Center. This entrance is for bus drivers, ICCA workers, ICCA guests, and the press. Athletic directors and/or administrators will be admitted at the Pass Gate with an administration pass. Bus drivers and press will sign in then receive a wristband. No additional people can come through this gate.

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

PERFORMANCE MATS: The cheerleading competition mat is composed of seven strips measuring 42' wide x 42' long, and the velcro will run vertically or front to back. Teams may place signs, poms, and/or megaphones on the mat before their performance; if placed, these items **MUST BE USED** during their routine. In the Game Time Spirit division signs, poms and/or megaphones must be carried on to the mat by the cheerleaders as part of the performance and cleared as the team leaves (just like they would during a time out of a basketball game). No other items are allowed on the mats.

PHOTOS: For the use of the ICCA, all teams are REQUIRED to have their team photo taken by the event photographer in the warm up area prior to their performance. To help ease this process,

every cheerleader will fill out a picture form **upon** arriving at the Championships using iPads supplied by Tim McConnell.

There will be NO LIVE PHOTOGRAPHY offered this year.

No parents or personal cameras are allowed in the photography areas.

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

PROGRAMS: Remember your trip to the State Championships! Souvenir programs containing the performance order and pictures of last year's champions will be sold at the championships. Remind your fans and cheerleaders to purchase this memento for the day's time schedule and for their scrapbooks. Programs are $3.00 each. (Coaches will receive one complimentary program per school at the Team Pass Gate.)

PROPS (ICCA Championship Rules): Only signs, megaphones, and poms are allowed and must have words or symbols associated with school spirit. For example: "Go-Fight-Win" or school colors. Signs cannot be used in a theatrical manner (e.g., in the shape of a guitar, people, etc.). Props (and other items) cannot just "decorate" the floor or be used as markers only. Cheerleaders may NOT break through a sign. Signs are only used to lead cheers. Cheer Dance division: Props must be at least partially positioned on the mat; reaching off the mat will result in a 1 point deduction. Props may be discarded off the mats as long as the National Federation rules for discarding props are followed.

ROUTINE LENGTH AND TIMING: The maximum routine length for the Cheer/Dance division**s** is two and one-half minutes (2 ½). The Game Time Spirit division has a two-minute maximum. In the Stunt Group division, the maximum routine length is one minute.
Timing is by hand held stopwatches; there are two watches on every routine and music section, and the lowest times are used. Coaches are strongly advised to create routines and mix music that will finish a few seconds under the time limit.
NEW FOR 2026: Exceed Time Limit – 1.0 to 5.0 seconds = 0.25 point penalty
Exceed Time Limit – 5.1 to 19.9 seconds = 1 point penalty
Exceed Time Limit – 20+ seconds = Team Disqualification

Music is 90 seconds maximum for the Cheer/Dance divisions. Music is 60 seconds maximum for the Stunt Group and Game Time Spirit divisions.

Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced. Timing will end when the squad comes to a standstill or stationary position. Timing for the Game Time Spirit Division will begin with the "time out" buzzer. Timing of the School Fight Song begins with the first note of the song. Timing concludes with the final word/motion made by the squad.

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

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

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

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

SPECTATOR SEATING DURING TEAM PERFORMANCE: FIVE minute seating is reserved for fans of the CURRENT PERFORMING TEAM ONLY during Cheer/Dance and Game Time Spirit! Fans MUST keep the aisle clear for the videographer and may not move chairs into the aisles. We ask fans to be considerate and follow requests of ICCA officials supervising this area. The area will be cleared after every team performs during Cheer/Dance and Game Time Spirit. Coaches – please make this information available to your fans and understand that these policies are set in place to help make this experience good for all the cheerleaders and fans! **There is NO 5 minute seating for Stunt Groups.** Be considerate of each other and let fans watch their team, then leave the area for the next team. Please respect fans from other schools as they cheer for their team. Ask fans to move out of the area after your team performs.

Prior to awards, the first two rows of on the floor seating will be cleared for participating coaches. Please advise your fans of this so they understand they will need to move.

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

Participating cheerleaders, their coaches, and fans are expected to be good sports at all times, which means supporting not only their school but **all participating schools**. This includes supporting cheerleaders/squads in a manner that is appropriate, rather than reactive where a negative implication may occur. Cheerleaders, coaches, and fans are expected to be respectful to

ICCA officials, workers, and each other. An unsporting act **may** result in a rules violation as sportsmanship is one of the National Federation Spirit Rules (2-2-1). If a violation is considered severe by judges or ICCA officials, a deduction of up to 5 points or disqualification may occur. The ICCA has adopted and will follow the IHSAA expectations of conduct of spectators, participants, and coaches. Any person violating these expectations will be asked to leave the premises. This includes the IHSAA rules of *no signs, noise makers, or bare chests* in the *spectator crowd.*

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

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

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

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

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

TIES: In case of ties in any division, the following scores will be used as tie breakers:

Criteria A: Motion Technique Execution
Criteria B: Motion Technique Difficulty
Criteria C: Jump Execution
Criteria D: Jump Difficulty

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).

All Cheer Dance divisions (1A, 2A, 3A, 4A, and Coed) will use the same scoring rubric.

TIMES: The doors will open to the public at 7:30 AM. The morning session will include 1A and 2A Game Time Spirit, Group Stunt, and Cheer Dance divisions. Coed, 3A and 4A Game Time Spirit, Group Stunt, and Cheer Dance divisions will perform in the afternoon. Awards will follow the morning session and the afternoon session.

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

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

VIDEOTAPING: All performances will be recorded and the video rights of the championships rests solely with the ICCA and the video contractor. Coaches will have the option to purchase video downloads via AHV Productions. More information will be made available on the website and on the day of the competition.

Reminder, the recording and distribution of copyrighted material is prohibited by the U.S. Copyright Law.

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

Water fountains and restrooms are available on each side of the area at the Jacobson Building entrance (Safety Check and Team Entrance Check-in). Coaches are responsible to see that their team gets the rest and water that they need to be at peak performance. Teams are not required to use all of the warm up time. There will be water in Jacobson for teams to grab a quick drink after their warm up, but it will be in small portions. We will not hold the competition so your team can have water. Warm up should not be so strenuous that large amounts of water are necessary. Water will also be available at the end of the performance. Please ask your teams to dispose of cups when done. After the performance, teams should put on their new wristbands.

Water fountains are available in the main lobby of Jacobson.

Be sure to review ALL information with your team.

PERFORMANCE VENUE JACOBSON CENTER

WARM UP CHECK IN for STUNT GROUP AND GAME TIME SPIRIT:

- **Report for Warm Up:** Cheerleaders are asked to report to the northeast corner (between the Team Pass Gate and the main arena)/Station 1 approximately five minutes ***before*** **the team's official safety check and warm up time.** Teams should be prepared for the safety check when reporting to Station 1. DO NOT bring cheerleaders to the Station 1 entrance more than five minutes ahead. DO NOT enter through the doors on your own. Please wait for an ICCA staff person before entering. Upon entering the doors, teams will immediately move to the photo area. If your team arrives late, time spent doing photos or using stretch mats will be sacrificed.
- **Station 1 - Pictures:** All teams are required to have their picture taken for ICCA records. Photos will be available for order the same day!
- **Station 2 – Stretching & Wait:** There may be a short wait between photos and safety check. Teams may use the space available to stretch, but no mats will be provided. This area is not timed. In order to follow the designated time schedule, ICCA has the right to move a team directly to safety check. It is recommended that teams do preliminary stretching before the warm up process begins.
- **Station 3 - Safety Check:** A safety check of the National Federation safety rules is required of all cheerleaders, including alternates. THIS IS THE OFFICIAL START TIME OF THE WARM UP SEQUENCE. Violations will result in 2 point deductions for each infraction.
- **Station 4** - Cross to 4H Building. You will be checked off by an ICCA official as you exit to the other building for warm up. You will also be checked in by ICCA officials as you enter the 4H Building. (This is to maintain the proper team order.)
- **Station 5 – Jumps/Tumbling Warm Up Mat (2 strips + 1 strip):** Teams will be called to the first of two skills warm up areas by an ICCA official. Teams will have 3 minutes to warm up skills on a section of three mats (separated for jumps and tumbling); coaches may choose which skills they warm up on the mat. There is no stunting allowed at this station. You may have to share these mats with other teams, so please be courteous.
    - **Station 6 – Full Routine Warm Up Mat:** Teams will be called to a full-size competition mat by an ICCA official for full routine warm up. Teams will have 6 minutes to warm up their routine on this mat. Time on this mat is limited, so teams should utilize the warm up time on the other mats wisely. A small sound system for stunt groups will be available for music. Please connect with your own cords. Please understand that if your music doesn't work, it might not be the fault of the system; do not become upset with the station monitors. It is the responsibility of the coach to bring a connecting cord(s) to hook into their device. Available cords are not guaranteed to work with your device. It is the coaches' responsibility to manage the warm-up time as the coach will only be warned when one minute remains on the mat. You will be directed to return to Jacobson by an ICCA official. Do not come back over until you are told to do so.
    - **Station 7** - Return to Jacobson. You will bring your team back to the Jacobson Building to wait for performance. You will be directed to the holding area by an ICCA official when you enter the building.

- **Holding Area:** Depending upon the flow of the competition, your team will be taken to a hall between the back of the event area and the main arena.
- **In the Hole and On Deck:** Teams will enter this area and wait to be announced to perform: In the Hole (moves to On Deck) and On Deck (next to perform). An ICCA official will answer questions and assist teams immediately preceding their performance. Coaches and alternates will be told when to leave and go to the emcee/music table at the front of the mat (two coaches) and five minute seating (extra coaches and alternates). Water will be available in this area. Please see that cups are disposed of properly.
- **Performance:** Please discuss the team's entrance to the performance mat (see Competition Rules) to avoid a Delay of Performance penalty. Coaches are required to stay at the table with the sound technician during their team's performance.
- **Debriefing:** Following a team's performance, the team will exit the back of the mat on the opposite (right) side from the entrance. **An ICCA official will lead the team** to a debriefing area (small hallway) where coaches will join them. Cheerleaders will need to put on new wristbands before leaving the area to meet fans. Cheerleaders and coaches will be able to watch their performance shortly after completion in the back of Jacobson. AHV Productions will be set up for immediate viewing. (There will not be a Meet and Greet viewing area in the west lobby of Jacobson.) Water will be available in this area. Please dispose of cups properly.

WARM UP CHECK-IN for CHEER DANCE:

- **Report for Warm Up:** Cheerleaders are asked to report to the northeast corner (between the Team Pass Gate and the main arena)/Station 1 approximately five minutes ***before*** **the team's official safety check and warm up time.** Teams should be prepared for the safety check when reporting to Station 1. DO NOT bring cheerleaders to the Station 1 entrance more than five minutes ahead. DO NOT enter through the doors on your own. Please wait for an ICCA staff person before entering. Upon entering the doors, teams will immediately move to the photo area. If your team arrives late, time spent doing photos or using stretch mats will be sacrificed.
- **Station 1 - Pictures:** All teams are required to have their picture taken for ICCA records. Photos will be available for order the same day!
- **Station 2 – Stretching & Wait:** There may be a short wait between photos and safety check. Teams may use the space available to stretch, but no mats will be provided. This area is not timed. In order to follow the designated time schedule, ICCA has the right to move a team directly to safety check. It is recommended that teams do preliminary stretching before the warm up process begins.
- **Station 3 - Safety Check:** A safety check of the National Federation safety rules is required of all cheerleaders, including alternates. THIS IS THE OFFICIAL START TIME OF THE WARM UP SEQUENCE. Violations will result in 2-point deductions for each infraction.
- **Station 4** - Cross to 4H Building. You will be checked off by an ICCA official as you exit to the other building for warm up. You will also be checked in by ICCA officials as you enter the 4H Building. (This is to maintain the proper team order.)

- **Station 5 – Jumps/Tumbling Warm Up Mat (2 strips + 1 strip):** Teams will be called to the first of two skills warm up areas by an ICCA official. Teams will have 3 minutes to warm up skills on a section of three mats (separated for jumps and tumbling); coaches may choose which skills they warm up on the mat. There is no stunting allowed at this station. You may have to share these mats with other teams, so please be courteous.
- **Station 6 – Full Routine Warm Up Mat:** Teams will be called to a full-size competition mat by an ICCA official for full routine warm up. Teams will have ten minutes to warm up any skills they wish on a full size mat. Teams will have 10 minutes to warm up their routine on this mat. Time on this mat is limited, so teams should utilize the warm up time on the other mats wisely. A small sound system will be available for music. Please connect with your own cords. Please understand that if your music doesn't work, it might not be the fault of the system; do not become upset with the station monitors. It is the responsibility of the coach to bring a connecting cord(s) to hook into their device. Available cords are not guaranteed to work with your device. It is the coaches' responsibility to manage the warm-up time as the coach will only be warned when one minute remains on the mat. You will be directed to return to Jacobson by an ICCA official. Do not come back over until you are told to do so.
- **Station 7** - Return to Jacobson. You will bring your team back to the Jacobson Building to wait for performance. You will be directed to the holding area by an ICCA official when you enter the building.
    - **Holding Area:** Depending upon the flow of the competition, your team will be taken to a hall between the back of the event area and the main arena.
- **In the Hole and On Deck:** Teams will enter this area and wait to be announced to perform: In the Hole (moves to On Deck) and On Deck (next to perform). An ICCA official will answer questions and assist teams immediately preceding their performance. Coaches and alternates will be told when to leave and go to the emcee/music table at the front of the mat (two coaches) and five minute seating (extra coaches and alternates). Water will be available in this area. Please see that cups are disposed of properly.
- **Performance:** Please discuss the team's entrance to the performance mat (see Competition Rules) to avoid a Delay of Performance penalty. Coaches are required to stay at the table with the sound technician during their team's performance.
- **Debriefing:** Following a team's performance, the team will exit the back of the mat on the opposite (right) side from the entrance. **An ICCA official will lead the team** to a debriefing area (small hallway) where coaches will join them. Cheerleaders will need to put on new wristbands before leaving the area to meet fans. Cheerleaders and coaches will be able to watch their performance shortly after completion in the back of Jacobson. AHV Productions will be set up for immediate viewing. (There will not be a Meet and Greet viewing area in the west lobby of Jacobson.) Water will be available in this area. Please dispose of cups properly.

Coaches, we encourage you to familiarize yourself with this information and share pertinent information with participants and your school's spectators. If you have remaining questions, please contact the Executive Director:

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