

ICCA Fall Packet Information Index 2015-2016

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ICCA Calendar for the 2015-2016 School Year

August, 2015: ICCA Free Fall Clinics

NC - Mason City, August 29
NE – Manchester, August 8
NW - Storm Lake, August 22
SC - Ames, August 22
SE - Tiffin, August 22
SW - Shenandoah, August 29

August 3 - August 27, 2015: Online Rules Meeting

****ALL COACHES and choreographers MUST complete the AUGUST ONLINE RULES MEETING to participate in ICCA EVENTS. The winter rules meeting will not be accepted for State, All-State, and Honor Squad registrations.**

August 10, 2015: ICCA Fall Event Registration Opens

September 25, 2015: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Championship, Honor Squad (no other type of registration is allowed)

October 1, 2015: **Deadline for mailing entry fees** for ICCA Event Registrations

October 17 & 18, 2015: All State Tryouts, Ames

October 18, 2015: Shrine Bowl Tryouts, Za-Ga-Zig Temple, Altoona

October 26 – November 30, 2015: Winter Online Rules Meeting (not accepted for fall event registrations)

November, 7, 2015: State Championships, State Fairgrounds, Des Moines

November 15, 2014: Honor Squad Practice, Ames

November 19, 2015: Honor Squad Practice, UNI, Cedar Falls

November 20, 2015: Honor Squad Performance, UNI Dome, Cedar Falls

December 6, 2015: All State Practice, Ames

January 10, 2016: All State Practice, Ames

January 15, 2016: Deadline for Iowa All-Stars video tryout

February 1, 2016: ICCA Scholarship application deadline

February 7, 2016: All State practice, Ames

February 17 - 20, 2016: State Wrestling Dual & Individual Tournaments, Wells Fargo Arena, Des Moines

February 28, 2016: All State Practice, Ames

March 6, 2016: All State Practice, makeup practice, Ames

March 7 - 12, 2016: Boys' State Basketball, Wells Fargo Arena, Des Moines

March 10, 2016: All-State Practice, Ames

March 11, 2016: All State Performance, Wells Fargo Arena, Des Moines

March 25 - 26, 2016: Iowa All-Stars, Dallas Center-Grimes High School

April 8 - 9, 2016: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona

May, 2016: Special Olympics, ISU, Ames

July, 2016: Shrine Bowl, UNI, Cedar Falls

Using the National Federation Spirit Rules Book

Below are some helpful hints for using the National Federation Spirit Rules Book to find information more easily. **ALL specifics in each rule and/or exception must be followed in order to be legal.** Refer to the Index in the back of the book to find the exact rule references.

Rule 1 – Definitions

This rule has definitions for various terms used in the rules book. It's a good place to look for descriptions of various skills, dismounts, inversions, and other positions. For example, if a rule says that the top person can't be inverted, the definition for an inverted position is "shoulders are below the waist."

Rule 2 – General Risk Management

Section 1 – General

This section deals with general rule information such as coach's responsibility if team member is not following the NFHS rules, spirit team participation, performance surfaces, discarding props, gum and candy, stunting/tumbling during games, artificial noisemakers, blood situations, concussions, and reasonable accommodations.

Section 2 – Sportsmanship

This section lists unsporting acts and the use of substances while representing the school.

Section 3 – Cheerleader Apparel/Accessories

This section addresses the rules for jewelry, fingernails, hair, appropriate apparel and accessories including shoes, mascots, glitter, supports/braces, and logos/trademarks/American flags on uniforms.

Section 4 – Stunting Personnel

This section deals with the rules specific to bases, spotters, bracers, and top persons, including required spotters for stunts.

Section 5 – Inversions

This rule section covers the rules for situations when a top person is inverted, such as suspended rolls, braced inversions in pyramids that do not flip or roll, braced flips or rolls in pyramids, and all other types of inversions including dismounts from inverted stunts.

Section 6 – Non-Release Stunts

This section addresses all non-release stunts, stunts where the top person is not released – height limitations, moving over or under, braced stunt and pyramid, moving from a vertical to horizontal position, hanging pyramid, and non-release transition.

Section 7 – Release Stunts/Tosses

This section deals with all stunts and tosses where the top person is released – release stunts and tosses, quick tosses, release transitions, helicopters, log rolls, released horizontal top person.

Section 8 – Suspended Stunts

This section covers non-braced and braced suspended splits and swinging stunts.

Section 9 – Dismounts

This section addresses dismounts from stunts, such as dismounts to the performing surface, cradle dismounts from single and multi-base stunts, twists to cradle or the performing surface, dismounts to catchers who are not the original bases, and bracer-

assisted cradle dismounts.

Section 10 – Tumbling

This section deals with tumbling skills, such as moving over/under a stunt/person/prop, holding props, dive roll (illegal), flip into a partner stunt or cradle (illegal), flip on the performing surface, surface restrictions, and entrance to kip-up skills.

Section 11 – Drops

This section addresses drops, such as thighs/splits/knees/seat drops, drops to push-up position, falling directly to stomach or back, and handspring/flip over to any drop.

Rule 3 – Dance/Drill/Pom Risk Management

This section deals with rules specific to dance/drill/pom which may cover situations more specific to these areas. However, teams standing on boxes during football games must follow all rules pertaining to Section 2, Section 3, and Section 4.

Photographs

The photographs of stunts show both legal and illegal stunts, which can be beneficial in helping coaches better understand the rules.

Points of Emphasis

The Points of Emphasis are very important for the coaches to read and understand. These points emphasize areas of concern not only for the safety of cheerleaders, but also for the liability protection of coaches and schools.

Index

The index can be useful for directing coaches to the correct rule, section, and article. If a coach is looking for rules concerning helicopters, the coach would first look for release stunts since the top person in a helicopter is released. Under Release Stunts, the helicopter rule, section, and article is indicated so the coach can easily turn to that specific rule.

ICCA/IHSAA STRENGTHENED NATIONAL FEDERATION SPIRIT RULES

The Iowa Cheerleading Coaches' Association and the Iowa High School Athletic Association have chosen to strengthen some of the NFHS Spirit Rules for cheerleaders in Iowa.

- NFHS Spirit Rule 2-3-2: "Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants." **ICCA/IHSAA addition:** "All nails, including artificial nails, must be cut to a length so that the nail is not visible when the cheerleader holds up her/his hands from the palm side. This is what is considered safe."
- NFHS Spirit Rule 2-3-3: "The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity." **ICCA/IHSAA addition:** "All cheerleaders' hair must be pulled away from the face and off the shoulders: i.e. ponytail. This would be for both stunting and non-stunting squads. Ribbons may not have large or hard objects (including sequins of any size) sewed or glued onto ribbons."
- NFHS Spirit Rule 2-3-7: "Glitter that does not readily adhere on the hair, face, uniform, costume, or the body is illegal. Glitter may be used on signs, props, or backdrops if laminated or sealed." **ICCA/IHSAA addition:** "No spray on/roll on/lotion glitter. Glitter in eye shadow should be minimal."
- All briefs should be devoid of any markings including but not limited to sequins, metallics, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits/spandex/briefs. If school uniforms are black with yellow striping, the briefs should be black. The only time the briefs should be the striping color rather than the main uniform color is when the main uniform color is white. Black briefs are allowed as an alternative, neutral color.
- Teams shall wear official school issued uniforms (including warm ups) that are of similar color and/or marking. Uniforms should be in solid school colors, not patterned (like animal prints, floral, etc.); they should not have rhinestones or sequins on them. No performance shorts are allowed.
- All uniforms, including footwear, must be in compliance with the NFHS Spirit Rules Book.

NOTE: These rules will be in effect for **ALL** Iowa school (grades 7-12) events, including practices, pep rallies, performances, games, meets, tournaments, competitions, and all other events in which school cheerleaders participate.

CLARIFYING THE HAIR RULE FOR CHEERLEADERS

SECURING hair away from the face situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – legal
2. Hair in a high ponytail that is long and goes down the back – legal
3. Hair in pigtails or side ponytail that does NOT touch the shoulders – legal
4. Hair in a low back ponytail at the base of the nape of the neck – legal
5. Short hair with hair that could be in face secured away – legal
6. Hair in a ponytail that's lying on or over the front of the shoulder – illegal
7. Hair in a side ponytail that goes onto or touches the shoulders – illegal
8. Hair in pigtails that touches the shoulders – illegal
9. Short hair that brushes the tops of the shoulders – illegal

NOTE: For State Wrestling, cheerleaders must not have hair covering any part of their ears. This is to make it easier for monitors to check for jewelry and plugs as cheerleaders travel back and forth between the stands and the mats.

Bangs pulled across forehead, wispies, and chunks of hair beside face:

1. The above - out of eyes and if necessary soundly secured away from the face – legal
2. Hair that falls into the face while cheering, stunting, or tumbling – illegal
3. How do you know if it is legal? If you have to:
 - a. Move your head to move it away from your face – illegal
 - b. Use your hand to move it away from your face – illegal
 - c. Tuck it behind your ears – illegal

Accessories:

1. A few small rhinestones punched into a bow or headband – legal
2. Headbands and bows with **small, flat** items sewn on – legal
3. Flat clips or bobby pins – legal
4. Headbands and bows with sequins or other items (any size) glued on – illegal
5. Large items on headbands or bows sewed on – illegal
6. Bows touching the face area including the forehead – illegal
7. Alligator type clips, including those on bows or other items – illegal
8. The plastic hair bump-it, bun sock, or anything under the hair to lift it up – illegal
9. Hair interwoven with beads – illegal
10. Flowers, feathers, etc. in the hair – illegal

If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is not secured and probably ILLEGAL.

Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.

CHEER UNIFORM REQUIREMENTS ALONG WITH RECOMMENDATIONS INTENDED FOR AN ATHLETIC IMAGE FOR HIGH SCHOOL CHEERLEADERS

After receiving questions from coaches on uniform selection, plus comments from administrators and officials about appropriate uniforms, we investigated information and have developed recommendations to help clarify this issue. We hope that coaches follow these recommendations when selecting uniforms and accessories. Our goal is for high school cheerleaders to wear uniforms and accessories appropriate for depicting an All-American image both for student-athletes of high school age and the high school educational environment with cheerleaders displaying an overall appearance conducive to serving as public representatives and ambassadors of their school.

Uniform/accessory guidelines that are a National Federation or ICCA/IHSAA rule are marked by an asterisk (*). Cheerleaders are required to follow these rules.

OVERALL

- Appropriate for high school student-athletes
- All-Star and dance uniform/costume performance styles are not appropriate
- Portrays a natural looking, positive, tasteful, and wholesome image
- No risqué or sexually provocative looking uniforms or garments
- *No rhinestones, sequins, or bling on uniforms, warm ups, briefs, shoes, etc.
- *Must wear school issued uniforms that follow requirements/guidelines – solid school colors, not patterned (animal prints, floral, etc.)

Note: See definition of official school issued uniform below.

FEMALE CHEER TOPS

- *Standard shell top covering midriff when standing at attention
- Athletic looking tops (no one shoulder or off the shoulder tops)
- Modest necklines – no low cut tops
- No excessively bare or backless style tops
- Tops with crossing straps in back and/or cutouts should have a liner underneath
- All long liners should be tucked in and may not hang out under cheer tops
- *Follows overall requirements and recommendations listed above

FEMALE CHEER SKIRTS

- Balanced look between tops and skirts
- No excessively short or tight skirts – cheerleaders should not be constantly pulling down skirts
- Must fully cover hips, briefs, and shorts and should be long enough to be modest
- Should not just cover the cheek area and should be long enough to be modest
- *No pants or shorts, including cheerleading pants and performance shorts
- No low rise or rolled waistbands
- *No undone skirts
- Wrestling skirts – select a tri-pleat or slit for sitting mat side – straight skirts ride up and expose the brief area
- *Follows overall requirements and recommendations listed above

CHEER WARM UPS

- *Must be an actual warm up constructed for cheerleading.
- *Cheerleaders may not wear yoga pants, leggings, etc. as cheerleading warm ups.
- *Warm ups may not be worn while cheering inside (basketball and wrestling).
- *Baggy and/or slick, slippery warm ups may not be worn while stunting.

- *Follows overall requirements and recommendations listed above

CHEER BRIEFS

- *Must be solid colored and same color as main uniform color
- *Contrasting school color on uniform may be used if uniform is white
- *Black briefs are allowed as an alternative, neutral color
- *No silver or white briefs
- *No metallic, sequined, rhinestone, or other bling
- *No markings are allowed, including but not limited to prints, words, symbols, etc.

MALE CHEER TOPS

- Must be full torso length when standing at attention
- Must be short or long sleeves
- * Follows overall requirements and recommendations listed above

MALE CHEER BOTTOMS

- Must be full length pants covering waist to feet or shorts which fall no higher than mid-thigh
- * Follows overall requirements and recommendations listed above

CHEER FOOTWEAR

- *Athletic shoes appropriate for cheerleading – specifically created for cheerleaders
- *No canvas shoes, sneakers, gymnastic shoes, wrestling shoes, dance shoes, casual shoes, etc.

DEFINITION OF SCHOOL ISSUED UNIFORM

The ICCA definition of an official school issued uniform for high school cheerleaders is a combination of skirt, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading. This includes tops, skirts, and cheerleading warm ups. Pants (including yoga pants), leggings, shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. There may be an exception for T-shirts if two schools have recently consolidated, but this would be rare.

APPROPRIATE CHEERLEADING SHOES

The National Federation Spirit Rule 2-3-4 states that “Apparel and accessories must be appropriate for the activity involved. Cheerleaders must wear athletic shoes.”

All cheerleaders, including wrestling cheerleaders, must wear shoes actually designed for cheerleading. Even though some shoes look like tennis shoes, they are not legal if they aren’t cheerleading shoes. Not all cheerleading shoes are made the same, so it’s important for coaches to check out shoes before ordering them. This could (and should) involve actually putting on the shoes and jogging and jumping in them so you can feel the shoe’s flexibility, cushioning, and support.

ICCA Membership Benefits

NEWSLETTER - The ICCA Newsletter will be emailed to members four times a year (August, November, February, and May) and offers current information about events and situations that involve cheerleaders and their coaches. Composed of articles submitted by Board and Rep Council members, the ICCA newsletter is free of advertising so the focus can be on information for the ICCA membership.

COACHES' CONFERENCE - This annual conference is held in late March or early April. It offers many great speakers, and sessions to help coaches gain more knowledge in coaching their cheerleaders, and offers National Federation Coaches' Training Courses. This is also a great place to network with other coaches.

AWARDS – ICCA gives several awards annually including Coach of the Year, Lifetime Achievement, Athletic Director/Administrator, Contributor of the Year, Years of Service, Friend of Cheerleading, and Sportsmanship.

FREE CLINICS - There are several free clinics held all over the state every August that are free for ICCA member coaches and their cheerleaders. Cheers, chants, jumps, and dances are taught at the clinics. Please notify your district rep if your school will be attending.

SCHOLARSHIPS - The ICCA proudly awards scholarships each year to graduating high school seniors. ICCA members may nominate cheerleaders from their own squads; each nominee must have a minimum of a 3.5 GPA. A team of judges outside of Iowa choose the winners based on recommendations and essays. Scholarships are also awarded at Honor Squad, State Championships, All-State, All-Stars, and Shrine Bowl.

HONOR SQUAD - The Iowa Cheer Honor Squad is a special squad sponsored by the ICCA and the IHSAA. Each ICCA member coach is allowed to nominate up to three varsity cheerleaders who are juniors and/or seniors. Criteria for choosing the cheerleaders is completely up to the coach. Up to 200 cheerleaders can be chosen for this squad. This squad performs their routine at the IHSAA State Football Championships in the UNI Dome.

ALL-STATE SQUAD - The Iowa All-State Cheerleading Squad is an ICCA/IHSAA sponsored select team. Any varsity cheerleader of an ICCA member can try out for the team. Tryouts are held in October, and a team of 20-45 of Iowa's best cheerleaders is chosen. The team comes together and performs during half time of three of the Friday games during the IHSAA Boys' State Basketball Tournament.

STATE CHAMPIONSHIPS - The State Championships are another ICCA and IHSAA sponsored event. This is a chance for high school cheer teams to compete against other teams around the state. Cheerleaders who compete must be bona fide high school cheerleaders. Championship Divisions include: Cheer/Dance for 1A, 2A, 3A, 4A, and Coed; Group Stunt for 1A, 2A, 3A, 4A, and Coed; and the Time Out Cheer Division for Small and Large Schools. The Championships are held in November at the Jacobson Exhibition Center and VI Building at the State Fairgrounds in Des Moines. Outstanding squads are also asked to perform at the Boys' State Basketball Tournament in March.

ALL-STARS - The ICCA, in conjunction with the Iowa Basketball Coaches Association (IBCA), offers an opportunity for the best junior and senior cheerleaders in Iowa to come together to cheer for the Iowa All-Star basketball teams at their event held in March. Tryouts are completed by sending in a video with a short cheer incorporating strong motions, a short dance, and toe touch.

SHRINE BOWL - The ICCA partners with the Iowa Shriners at UNI in late July for the Shriner football game. They learn a choreographed routine and various cheers which are performed during the Shrine football game on Saturday. The cheerleaders, as well as the football players, are able to participate in the many wonderful activities hosted by the Shriners that week.

SPECIAL OLYMPICS - The cheerleaders go to Ames to learn a routine the morning of the Special Olympics Opening Ceremonies. The cheerleaders then hold a cheer clinic for the Special Olympic athletes in the afternoon. In the evening, the cheerleaders perform the routine during the Opening Ceremonies held at Hilton Coliseum.

WEBSITE - ICCA has a website with information regarding ICCA events and general cheerleading information. To view this website, please go to www.iowacheercoaches.org.

READ BEFORE REGISTERING FOR ICCA MEMBERSHIP AND EVENTS

TO BECOME an ICCA MEMBER AND REGISTER FOR ICCA EVENTS

To register for ICCA membership and any ICCA event (All-State Tryouts, State Championships, and/or Honor Squad) go to www.iowacheercoaches.org and click on the button "Register for ICCA Events."

ONLINE REGISTRATION for ALL EVENTS: In this mailing there is a page entitled - FOLLOW THESE STEPS TO REGISTER FOR ICCA EVENTS. It is step-by-step information to assist coaches with the online registration process. Complete the online registration forms for each ICCA event that applies. Please double check for errors as the ICCA is NOT RESPONSIBLE for registration mistakes. It is easiest to register for all events at once. If you receive a red registration error message, please correct the error before submitting as all information is needed. **ONE HEAD COACH ONLY** must register for **ALL** ICCA events in which their school wishes to participate.

NOTE: Alternates for the State Championships are \$15 each. Only register alternates you wish to go through the warm up process.

REGISTER EARLY! A coach can make changes until midnight on Friday, September 25. Please be aware that this might change the amount of fees owed. Once fees have been received/mailed we ask that coaches do NOT make changes. Please notify ICCA if it becomes necessary to make any changes after September 25.

NOTE: Coaches please **plan ahead** so checks for fees and State Championship T-shirts can be written and issued in a timely fashion. **Many schools must have fees approved at their monthly school board meeting before checks are issued.** Submit the fee information from the Online Registration to the business office for approval so no late fees are incurred. **The early August 10th opening for registration should allow schools to submit fees for payment by the October 1 mailing deadline. It is the coach's responsibility to send the correct fees, and required forms and paperwork in ONE packet.**

The ICCA is not responsible for coaches who wait until the last minute to complete the rules meeting, concussion training, registration forms, or to request checks from the school business office. This is a coach issue and not an emergency situation for the ICCA to handle. **NO LATE REGISTRATIONS WILL BE ACCEPTED.**

AFTER REGISTRATION: RUN OFF MEDICAL FORMS. Each cheerleader's parent/guardian must fill out a medical form and return it to the coach. Coaches **MUST** bring a completed Medical Release Form for each cheerleader to **EVERY ICCA practice and/or event**. This form is included in the fall mailing and also available on the ICCA website. **DO NOT mail these forms.**

Errors in registration will cost \$50 each. Double check all information and fees!

TO BECOME an ICCA MEMBER ONLY

Go to www.iowacheercoaches.org and click on the button for registration. Follow the prompts and fill out **ALL** information. Print the membership summary and turn in to your business office.

Fees should be sent to ICCA/JoEllen Wesselmann, P.O. Box 207, Huxley, IA 50124.

Coaches are not official ICCA members until registration is completed online AND payment has been received.

NOTE: From August 10-September 25, individual memberships will be completed through event registration.

FOLLOW THESE STEPS TO REGISTER FOR ICCA EVENTS

Failure to follow these steps will result in a \$50 penalty for each error and/or late entries.

REGISTRATION DEADLINES

- **Online Rules Meeting** – 2015-16 completion certificate hard copy (Available August 3 - August 27 only) – certificate must have your name and date meeting completed
- **Concussion Training** – 2015 completion certificate hard copy (Link available NOW on the ICCA and IHSA websites) – certificate must have your name and date meeting completed
- **Online Registrations: Opens Monday, August 10 and closes Friday, September 25**
- **ALL** required forms and fees (**including T-shirts**) –postmarked by U.S. Post Office **by Thursday, October 1**

Before logging on to complete registrations, you must have the following information available:

- School address and phone number
 - All coaches' cell and work numbers, and email addresses
 - Athletic director's and principal's names and phone numbers
 - Dates head and assistant coaches completed the online rules meeting
 - Dates head and assistant coaches completed the online concussion video training
 - All cheerleader names for State Championships, All-State tryouts, and Honor Squad
 - State Championship divisions your school is entering (note division changes for 2015)
 - Date trying out for All-State (Saturday, Sunday, or no preference)
 - State Championship T-shirt sizes (if purchasing)
 - Honor Squad participants' grade level and T-shirt sizes
1. Log on to: www.iowacheercoaches.org – click on Registration for ICCA Events and complete **ALL** blanks.
 2. Membership – Select your school name from the drop down list.
 - If you are not a member, you must first fill out the online membership information. Your membership fee will be added to the total registration fees.
 - If you are already a member, click on your school name and proceed with the registration process.
 3. **ONE HEAD COACH** fills out your **School Information**, checks the ICCA events in which your cheerleaders will be participating, and **completes information for each event** your school is entering.
 4. Check that all information on the School Information and Registration Summary sheet is accurate and correctly capitalized (names, cities, etc.), and then run off the hard copy to mail in.
 5. Run off a hard copy of the Signature Verification Sheet and obtain the required signatures to mail in.
 6. Non-refundable fees **MUST** match the amount on the Registration Summary sheet, including T-shirts.
 7. **Mail ONLY the following all together in ONE envelope. If your school's business office is mailing these items, please paperclip everything together and communicate the need of enclosing all forms with the school check!**
 - School Information and Registration Summary (actual hard copy from online registration – no altered copies)
 - Signature Verification Sheet (with all signatures – no stamped signatures will be accepted)
 - Online rules meeting completion certificate (hard copy with coach's name and completion date)
 - Concussion Training completion certificate (hard copy with coach's name and completion date)
 - Total Fees in **ONE CHECK** (must match amount on Registration Summary). **No purchase orders accepted.**

MAIL ONLY REQUIRED FORMS AND FEES TO:
ICCA/Jeanne Ehn
PO Box 211
Conrad, IA 50621

SIGNATURE VERIFICATION SHEET

**A copy of this sheet with signatures MUST be sent to ICCA and other registration materials.
Coach and AD/Principal must read this information and sign off on its accuracy.**

All State Tryouts:

Head Coach: I have read the information concerning the guidelines and requirements of the ICCA All-State Squad. I agree to accompany candidate(s) to the tryout (who are bona fide cheerleaders – see definition below), practice sessions, and performances. I understand that for insurance purposes, I will be the official chaperone at all times. If I cannot attend, I will pre-arrange a replacement who is an employee of the school system (with the administrator's and All-State Director's approvals) and inform the All-State Director. I will make sure that if I cannot attend, a letter from my school administrator will be sent with the adult attending the practice/event. I understand that once a cheerleader has made a commitment to the All-State Squad, he/she is expected to fulfill this commitment as an affirmation of his/her integrity.

Athletic Director/ Principal: I have read the information concerning the guidelines and requirements of the ICCA All-State Squad. I understand that for insurance purposes, the coach will be the official chaperone at all tryouts, practice sessions, and performances. If the coach cannot attend, I will find a replacement who is an employee of the school system. I understand that once a cheerleader has made a commitment to the All-State Squad, he/she is expected to fulfill this commitment as an affirmation of his/her integrity.

State Championships:

I certify that the provided information is correct, and that the listed squad members are bona fide high school cheerleaders in our school district (see definition below).

Honor Squad:

I certify that the above information is correct, and that those named above are either juniors or seniors, and cheer for a varsity sport.

Rule Compliance & Medical Release Forms:

We, the undersigned officials of _____ High School, hereby acknowledge that any and all events sponsored or held by the Iowa Cheerleading Coaches' Association (ICCA) are governed by the National Federation Guidelines and Strengthened ICCA/IHSAA Rules; these guidelines must be followed when participating in an ICCA event. We agree to follow all rules and regulations of the ICCA when participating in an ICCA sponsored event. We hereby declare that our cheerleading coaches have reviewed and understand the safety guidelines and will use our best efforts to insure that our cheerleading squad will adhere to the safety guidelines at all ICCA events.

All registered cheerleaders are bona fide cheerleaders in our high school for the current school year and fit the stipulations of each ICCA event. Bona fide cheerleaders must be chosen for a squad with the same participation requirements (practices, games, fund raisers, PR events, etc.) as all others on the squad. **Bona fide cheerleaders cheer at all games for an entire season; they cannot be cheerleaders who cheer now and then, step in to stunt, or only cheer on a competition squad.** The ICCA reserves the right to assess a penalty, disqualify, reclaim any and all awards, and/or remove video appearance for any team found to be in violation of the eligibility policy, whether before, during, or after the event.

I understand it is the Head Coaches' responsibility to bring the completed Medical Release Forms for each cheerleader to the ICCA Event whether it is a tryout, practice, or performance, and that each cheerleader has a current physical form on file with my school.

We further acknowledge and understand that all decisions made at an ICCA event by a panel of judges or officials are final.

By signing this document, we verify that we have read, accept, and will comply with these rules.

Head Coach's Signature

Date

Athletic Director's/Principal's Signature

Date

MEDICAL TREATMENT AND RELEASE FORM

Information and Consent for Medical Treatment Form for Cheerleaders

***Coaches: Do not mail this form.** Keep and bring completed forms with you to ICCA Events.

This form is to be completed by cheerleaders and their parents and brought to the ICCA event by the coach. The coach is responsible for keeping this form available in case of emergency. Only one form per cheerleader.

School _____ Student's Name (Last, First, MI) _____

Age _____ Grade _____ Date of Birth _____ Today's Date _____

Parent/Guardian Name(s) _____

Student's Address _____

City, State, Zip _____

Father's/Guardian's Place of Work _____

Father's/Guardian's Work Phone Number _____

Mother's/Guardian's Place of Work _____

Mother's/Guardian's Work Phone Number _____

In an emergency, when parent/guardians cannot be notified, please contact:

Name _____ Relationship _____ Phone _____

Family Physician _____ Phone _____

Family Dentist _____ Phone _____

Date of last tetanus booster _____ (month/year)

Do you wear: Glasses _____yes _____no Contacts _____yes _____no Dentures _____yes _____no

List any known allergies, drug reactions, or other pertinent medical information. (Diabetes, seizures, history of head injury with unconsciousness or confusion, medication, etc.)

Consent for Medical Treatment

Iowa law requires a parent's, or legal guardian's written consent before their son or daughter can receive emergency treatment, unless, in the opinion a physician, the treatment is necessary to prevent death or serious injury.

As parent(s)/ legal guardian(s), of the child named above, I (we) authorize emergency medical treatment or hospitalization that is necessary in the event of an accident or illness of my (our) child. I (we) understand that this written consent is given in advance of any specific diagnosis or hospital care. This written authorization is granted only after a reasonable effort has been made to contact me (us).

Parent's/Guardian's Signature	Date
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Parent's/Guardian's Signature	Date
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Consent for Treatment endorsed by the Iowa Chapter of the American Academy of Emergency Physicians.

IOWA ALL-STATE CHEERLEADING 2015 – 2016

High school cheerleaders are invited to try out for the 2015-2016 All-State Cheerleading Squad. This is the 26th year of this squad. The cheerleaders chosen for this squad will perform at the Iowa Boys' State High School Basketball Tournament in March.

TRYOUT REQUIREMENTS:

- A. **The head coach is a member of the ICCA and has completed the current online rules meeting and concussion video.**
- B. **One ICCA head coach registers ALL participants for ALL ICCA events.**
- C. **A non-refundable \$20 registration fee payable to ICCA is required from each candidate. School and coach information, plus the names of the candidates are due online by September 25 and must match the money submitted with ONLINE registration. NO LATE REGISTRATIONS WILL BE ACCEPTED! Payment for registration must be postmarked by October 1, 2015. This fee must be paid before a candidate will be allowed to tryout. Do not send multiple checks.**
- D. Candidates must be bona fide high school cheerleaders. There are no limits to how many cheerleaders may try out from a school.
- E. There are no substitutions after the registration deadline.
- F. The coach must drive candidates to and from All-State tryouts, practices, and performances. See "Coaches' Duties" for further details.
- G. The coach must have 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.

TRYOUT MATERIAL AND INFORMATION:

LOCATION: Ames Middle School - Ames, Iowa

TRYOUT DATES: Saturday, October 17 and Sunday, October 18. All cheerleaders from one school must tryout on the same day.

TIMETABLE: (approximate)

Registration and Warm-up	9:30 – 10:00
Learn cheer and practice	10:00 – 11:00
Break (bring own lunch)	11:00 – 11:30
Tryouts	11:30 – finish

For the convenience of those who are traveling a great distance, cheerleaders will tryout in order of their distance from the tryout site. Those farthest in distance will tryout first, etc.

SELECTION PROCESS: The judging committee will meet after the tryout and review the tryout judging sheets and videotapes. A minimum of twenty cheerleaders will be selected for the All-State Squad. The final number will be determined by the judges following the tryout. There will not be a specific number selected from each day of tryouts.

APPEARANCE: Candidates must wear plain BLACK or NAVY BLUE shorts with a plain white, short-sleeved T-shirt during the practice and tryout. No tank tops or long sleeved T-shirts can be worn. No school affiliation, advertising, logos, or words can be on the clothing. If necessary, candidates may turn the shorts inside out for the tryouts. Cheerleading shoes must be worn. Candidates with long hair must have their hair in a ponytail or braid and away from their face. Refer to the "Clarifying the Hair Rule."

All National Federation Spirit Rules must be followed at all times by all candidates. Those trying out will be checked for violations, including jewelry, unsafe hair devices, and unsafe fingernails. Anyone in violation will not be allowed to review material. Candidates will be checked again for violations prior to the actual tryout. No refunds will be given in the event of disqualification.

TRYOUT PROCEDURE:

MOTION TECHNIQUE/CHEER: Candidates will learn the motion technique/cheer. Judges will be looking for strong, correctly placed motions that demonstrate rhythm, coordination, and technique.

DANCE: Candidates will be taught a dance (about 4 – 6 eight counts) by video. This instruction will be made available on the ICCA website in early September. The All-State director will be the tryout dance instructor. She will be available at tryout practice to review the dance with the candidates. Candidates will dance in groups when trying out. Judges will be looking for coordination, rhythm, and personality.

JUMPS: After the motion technique and dance portion of the tryout, each candidate will perform a single toe touch and also a two-jump combination. This combination can include any jumps such as a toe touch, front hurdler, etc. The candidate may take a prep between jumps, but the combination must demonstrate continuous motion.

TUMBLING: If a candidate wishes to show any gymnastics skills, he/she will demonstrate these last. Gymnastic skills should be at least at the back handspring level. A cheerleader does NOT have to do gymnastics to make the squad.

ALL-STATE SQUAD REQUIREMENTS AND INFORMATION:

The following is information pertaining to those who make the All-State Squad and their coaches. Please read it carefully so both the candidate and coach knows what is expected of All-State Squad members.

COACH'S DUTIES – All-State cheerleaders need to be accompanied to practices and performances by the head coach. An assistant who has completed the online rules meeting and concussion video may accompany them with permission from the All-State Director. All-State cheerleaders need the guidance of a cheer coach during practice as well as coaching while the All-State cheerleader practices on her/his own between official practices with the choreographer. For optimum success of an All-State cheerleader, the coach must accept an active role and also make a commitment to the All-Stater(s). The coach must drive candidates to and from all All-State tryouts, practices, and performances. Coaches are responsible for chaperoning at all times which means they cannot leave the site during the tryout, practices, and performances. No parents will be permitted to accompany the participants in a supervisory position unless they are employed by the school AND special circumstances have been arranged with the All-State Director in advance. This is to insure coverage through the IHSAA catastrophic insurance plan should an injury occur. The ICCA abides by the National Federation Spirit Rules governing cheerleading. Insurance regulations require a school vehicle (unless other arrangements are made with your administrator) and a school employee to bring the cheerleaders to the event.

In special circumstances, if a coach is unable to attend, ICCA will allow an employee of the All-State cheerleader's school district to escort the cheerleader to tryout practices and performances. A request for any exception must be approved IN ADVANCE in a timely manner (at least one week prior) with the All-State Director. If necessary, the All-State Director will seek the advice of the Executive Board. Upon approval of the All-State Director, the school employee must bring a letter from the school district superintendent or his/her designee stating the employee's relationship to the school and why the head coach cannot attend. This should only occur in case of an emergency, as it is important that the coach attend the tryout, practices, and

performances. Failure to comply with this ruling will result in a consequence. Possible consequences could be, but are not limited to, suspending the school from All-State for a designated time, suspending the coach from ICCA for a designated time, or dismissing that school's current All-State cheerleaders from the All-State Team.

The coach must have a completed Medical Treatment and Release Form for each candidate at the tryout, practices, and performances.

SQUAD PRACTICES AND PERFORMANCES – The All-State Squad will practice on Sundays. To be a member of the squad, the candidate must attend all practices. **Failure to attend a practice will result in dismissal. Coaches and cheerleaders should understand the commitment before trying out.** There are hundreds of cheerleaders who try out for this squad. Being a member is an honor! Squad members and their coaches must be responsible for knowing when practices will be held. Practices are from 10:00 a.m. to 3:30 p.m. unless stated otherwise. One practice will start earlier in order to take a group picture for the plaque. The practices will be held at an Ames school on the following dates:

Sunday, December 6, 2015

Sunday, January 10, 2016

Sunday, February 7, 2016

Sunday, February 28, 2016

MAKE UP (If needed) Sunday, March 6, 2016

Final practices will be held the afternoon and evening of **Thursday, March 10, 2016**, at a school in central Iowa, and the morning of **Friday, March 11, 2016**, at Wells Fargo Arena. Afternoon and evening performances will be on **Friday, March 11, 2016**, at the Iowa Boys' State High School Basketball Tournament.

OTHER INFORMATION:

1. **** Once a cheerleader has made a commitment to the All-State Squad, he/she is expected to fulfill this commitment as an affirmation of his/her integrity.**
2. Squad members are required to follow all guidelines established by the ICCA. These guidelines will include: appearance, behavior, conditioning, etc. The squad member will also be required to follow Good Conduct policies set by individual schools.
3. Squad members and coaches are responsible for all food, hotel, and travel expenses. Squad members must stay at the designated ICCA hotel with the squad on the night prior to the final performance.
4. The All-State Director/ICCA representative shall not permit a team member to participate if in his/her judgment there is a safety concern.

IOWA HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS – 2015

Your high school squad is invited to attend and compete in the 23rd annual Iowa Cheerleading State Championships sponsored by the ICCA and supported by the IHSAA. The championships will be held on November 7, 2015, at the Jacobson Exhibition Center and Varied Industries Building 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.

The Championships will again 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 Group Stunt Teams and Time Out Cheer for all schools, plus 1A and 2A Cheer/Dance. The afternoon/evening session will most likely include 3A, 4A, and Coed Cheer/Dance. There will be finals for the top five in each division of Group Stunt in divisions with six or more teams.

Parents and fans are encouraged to attend! The admission charge is \$10.00 per person for the day. Admission is good for both sites. A limit of two (2) coaches per squad will be admitted free to the championships. Administration passes will not be accepted for admission.

GENERAL INFORMATION:

PARTICIPATION REQUIREMENTS

- A. **The head coach is a member of the ICCA and has completed the current online rules meeting and concussion video.**
- B. **One ICCA head coach registers ALL participants for ALL ICCA events.**
- C. **Non-refundable entry fee of \$15 per competing cheerleader per event is required** (i.e. a cheerleader is registered in both cheer/dance and a stunt team, the cost would be \$15 per event or \$30 total). **Alternates are \$15. Only register alternates you wish to go through the warm up process.**
- D. **School and coach information, plus the final names of the competitors, are due online by September 25 and must match the money submitted with online registration. Payment for registration and official T-shirts is due by October 1, 2015.**
NO EXCEPTIONS WILL BE MADE. Errors in registration will cost \$50 each.
- E. 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. A limit of two (2) coaches per squad will be admitted free to the championships.
- F. The coach must have 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.
- G. Participants must be bona fide high school cheerleaders. They may cheer for any sport and be on any high school squad including varsity, JV, sophomore or freshman squads. No cheerleaders below 9th grade may participate. Participants must be cheerleaders who actively participate in cheering at scheduled games for their school.

ICCA STATE CHAMPIONSHIP RULES AND PROCEDURES

COMPETITION AREA: The Championship performances in the Jacobson Arena will take place on seven mats lined vertically for a 42' X 42' performance mat. The Varied Industries Building will have five 6' x 42' mats lined up horizontally for a 30' x 42' performance area.

DIVISIONS: All Cheer/Dance teams will be divided by 2015-2016 IHSAA boys' basketball classifications (not the Girls' Union). To find the classification of your school go to the IHSAA website and click on Basketball, then List of Basketball Schools and Classifications.

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

***** Integrity Clause for Participation *****

The Iowa Championships are made up of teams of bona fide 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. 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. A 10 point penalty or disqualification will be assessed for vulgar or suggestive choreography, words, or music lyrics which are unsuitable for family viewing/listening. Replacing improper words from a song with sound effects or other words still constitutes inappropriate and deductions will be assessed.

MASCOTS: A squad may include a school mascot. Mascots must appear in the uniform of the mascot and cannot stunt or spot stunts. The mascot must be high school age. The mascot is counted as one of the 12, 16, or up to 25 squad members.

PROPS:

1. Only signs, megaphones, and poms are allowed and must have words or symbols associated with school spirit. For example: "Go-Fight-Win" or school colors.
2. Signs cannot be used in a theatrical manner (e.g., in the shape of guitar, people, etc.).
3. Props (and other items) cannot just "decorate" the floor or be used as markers only.
4. Cheerleaders may NOT break through a sign. Signs are only used to lead cheers.
5. Props must be placed so cheerleaders are able to pick up the props without touching outside the mat area.
6. Be sure to follow National Federation rules (2-1-5) concerning props.

RULES: All squads must follow the **2015-2016 National Federation Spirit Rules** adopted by the Iowa High School Athletic Association. These include the strengthened guidelines adopted by the ICCA/IHSAA. **Schools must also follow the rules and procedures specific to this championship.** Each school district received a copy of the **2015-2016 Spirit Rules Book** in the fall mailing from the IHSAA. Rule changes for 2015-2016 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 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 will be accepted!

1. **Email a video** (right side up) of that part of the routine (not the entire routine) to **Donna McKay**, (jdmckay44@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 22nd** for legality questions. (Do not send questions or videos after this date.) This may help prevent deductions on the day of the Championships. The video does not have to be performance quality and should not be the entire routine. If the stunt is determined to be an infraction of the National Federation, ICCA rules, or championship rules the school will be notified immediately. It might be possible that a difficult stunt series could be performed legally at home and performed illegally the day of the championship. We are not telling coaches to take stunts out of routines, but rather realize the complicated nature of some stunts. It's up to the head coach to show their squad's abilities yet make all stunts legal. The coach should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.

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

SCORING:

1. Teams will be judged from rubrics. Scoring information is available on the ICCA website: iowacheercoaches.org (State Championship Tab).
2. Technical judges will base deductions on violations of National Federation Spirit Rules, ICCA Strengthened Rules, and ICCA Championship Rules.
3. In case of a tie, the tie breaker will be motion technique - both difficulty and execution. Stunt Groups will use the execution score as the tie breaker.

SPOTTERS: Members of each team must fulfill all spotting requirements as required by the National Federation Spirit Rules. Professional spotters are hired by the ICCA and will be on the mat assisting only where necessary. It is the responsibility of the coach to make sure the routine is safe with proper catches and spots.

STARTING AND ENDING ROUTINE:

1. Each team member must have at least one foot on the performing surface. Teams may not begin in a stunt.
2. **No formal entrances are allowed.** Cheerleaders 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). **All rituals and traditions need to take place prior to entering the performance area.** Cheerleaders may begin from any side of the performing surface except the front where the judges are seated.
3. Timing begins on the first word (including chants to the crowd), motion, jump, tumbling skill, or taped portion.
4. 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.

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

TEAM SIZE by DIVISIONS:

ALL-GIRL SQUADS (Cheer/Dance teams may have one male member.)

1A – up to 12 team members

4A – up to 20 team members

2A – up to 12 team members

Coed – up to 25 team members

3A – up to 16 team members

TIME OUT CHEER: Any combination of male/female members

Small School (1A/2A) – up to 12 team members

Large School (3A/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

TIME:

1. All Cheer/Dance routines should be **no longer than 2 minutes and 30 seconds**. Timing will begin with the first word, motion, or taped portion, and end when the squad comes to a standstill or stationary position.
2. Time Out Cheer and Stunt Groups will have a **one minute** time limit. Time will begin at the buzzer after the team is announced for Time Out Cheer. Time will begin when the music starts or the squad begins stunting for Group Stunt.
3. A ten (10) point penalty will be assessed to ANY squad exceeding the time limit. Any squad who exceeds the time limit by more than 10 seconds will be also receive a Delay of Performance penalty.
4. Music time cannot exceed **one and a half minutes** (90 seconds) of a 2 minute and 30 second routine. Any material that is on a CD (spoken or otherwise) is considered part of music time. Any squad exceeding the 90 second time limit for music will be assessed a ten (10) point penalty.
5. Coaches should make sure that the routine fits within the time limits; no “cushion” time is given. Hand held stopwatches are used.
6. Music can be in segments throughout the routine or played all at one time.
7. Music must be on a CD or iPod. No cell phones may be used. Coaches are expected to have a backup CD. Head coaches are responsible for having playable music.

T-SHIRTS: Iowa Cheerleading State Championship T-shirts are available at a pre-championship price of \$17 per T-shirt (\$19 for XXL sizes). Your squad order and payment **must be included** with your registration. Coaches will pick up their team’s order when checking in the day of the championship. All T-shirt sales are final. T-shirts the day of championship will be \$25. There will be no orders taken the day of the championship. Once T-shirts are gone, they are gone.

INFORMATION ABOUT EACH DIVISION

CHEER/DANCE DIVISION

The Cheer/Dance Division is a routine with a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance. Divisions 1A and 2A may have up to 12 team members. Division 3A may have up to 16 team members, and Division 4A may have up to 20 team members. Teams in these divisions may have one male cheerleader who is a bona fide cheerleader in their high school. Coed teams, made up of one or more males, may have up to 25 members.

Any team wishing to compete UP a division needs to contact Jeanne Ehn and have all the necessary paperwork filled out and turned in by Friday, September 11. Any team choosing to move up a division will be required to stay at that division for two years.

COED CHEER/DANCE DIVISION

Coed squads will perform in one open division. The routine should represent a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance. **NOTE: ONLY ONE TEAM PER SCHOOL MAY BE ENTERED IN THE CHEER/DANCE DIVISION.**

TIME OUT CHEER DIVISION

The emphasis of this division is cheering during a game timeout. The cheerleaders will lead the crowd in chants and/or cheers. Cheer teams bring some regular chants and/or cheers (home crowds' favorites) and present them for the judges. The volume of the crowd

response will not be judged to make it fair to every school whether they have 20 or 200 fans in attendance. However, the judges will be looking at the potential for crowd response, as well as the squad's motion technique and personality.

- A. Poms, signs and/or megaphones **MUST** be used to help lead the crowd.
- B. A combination of cheers, chants, and/or traditional yells which elicit crowd response.
- C. No music is allowed.
- D. Skills are limited to those allowed on gym floors by the National Federation (no tosses).
- E. Maximum difficulty in tumbling is limited to a standing back handspring. No running tumbling is allowed except during entrance.
- F. Jumps, stunts, and tumbling may be used to show enthusiasm or lead the crowd, but they won't be evaluated by the judges for points.
- G. TIME: One minute

Time Out Cheer will be divided into Small School (1A and 2A) and Large School (3A and 4A) using basketball classifications.

Participant limitation: 1A/2A – maximum 12 participants 3A/4A – maximum up to 25 participants

GROUP STUNT

This championship will be broken down by school size: 1A, 2A, 3A, 4A, and Coed. This routine represents a continuous flow of stunts by a team. In Coed Group Stunt one male and one female partner may perform coed stunts; the third person is the designated spotter **ONLY**.

- A. Tumbling into a stunt will be permitted as long as it doesn't violate National Federation rules. **No other tumbling will be allowed. Tumbling other than into a stunt could cause a scoring deduction.**
- B. There will be no leading of cheers, jumps, or dance.
- C. Teams must be all female in Divisions 1A - 4A. A male on a team will move the team to the Coed Division for Group Stunt.
- D. A school may enter up to TWO Teams in this division but the school must stay in the same division. Participants are allowed to compete on only one stunt team.
- E. TIME: One minute

EXAMPLES FOR ELIGIBILITY IN DIVISIONS

- A. Cheerleader in Cheer/Dance may also enter Group Stunt, but NOT Time Out Cheer.

- B. Cheerleader in Group Stunt may also enter Time Out Cheer, but NOT in Cheer/Dance.
- C. Cheerleader in Time Out Cheer may also enter Group Stunt, but NOT Cheer/Dance.
- D. Cheerleader in Cheer/Dance and Group Stunt may NOT enter Time Out Cheer.
- E. A school with a team in Cheer/Dance may enter a team in Time Out Cheer as long as they are not the same cheerleaders.
- F. A school may enter the same cheerleaders in Group Stunt and Time Out Cheer if they do not have a Cheer/Dance team with these cheerleaders.
- G. A school may enter the same cheerleaders in Cheer/Dance and Group Stunt.

IOWA CHEER HONOR SQUAD – 2015

The Iowa Cheerleading Coaches' Association and the Iowa High School Athletic Association are proud to sponsor the Iowa Cheer Honor Squad. This squad will perform at the half times of two Iowa High School Football Championship Games on **Friday, November 20, 2015**. We hope to have up to 200 cheerleaders participating in this event, representing ICCA member schools throughout Iowa.

- A. **One ICCA head coach registers ALL participants for ALL ICCA events.**
- B. **Non-refundable entry fee of \$40 registration fee** payable to ICCA is required from each participant. **School and coach information, plus the names of the competitors are due online by September 25 and must match the money submitted with online registration. Payment for registration is due October 1, 2015. NO EXCEPTIONS WILL BE MADE. Errors in registration will cost \$50 each.**
- C. Participants must be **juniors or seniors** cheering on a varsity squad for the current school year.
- D. Participants must be a bona fide cheerleader in their high school.
- E. The coach must drive participants to Honor Squad practices and performances. See “Coaches’ Duties” below for further details.
- F. The coach must have a completed **Medical Treatment and Release Form** for each participant. It is the responsibility of the coach to carry the Medical Treatment Forms to all Honor Squad practices and performances.
- G. Participants and coaches are responsible for all food, hotel, and travel expenses.
- H. Participants are required to follow all guidelines established by the ICCA. These guidelines will include policies covering appearance, behavior, conditioning, etc. The participating members will also be required to follow Good Conduct policies set by individual schools.

COACH’S DUTIES – The head cheerleading coach or assistant cheerleading coach who is on the school payroll and has completed the online rules meeting and concussion video may be the official chaperone for the cheerleaders. The coach must drive candidates to Honor Squad practices and performances. The coach is responsible for chaperoning at all times which means he/she cannot leave the site during the practices or performances. No parents will be permitted to accompany the participants in a supervisory position. This is to insure coverage through the IHSAA catastrophic insurance plan should an injury occur. The ICCA abides by the National Federation Spirit Rules governing cheerleading, which also ensures coverage under the IHSAA’s catastrophic insurance plan. Insurance regulations require a school vehicle (unless other arrangements are made with your administrator) and a school employee to bring the cheerleaders to the event.

If one of the coaches is unable to attend, a school employee may bring the candidates. This must be approved IN ADVANCE (at least one week prior) with the Honor Squad Director. The school employee must bring a letter from the school district superintendent or his/her designee stating the employee’s relationship to the school and why the head coach cannot attend. This should only occur in case of an emergency, as it is important that coaches attend the practices and performances.

Each school participating will receive ONE coaches’ pass and ONE coaches’ meal pass. Please do not bring others to the morning practice as they will not be admitted into the UNI Dome. Extra tickets may be purchased from the UNI ticket office in advance. No extra lunches will be given.

PRACTICES AND PERFORMANCES:

The first practice will be held on Sunday, November 15 from 8:00 a.m. to 4:00 p.m. at Ames High School. Registration that day will be from 8:00 – 8:30 a.m. with practice starting at 8:30 a.m. The second practice

will be held on **Thursday**, November 19, at Cedar Falls, from 2:30 - until dismissed. A final practice will occur in the Dome on **Friday**, November 20, from 7:00 a.m. – 9:00 a.m. with the performances to follow.

- A. **All practices are mandatory, and both the coach and cheerleaders must stay for the entire practice. Cheerleaders will not be allowed to perform or receive recognition (name in program, medal, certificate, T-shirt, and bow) if they miss a practice or have a National Federation Rules violation during practice.**
 - B. Hotel information will be available on the ICCA website.
 - C. Participating cheerleaders will receive a certificate and T-shirt at the last practice. Do not order T-shirts on the Registration Summary form.
 - D. The Honor Squad Director/ICCA representative shall not permit a team member to participate if in his/her judgment there is a safety concern or rules violation.
- The last day to change names or substitute is October 31.**

National Anthem Singer for State Championships Application

DUE DATE: Postmarked on or before September 15

To apply please fill out the following form (for each group member if applicable) and enclose it with a CD of the person/group singing "The Star Spangled Banner." This must be done a cappella.

SCHOOL _____ **Grade of Applicant** _____

Name _____

Address of Applicant _____

City _____ **State** _____ **Zip Code** _____

Email of Applicant _____ **Phone** _____

Parents' Names _____

Coach _____

Coach's Email _____ **Coach's Phone** _____

Music Honors:

Member of All-State Chorus (please circle): Yes No # of Years _____

Other Musical Honors _____

Cheer Squads & years: _____

Cheer Honors _____

Other School Activities _____

Signature of Applicant: _____

Signature of Parent: _____

Signature of Cheer Coach: _____

Signature of Music Instructor: _____

MAILINGS INCLUDING CD MUST BE POSTMARKED ON OR BEFORE SEPTEMBER 15. ANY CDs RECEIVED AFTER SEPTEMBER 15 WILL NOT BE ACCEPTED.

Please submit to: Kenna Johnson, 720 North 9th Avenue, Winterset, IA 50273