

IOWA ALL-STATE CHEERLEADING PROGRAM 2014 – 2015

High school cheerleaders are invited to try out for the 2014-2015 All-State Cheerleading Squad. This is the 25th 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. Follow Steps to Register for ICCA Events including Membership - the following are included:
Use enclosed worksheets to assist with the registration process
Online rules meeting – completion certificate hard copy (Available August 4 - August 28 only)
Concussion Training - completion certificate hard copy (Link available NOW on the ICCA and IHSA websites)
Register online between August 10-September 26
ONE ICCA HEAD COACH registers all participants for ALL ICCA Events
ICCA receives event fees and registration materials - mailing deadline is October 1
- B. **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 26 and must match the money submitted with online registration. Payment for registration must be postmarked by October 1, 2014. This fee must be paid before a candidate will be allowed to tryout.**
- C. Candidates must be bona fide high school cheerleaders. There are no limits to how many cheerleaders may try out from a school.
- D. There are no substitutions.
- E. The coach must drive candidates to and from All-State tryouts, practices, and performances. See “Coaches’ Duties” for further details.
- 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.

TRYOUT MATERIAL AND INFORMATION:

LOCATION: Ames Middle School - Ames, Iowa

TRYOUT DATES: Saturday, October 18 and Sunday, October 19. 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 Hair Rule for Cheerleaders.”

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 DRILL/CHEER: Candidates will learn the motion drill/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 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 IHSA 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 tryout 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 7, 2014

Sunday, January 11, 2015

Sunday, February 1, 2015

Sunday, March 1, 2015

MAKE UP (If needed) Sunday, March 8, 2015

Final practices will be held the afternoon and evening of **Thursday, March 12, 2015**, at a school in central Iowa, and the morning of **Friday, March 13, 2015**, at Wells Fargo Arena. Afternoon and evening performances will be on **Friday, March 13, 2015**, 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 – 2014

Your high school squad is invited to attend and compete in the 22nd Annual Iowa Cheerleading State Championships sponsored by the ICCA and supported by the IHSA. The competition will be held on November 1, 2014, 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 competition 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, 4A Large, and Coed Cheer/Dance. *****New this year:** the Stunt Group championship will be divided entirely by school size: 1A, 2A, 3A, 4A, and Coed. In the Group Stunt division, the top scoring teams in each division will be invited to compete at the conclusion of preliminaries to name champions. The location of those performances will be determined after the registrations are received.

Parents and fans are encouraged to attend! The admission charge is \$8.00 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. Follow Steps to Register for ICCA Events including Membership
Use enclosed worksheets to assist with the registration process
Online Rules Meeting – completion certificate hard copy (Available August 4 - August 28 only)
Concussion Training - completion certificate hard copy (Link available NOW on the ICCA and IHSA websites)
Register online between August 10-September 26
ONE ICCA HEAD COACH registers all participants for ALL ICCA Events
ICCA receives event fees and registration materials in one envelope. Postmarked deadline is October 1
- B. **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.**
- C. **School and coach information, plus the names of the competitors, are due online by September 26 and must match the money submitted with online registration. Payment for registration and competition T-shirts is due by October 1, 2014. NO EXCEPTIONS WILL BE MADE. Errors in registration will cost \$50 each.**
- D. 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.
- 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. NO exceptions will be made. A limit of two (2) coaches per squad will be admitted free to the competition.
- 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.

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 ***

Participants: 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.

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.

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.

DIVISIONS: All Cheer/Dance teams will be divided by 2014-2015 IHSA boys' basketball classifications (not the Girls' Union). To find the classification of your school go to the IHSA website and click on Basketball, then List of Basketball Schools and Classifications.

TEAM SIZE for CHEER DANCE: **All-girl squads** (Cheer/Dance teams may have one male member.)

1A = up to 12 team members

2A = up to 12 team members

3A = up to 16 team members

4A = up to 16 team members

4A Large = 17 to 25 member

Coed = see below

TEAM SIZE for COED SQUADS: If enough teams register, this division will be divided into two divisions – Small and Large. This decision is at the discretion of the Competition Directors. A small squad would have up to sixteen (16) varsity members with at least one male. A large squad would have 17 to 25 members with at least one male. This is an open division (school size does not matter).

TEAM SIZE for TIME OUT CHEER will be divided into 2 classes: Small Schools (1A, 2A) and Large Schools (3A, and 4A). Squads may have any number of males. Team size for Small Schools is up to 12 team members. Team size for Large Schools is up to 25 members.

GROUP STUNT DIVISION will be made up of a maximum of five members for 1A, 2A, 3A and 4A. *****NEW THIS YEAR:** *Divisions will be 1A, 2A, 3A, 4A, and Coed.*** It would be expected that Coed stunt groups will perform coed stunts (see rubrics on ICCA website for more information). One boy in the stunt group makes the team coed. A coed team may have 2 males. The top 5 teams will compete for the championship in each stunt team division. Preliminary scores do not count in the finals. If there are 9 or fewer teams in a division, only the top 3 places will compete for the championship and only 3 trophies will be awarded. The current trophy policy applies to divisions with lower numbers. Divisions with 10 or more entrants will have 5 in the finals with trophies. Location of the Group Stunt FINALS will be determined after registrations are received.*

NOTE: Schools who enter cheer/dance and/or stunt group may also enter a group to compete in the Time Out Division. For example, a school may have a cheer/dance group, two stunts teams AND a Time Out cheer team. The members of the Time Out team cannot be the same cheerleaders who are competing in Cheer/Dance. They need to be a new group of participants.

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

TROPHIES: The ICCA will award trophies to the top five teams in each division. The exception will be a division with fewer than ten teams. In that case, trophies will be awarded to no more than half of the teams in the division. If an odd number compete, trophies will be one less than half. Medals will be presented to first and second place team members. In divisions where at least three trophies are given, medals will also be awarded to third place team members.

PICTURES: Pictures of each squad must be taken before the Championships for ICCA purposes. These pictures may be purchased by the public. Cheerleaders will be asked to fill out forms before the photos are taken; **the form is on the ICCA website. Coaches may have their team fill out the form before the Championship day. If doing so, please bring the completed forms to turn in at the photography table prior to the picture.** A team may not opt out of having pictures taken.

CHAMPIONSHIP COMPETITION AREA: The Championship performances in the Jacobson Arena will take place within the bounds of a 42' X 42' performance mat. Deductions will not be assessed for unintentionally stepping off the mat. The Varied Industries Building will have five 6' x 42' mats or 30' x 42'. All-squad members must be within this area for all of their performance.

SPOTTERS: Members of each team must fulfill all spotting requirements as required by the National Federation Spirit Rules. Professional spotters are hired by 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.

RULES: **All squads must follow the 2014-2015 National Federation Spirit Rules adopted by the Iowa High School Athletic Association.** These include the strengthened guidelines adopted by the ICCA/IHSAA for 2014-2015. Schools must also follow the rules and procedures specific to this championship. Each school district received a copy of the **2013-2014 Spirit Rules Book** in the fall mailing from the IHSAA last year. Rule changes for 2014-2015 can be found on the ICCA website: www.iowacheercoaches.org, and were covered in the online rules meeting. It is the coaches' 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) and videos on the ICCA website. 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.

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).

The deadline is **October 17** for legality questions. (Do not send questions/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 coach to show their squad's abilities yet make all stunts (including a series) 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.

ICCA STATE CHAMPIONSHIP RULES AND PROCEDURES

TO START ROUTINE:

1. Each team member must have at least one foot on the floor. Teams cannot start in a stunt.
2. Each team will be given time to place poms and signs on the mat (must be able to pick up props without touching outside mat area).
3. The team name will be called two times. Once when cheerleaders enter the performance area, and the second when the team is in its starting position.
4. **No formal entrances are allowed.** Cheerleaders are expected to walk quickly with spirit but without excessive gestures 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.
5. Timing begins on the first word (including chants to the crowd), motion, jump, tumbling skill, or taped portion.
6. Teams will have 30 seconds to collect all props and exit the performance area following completion of routine. Teams should refrain from any type of excessive celebration following the team's performance.

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. Be sure to follow National Federation rules (2-1-5) concerning props.

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.

OUT OF BOUNDS: Purposely stepping out of bounds or going off the competition mat will result in a penalty. ICCA will not penalize for a cheerleader who accidentally steps off the mat at the completion of a tumbling run or dismounts out of a stunt for safety.

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 disqualified.
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. Please check the ICCA website for advice on creating a CD for best results.

SCORING:

1. Teams will be judged from rubrics. Scoring information is available on the ICCA website: iowacheercoaches.org (Competition Tab).
2. Technical judges will base deductions on violations of National Federation Spirit Rules, ICCA Strengthened Rules, and ICCA Championship Rules.
3. Squads will be disqualified if the performing school's coaches and/or other spectators "act out" the routine. Coaches on the sides should not yell with the squad during the crowd involvement cheer.
4. All decisions of the judges are final and not subject to review. Judging will be done by qualified competition judges selected by the ICCA.
5. Coaches and/or spectators may not communicate with the judges at any time. Please relay this information to the team's fans.
6. 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.

SPORTSMANSHIP:

All participating cheerleaders, their coaches, and fans are expected to be good sports at all times; this means supporting not only their school but all participating schools. All cheerleaders, coaches, and fans are expected to be respectful to ICCA officials and workers. An unsporting act may result in a rules violation as sportsmanship is one of the National Federation Spirit Rules (2-2-1). The coach is

responsible for seeing that team members, coaches, parents, and other people affiliated with the team conduct themselves in a sportsmanlike manner.

INFORMATION ABOUT EACH DIVISION

CHEER/DANCE DIVISION

The Cheer/Dance Division will be all-girl squads limited to 12 squad members in Division 1A and 2A. Schools divided into Divisions 3A and 4A may have up to 16 squad members. Division 4A Large may have between 17 – 25 members. Teams in these divisions may have one male cheerleader who is a bona fide cheerleader in their high school.

The routine should represent a continuous flow of cheers, chants, jumps, stunts, tumbling, and dance.

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 12. 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. If enough teams register, this division will be divided into two divisions – Small and Large. This decision is at the discretion of the Director. A small squad would have up to sixteen (16) varsity members with at least one male cheerleader. A large squad would have 17 to 25 members with at least one male cheerleader.

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

Any school may enter a group to participate in this division, plus enter a group in the Cheer/Dance or Group Stunt Division. Schools that have participants entered in Cheer/Dance cannot enter the same cheerleaders in this division; the participants must be different cheerleaders. They may cross over from the Group Stunt Division if they aren't in Cheer/Dance.

Examples for Eligibility in the Time Out Cheer Division:

- Cheerleader A – only entered in Group Stunt and not Cheer/Dance – is eligible
- Cheerleader B – not a member of Cheer/Dance or Group Stunt – is eligible
- Cheerleader C – is a member of Cheer/Dance – is NOT eligible

The emphasis of this division is cheering during a basketball 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 limitations: 1A and 2A – maximum 12 participants 3A and 4A – maximum 25 participants

GROUP STUNT

This routine represents a continuous flow of stunts by a team accompanied by music. Bases and flyers may switch places as long as it is the same five members involved. *****NEW for 2014** This championship will be broken down by school size: 1A, 2A, 3A, 4A, and Coed. 1A, 2A, 3A, and 4A are allowed up to 5 members. Coed may have up to 4 members, but only two may be male. Coed division will be expected to do coed stunts. If needed, a team may blend in other stunts this year.***

- A. Tumbling into a stunt will be permitted as long as it doesn't violate NF 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 female in Divisions 1A - 4A. A male on a team will move the team to the Coed Division for Stunt Group.
- D. To qualify for this division:
 - 1. The team is registered in any cheer/dance division.
 - 2. This is the only entry from your school.
 - Ex. #1 – A participant is registered on a team for any cheer/dance division, he/she may also participate in one stunt group for his/her school.
 - Ex. #2 – A participant's team is not registered in any team division for state, but his/her school has put together a stunt team.
 - Ex. #3 – A participant is on a team in the Time Out Cheer Division may participate.
- E. 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.
- F. TIME: One minute

IOWA CHEER HONOR SQUAD – 2014

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 21, 2014**. We hope to have up to 200 cheerleaders participating in this event, representing ICCA member schools throughout Iowa.

REQUIREMENTS NEEDED TO PARTICIPATE:

- A. Follow Steps to Register for ICCA Events including Membership - the following are included:
- Use enclosed worksheets to assist the registration process
 - Online Rules Meeting** – completion certificate hard copy (Available August 4 - August 28 only)
 - Concussion Training** - completion certificate hard copy (Link available NOW on the ICCA and IHSAA websites)
 - Register online between August 10-September 26**
 - ONE ICCA HEAD COACH registers participants for ALL ICCA Events**
 - ICCA receives event fees - mailing deadline is October 1.**
- B. **Non-refundable entry fee of \$35 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 26 and must match the money submitted with online registration. Payment for registration is due October 1, 2014. 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 an online 2014-2015 Spirit Rules meeting (available August 4 – August 28 ONLY) can 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.

******NEW FOR 2014**** - 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.**

PRACTICES AND PERFORMANCES:

The first practice will be held on Sunday, November 16 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 20, at Cedar Falls, from 2:30 - until dismissed. A final practice will occur in the Dome on **Friday**, November 21, 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 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. Participants will receive a T-shirt, certificate, and medal at the last performance. 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.
- E. **The last day to change names or substitute is October 31.**
- F. **All practices are mandatory, and both the coach and cheerleaders must stay for the entire practice. Cheerleaders will not be allowed to perform if they miss a practice.**

ALL-STATE WORKSHEET
Please fill out to assist with ONLINE Registration.

School Name _____

Coach's name _____ **Work phone** _____

Home phone _____ **Cell phone** _____ **Email** _____

Assistant Coach _____ **Cell phone** _____

List names of all candidates:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

(Add other names as needed)

Tryout Date

Please indicate which tryout date you prefer. All cheerleaders from your school MUST try out on the same day.

Saturday _____ Sunday _____ No preference _____

We can only try out on Saturday _____ Sunday _____ because _____

**** Make sure each cheerleader has filled out a Medical Treatment form.**

When all information is completed above, you are ready to register for this ICCA Event online.

STATE CHAMPIONSHIP REGISTRATION WORKSHEET

Please fill out to assist with ONLINE Registration.

School Name _____ Coach's Name _____

** Cheer/Dance Division: (Circle One) 1A 2A 3A 4A 4A Large Coed

NAMES – CHEER/ DANCE DIVISION (first name, last name – alphabetize by last name)

- | | | |
|-----------|-----------|-----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |
| 10. _____ | 11. _____ | 12. _____ |
| 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ |
| 19. _____ | 20. _____ | 21. _____ |
| 22. _____ | 23. _____ | 24. _____ |
| 25. _____ | | |

Please list possible alternates: _____

NAMES – TIME OUT CHEER DIVISION: Small School (1A & 2A) or Large School (3A & 4A)

- | | | |
|-----------|-----------|-----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |
| 10. _____ | 11. _____ | 12. _____ |
| 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ |
| 19. _____ | 20. _____ | 21. _____ |
| 22. _____ | 23. _____ | 24. _____ |
| 25. _____ | | |

Please list possible alternates: _____

** Stunt Group Division: (Circle One) 1A 2A 3A 4A Coed

NAMES – STUNT GROUP I

NAMES – STUNT GROUP II:

- | | | | |
|----------|----------|----------|----------|
| 1. _____ | 2. _____ | 1. _____ | 2. _____ |
| 3. _____ | 4. _____ | 3. _____ | 4. _____ |
| 5. _____ | | 5. _____ | |

Possible alternates: _____

**** Make sure each cheerleader has filled out a Medical Treatment form.**

When all information is completed above, you are ready to register for this ICCA Event online.

IOWA CHEER HONOR SQUAD WORKSHEET

Please fill out to assist with ONLINE Registration.

School Name _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

E-mail Address _____ Cell Phone _____

Assistant Coach _____ Cell Phone _____

FIRST Cheerleader's Name _____

Grade _____

T-shirt size _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

SECOND Cheerleader's Name _____

Grade _____

T-shirt size _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

THIRD Cheerleader's Name _____

Grade _____

T-shirt size _____ Small _____ Medium _____ Large _____ X-Large _____ XX-Large

**** Make sure each cheerleader has filled out a Medical Treatment form.**

When all information is completed above, you are ready to register for this ICCA Event online.

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 |
|-------------------------------|------|

 Parent's/Guardian's Signature Date

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

