

IOWA HIGH SCHOOL CHEERLEADING CHAMPIONSHIP

November 4, 2017

Iowa State Fairgrounds, Des Moines

Jacobson Exhibition Center: 8:30 AM for All Divisions

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

ADMISSION: \$10.00 ALL DAY

Tickets can be purchased at the west end of the Jacobson Center.

APPAREL: The Online Store for State Championship apparel has closed. Orders will be shipped to your school. There will be a limited amount of apparel at the State Championships at a higher price than the online store. All apparel sales are final.

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

AWARDS PRESENTATIONS:

Awards will be completed in as timely a manner as possible. Cheerleaders will sit around the outside of the mats during the awards presentation. If receiving a trophy, please send one coach and no more than two cheerleaders to accept it. Please show good sportsmanship during this time.

ICCA will award trophies to the top five teams in each division in Cheer/Dance and Stunt Group, and trophies to the first three teams in each division of Time Out, plus plaques to the fourth and fifth place teams. The exception will be a division with fewer than ten teams. In that case, trophies/plaques will be awarded to no more than half of the teams in the division. If an odd number compete, trophies/plaques will be one less than half. Medals will be presented to 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.

All first place teams will have their pictures taken with their trophy during the awards ceremony. These pictures will be taken by the professional photographer, and teams will be allowed to purchase them. No fans may take pictures at this time, and no other photos will be taken in the awards area.

BAGS: We are limiting bags to **one bag per team** in which a coach may carry team valuables, but are allowing teams with over sixteen cheerleaders to have two bags. No garbage bags are allowed. Please do not bring in pillows, blankets, stuffed animals, balloons, etc. because there is not room for extra items, and teams will not be admitted with them. During team warm up and performance, we will have a place for the team bag(s). It is in the warm up area and there will be workers in the area, but it will not be monitored. ICCA will not be responsible for lost or stolen items. While viewing the competition, the team bag(s) must be stowed under the seats in the arena, not on the seats or in the aisles.

Teams may bring in multiple bags through the Team Entrance Check-in only. **Teams with bags must exit immediately after checking in, and go directly to the Varied Industries Building to change.** DO NOT change in Jacobson! Extra bags MUST be taken to cars, vans, or buses before reentering Jacobson. There will

be no admittance to Jacobson for teams with more than one bag (two for teams with other sixteen cheerleaders).

Purses, not backpacks, are allowed for coaches and cheerleaders. **Calling a backpack a purse will not make it a purse.**

BUS PARKING: Buses may drop off and pick up teams at the north Team Entrance on Walnut Avenue. There is absolutely **NO BUS PARKING AT THE DROP OFF POINT!** Once buses have dropped off cheerleaders, they should park on Rock Island. Bus drivers will be admitted free when he/she enters through the **Worker Pass Gate** located at the Jacobson Center north doors. One driver per school will be admitted for free. **Go to the ICCA website for a map of the fairgrounds and parking area, as well as the bus route for drop off.**

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

CHANGING ROOM: We suggest that teams arrive already dressed to compete. To accommodate cheerleaders who travel a great distance, we will be providing a large changing area for females on the main level in the Varied Industries Building. Male cheerleaders may change in the restroom located in this area of the Varied Industries Building. Cheerleaders needing to change are asked to use these areas only and not public restrooms. ICCA personnel will be monitoring the changing rooms; only cheerleaders and coaches wearing wristbands will be allowed entrance. Teams may not leave their bags or congregate in the dressing area; **ICCA is not responsible for items left in this area.** This area will open at **7:15 AM and will close 1:00 PM.**

Entrance requires a wristband. Females only are allowed in this area. We suggest that bags be placed in vans, buses or cars before entering Jacobson as there is not room. Coaches may carry ONE valuable bag. We understand the desire to check hair and makeup before performing, but as a courtesy to others **please remind cheerleaders that they are not to congregate in restrooms; cheerleaders need to allow the public access to toilets, sinks, and hand dryers.**

COACHING DURING PERFORMANCE: Coaches **MUST** remain **AT** the music table beside the mat throughout the routine and not distract judges by yelling; this includes crowd involvement cheers. Squads may receive a penalty if the performing school's coaches and/or other spectators "act out" the routine. Only two coaches are allowed at the music table during their team's routine. An ICCA official will direct coaches to the music table. Extra coaches and alternates will proceed to the five minute seating area at this time.

COMPETITION RULES: To be in compliance with the rules, remember to follow all the NFHS and ICCA/IHSAA Rules (these rules are available on the ICCA website). Coaches are responsible for knowing all rules, not just those concerned with stunting. Teams will receive a 10 point deduction for all rule violations including ICCA Championship Rules listed below. Be sure all rules are being followed **BEFORE** entering the Warm Up Check-in area. These deductions could affect a team's final placement. Deductions are avoidable if teams are following all the rules.

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

- All cheerleaders must have at least one foot on the mat at the beginning of the routine; routines may not begin in a stunt.
- Cheerleaders must walk or spirit quickly onto the mat and position themselves to begin their routine. All team spirit huddles, traditions, or other rituals must take place prior to entering the competition area.

Cheerleaders are not to line up on the back of the mat before walking to their places. Alternates may not walk onto the mat.

- All teams need to exit the performance area immediately following their performance and should refrain from any type of excessive celebrations or organized exits. An ICCA official will guide where to go after exiting.
- Failure to enter and/or exit the performance area in a timely manner, coaches not remaining at the music table, and/or not having music queued may result in a 5 point Delay of Performance penalty.
- A team will not be penalized if a cheerleader accidentally steps off the mat, but will receive a 10 point deduction for intentionally going off the mat.
- A team will receive a 5 point deduction (for each occurrence) if a cheerleader accidentally steps on an item on the mat (poms, signs, etc.). However, if a cheerleader slips while stepping on an item, the team will receive a 10 point deduction.
- Props: see props listed below.
- Routines, including choreography, music selection, and outfitting of cheerleaders must be suitable for family viewing and listening. (Unsuitable choreography includes but is not limited to movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements, and signal, slapping, positioning of body parts and positioning to one another.) Music or words must be suitable for family listening which includes, but is not limited to, swear words and connotations or any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing them with sound effects or other words is inappropriate. Deductions will be given for inappropriateness in choreography, music selection, and cheerleader outfitting.
- Stunt Group and Time Out cheer teams must follow other championship rules specific to their divisions.

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 the school's designated head coach of the cheer program will be answered!**

1. Email a video (right side up) of that part of the routine (not the entire routine) to **Erin Taylor, (iowaerintaylor@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 rule 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.

ENTRANCE ON TO MAT: Please enter in a quick fashion in all divisions. Standing at the back of the mat or waiting for team members to enter will invite a Delay of Performance penalty. Please instruct your cheerleaders

to take the mat promptly and quickly. This includes the Time Out Division where the team should gather off to the side of the mat, ready for the buzzer to begin their official entrance.

HALL OF PRIDE: During your trip to Des Moines, you do not want to miss this fantastic tribute to Iowa High School Activities! The Hall of Pride is located downtown and would be a wonderful experience for your team; the Cheerleading Exhibit has recently been updated. All Iowa school students are allowed free admission!

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

The ICCA will follow the procedures as per the National Federation guidelines found in the 2017-2018 rules book.

INVITATION TO PERFORM AT THE BOYS' STATE BASKETBALL TOURNAMENT: Routines will be watched with the most entertaining receiving invitations to perform at the Boys' State Basketball Tournament in March. Those receiving invitations will be notified as soon as possible following the competition. Thanks to the IHSAA this is another opportunity to showcase the talent of Iowa's cheerleaders! If a team accepts this invitation, the team will be expected to perform and not drop out at the last second, since teams will already be booked into the half time schedule. This invitation is an honor and should be taken very seriously.

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

MUSIC: Head coaches are responsible for having playable music. If coaches want their team to warm up to music, they need to be prepared with a CD and/or an adapter. ICCA does not guarantee all radios in the warm up area will be compatible with modes other than CDs.

Music must be on a CD, iPod, or iPad. Music on an iPod or iPad should have its own play list. If using this method, coaches will be responsible for starting, pausing, and stopping their equipment. All music or timing errors are the coach's responsibility. The ICCA sound technician will simply connect the coaches' device into the system with an adapter. Coaches should be able to find the music and be ready to play in a timely manner or a Delay of Performance penalty could apply. Cell phones may be used if absolutely necessary, but must be in the airplane mode. The head coach is responsible if the music is interrupted when using a cell phone. The team will not be allowed to start over should an interruption occur.

It is up to the coach to decide the music source, but we recommend bringing music on a CD for backup; a duplicate CD MUST be available at the music table in case of lost or damaged CDs. A sound professional will

run the music if the coach would like, but **MUST** have a school coach next to him/her giving the directions.

Teams are responsible for quality music CDs that are easy for the system to read. Teams with scratched or damaged CDs will not be given special compensation if their music fails to work properly.

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

Music Royalties Compliance Forms must be signed and sent with receipts/paperwork by October 16.

ICCA must have each team's music royalties paperwork on file or they will not be allowed to participate in the Championships.

PASS GATE TEAM CHECK-IN: The Team Pass Gate (signs will be posted outside the door) is on the north side of The Jacobson Center with the check-in table inside. This entrance is for teams and athletic directors. All teams **MUST** check-in at the Pass Gate. **This is the only team pass gate.** Teams are expected to change in the designated area of the Varied Industries Building, not the restrooms in Jacobson. Go to change in the Varied Industries Building (enter the southeast lobby) **AFTER** they have gone through the pass gate. Times to enter the pass gate are below. All teams from one school are considered one group. A wrist band is required to use the changing room at the Varied Industries Building.

- **7:15 Pass Gate:** Cedar Valley, Christian, Roland-Story, Madrid, Woodbine, Notre Dame-Burlington, PCM, Sigourney, Hampton-Dumont and Waukon.
- **7:30** the following will be admitted in the Team Pass Gate: Grundy Center, Northwood-Kensett, Dike-New Hartford, Mount Ayr, Essex, St. Edmond, South Central Calhoun, CAL, Madrid, Tri-County, Waukon, and West Sioux.
- **8:00 AM:** All remaining 1A or 2A schools **with a Group Stunt or Time Out team** will be admitted.
- **8:30 AM** - All 1A & 2A Cheer/Dance teams who have cheer/dance **only** will be admitted at **the Team Entrance door.**
- **9:30 AM** the Pass Gate will open to 3A & 4A teams. **Teams should arrive to the championships in a timely manner. The pass gate will close at 6:00.**
- **Remember there may be several teams in line. We will not wait for your team. Arrive in plenty of time. Come early. Enjoy the State Championships!**

Two coaches per team will be allowed free of charge. If your school has teams entered in three separate divisions, a third coach will be allowed free of charge. **Only registered alternates in uniform will be allowed to enter through the pass gate.**

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

- **Completed Emergency Forms for every cheerleader (including alternates)**
- **Completed Picture Forms for every cheerleader**
- **Copies of Music Copyrights (including ICCA Compliance Form)**

ADDITIONAL INFORMATION:

- **WRIST BANDS** will be issued to the cheerleaders, alternates, and coaches at the Team Entrance. This will allow entrance into Jacobson Center and the Varied Industries Building changing area. Once teams arrive at the safety check area, the bands will be cut off and new ones will be issued to the coach. Cheerleaders should put the new ones on directly after the performance. Please do not remove the bands before you enter the Warm Up area. We will only issue the same number of wristbands as the number we cut off. Cheerleaders will be charged an admission fee if they do not have a wrist band.
- **ALTERNATES:** Unregistered alternates are expected to buy a ticket and sit with the general public. They will not be allowed in the TEAM ENTRANCE, warm up, or in team photos. Registered

alternates will be admitted at the TEAM ENTRANCE. They need to be in uniform as a team member and undergo a complete safety check as if they were going to perform. Registered alternates may not walk across the mat, but need to sit in the five minute seating area during their team's performance. If you need to move a cheerleader up to Cheer/Dance from Time Out in an alternate situation, please call Jeanne Ehn as soon as possible for permission.

PASS GATE WORKERS ENTRANCE: The pass gate is on the northeast doors of the Jacobson Center. This entrance is for bus drivers, ICCA workers, ICCA guests, and the press. Bus drivers will be stamped and press will receive a wristband.

PARKING: There is free parking at the fairgrounds. Parking between the Varied Industries Building and Jacobson Center is limited.

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

PHOTOS: All teams are REQUIRED to have their team photo taken by the event photographer in the warm up area prior to their performance for the use of the ICCA. To help ease this process, every cheerleader must fill out a picture form **BEFORE** arriving at the Championships and return the completed form to the coach. Forms will be checked for completion at Team Check-In upon arrival at the Jacobson Center along with Medical Release Forms. If forms are not completed when reporting to Team Warm Up, the team will lose warm up time while the forms are filled out. The photo form is attached to this mailing or may be found on the ICCA website.

Tim McConnell, event photographer, will also be taking action shots of those teams who have pre-ordered at least one CD of the shots. No action shots will be taken of teams who have not pre-purchased at least one CD. Teams will be able to order photos at the venue that day or online before the event with a discount at the following link: <http://timmcconnellphotography.com/event/formlist.php>. A booth for Tim McConnell will be in the Jacobson Center's lobby, for the same day photo ordering. Pictures will also be available online at timmcconnellphotography.com, plus the ICCA website will have a link to order pictures. No parents or personal cameras are allowed in the photography areas.

PROGRAMS: Remember your trip to the State Championships! Souvenir programs containing the names of all participants, performance order, and pictures of last year's champions will be sold at the championships. Remind your fans and cheerleaders to purchase this \$2 memento for the days' time schedule and for their scrapbooks.

PROPS (ICCA Championship Rules): Only signs, megaphones, and poms are allowed and must have words or symbols associated with school spirit. For example: "Go-Fight-Win" or school colors. Signs cannot be used in a theatrical manner (e.g., in the shape of guitar, people, etc.). Props (and other items) cannot just "decorate" the floor or be used as markers only. Cheerleaders may NOT break through a sign. Signs are only used to lead cheers. Cheer Dance division: Props must be at least partially positioned on the mat; reaching off the mat will result in a 10 point deduction. Props may be discarded off the mats as long as the National Federation rules for discarding props are followed.

ROUTINE LENGTH AND TIMING: The maximum routine length for the Cheer/Dance divisions is two and one-half minutes (2 ½). In the Stunt Groups and Time Out Cheer divisions, the maximum routine length is one minute. Ten points will be deducted for going over the time limit. Any team going over the time limit by more than 10 seconds will also receive a Delay of Performance penalty. **Timing is by hand held stopwatches; there are two watches on every routine and music section, and the lowest times are used. Coaches are strongly advised to create routines and mix music that will finish a few seconds under the time limit.**

Music is 90 seconds maximum for the Cheer/Dance divisions. Music is 60 seconds maximum for the Stunt Group division. Music is not allowed in the Time Out Cheer division.

Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced. Timing will end when the squad comes to a standstill or stationary position.

Timing for the Time Out Division will begin with the buzzer. A second buzzer will sound when there are 15 seconds remaining. Cheerleaders and their poms, signs, and megaphones must be off the mat at the end of the minute to avoid going over time.

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

SCORE SHEET PICK UP: Coaches must pick up score sheets at the emcee table immediately following the end of the awards session. It is the coach's responsibility to pick up the score sheets; they will NOT be mailed to coaches.

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

SPECTATOR SEATING: For safety reasons, AT NO TIME are cheerleaders OR fans to CLIMB OVER, UP or DOWN the chairs/bleacher seating. Use the aisles to go in and out of seats.

SPECTATOR SEATING DURING TEAM PERFORMANCE: FIVE minute seating is reserved for fans of the CURRENT PERFORMING TEAM ONLY during Cheer/Dance! Fans MUST keep the aisle clear for the videographer and may not move chairs into the aisles. We ask fans to be considerate and follow requests of ICCA officials supervising this area. The area will be cleared after every team performs. Coaches – please make this information available to your fans and understand that these policies are set in place to help make this experience good for all the cheerleaders and fans! **There is NOT 5 minute seating for Stunt Group or Time Out.** Be considerate of each other and let fans watch their team, then leave the area for the next team. Please respect fans from other schools as they cheer for their team. Move out of the area after your team performs.

SPORTSMANSHIP POLICY: The ICCA expects all events involving a member school to be conducted without compromise to any fundamental element of sportsmanship. Such fundamental elements include integrity of competition, civility toward all, and respect, particularly toward opponents and officials. Coaches are educators as well, and there is an expectation that they set the example for students and others in the area of sportsmanship. **The Upper Level of Jacobson is for State Championship judges and workers ONLY.**

Cheerleaders, coaches, or fans should NOT be in this area at ANY TIME. Cheerleaders and/or coaches found in this area without permission will put their team in jeopardy of disqualification or a sportsmanship penalty.

Participating cheerleaders, their coaches, and fans are expected to be good sports at all times, which means supporting not only their school but all participating schools. The ICCA has adopted and will follow the IHSAA expectations for conduct of spectators, participants, and coaches. Any person violating these expectations will be asked to leave the premises. This includes the IHSAA rules of *no signs, noise makers, or bare chests in the spectator crowd*. 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 head coach is responsible for sharing this information with cheerleaders, coaches, parents, and fans affiliated with the team.***

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

TIES: In case of a tie in Cheer/Dance division the Motion Technique score, both Difficulty and Execution, will be used as the tiebreaker, and the second level will be Jumps, both Difficulty and Execution. In the Time Out division the first level of tie breaker will be Motion Technique, the second level will be Appropriate to Crowd Involvement, and the third level will be Showmanship. In the Group Stunt division the Execution score will be used as the tiebreaker, and the second level will be Difficulty. Should two or more teams be tied after all tie breakers, a simple flip of the coin will be performed by ICCA officials with the head coach of each team present.

TIMES: The doors will open to the public at 8:00 AM. The morning session will include 1A and 2A Time Out Cheer, Group Stunt, and Cheer Dance divisions. Coed, 3A and 4A Time Out Cheer, Group Stunt, and Cheer Dance divisions will perform in the afternoon. Awards will follow the morning session and the afternoon session.

Be sure to review this information with your team. Team check-in with warm up times and performance time are posted on the ICCA website.

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

VIDEOTAPING: All performances will be recorded and the video rights of the championships rests solely with the ICCA and the video contractor. Pre-competition DVD orders will receive a special discount. DVDs may be ordered online before and after the competition at the following link: <http://iowacheercoaches.org/wp-content/uploads/2014/09/2017-ICCA.pdf>. 5 Star Media will have a table with information in the lobby during the competition. Reminder, the recording and distribution of copyrighted material is prohibited by the U.S. Copyright Law.

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

Water fountains and restrooms are available on each side of the warm up area at the Jacobson Building entrance (Safety Check and Team Entrance Check-in). Anyone is welcome to use either side as needed during warm up; however, we will not wait for performance or moving your team through the warm up sequence. It is the team's sacrifice of time.

Be sure to review this information with your team.

PERFORMANCE VENUE JACOBSON CENTER

WARM UP CHECK-IN:

- **Station 1 - Report for Warm Up:** Cheerleaders are asked to report to the southeast corner/Station 1 approximately five minutes **before the team's official safety check and warm up time.** Teams should be prepared for the safety check when reporting to Station 1. DO NOT bring cheerleaders to Station 1 entrance more than five minutes ahead. DO NOT enter through the doors on your own. Please wait for an ICCA staff person before entering. Coaches should have COMPLETED PICTURE FORMS in hand for each cheerleader. Upon entering the doors, teams will immediately be given a safety check. If your team arrives late, warm up time will be sacrificed. Schools with 2 teams in Stunt Group may go through Safety Check together. Group B must wait in Stretch and Wait after pictures until their mat time comes available.
- **Station 2 - Safety Check:** A safety check of the National Federation safety rules is required of all cheerleaders, including alternates; this is the official time start of the warm up sequence. Violations will result in 10 point deductions for each infraction. After the safety check, teams may place their team bag in the Bag Holding Area. This area is unguarded. The ICCA is not responsible for lost or stolen items.
- **Station 3 - Pictures:** Completed picture forms will be turned in to the photographer at this station. All teams are required to have their picture taken for ICCA records. Refer to the PHOTO information in this packet and the picture form on the ICCA website for order information. There is a direct link on the ICCA website. Teams will be able to see the photo taken on championship day in the meet and greet area (west lobby lower level) of Jacobson.
- **Station 4 – Stretching & Wait:** Teams will have the opportunity to stretch while waiting to be called to the warm up mats. This is a stretch area only.
- **Station 5 – Tumbling/Jump Warm Up Mat:** Teams will be called to the tumbling/jump warm up mat by an ICCA official. Teams will have five minutes to warm up tumbling and jumps on a section of three mats, however teams may choose which skills they warm up on the mat.
- **Station 6 – Stunts Warm Up Mat:** Teams will be called to the stunts warm up mat by an ICCA official. Teams will have five minutes to warm up stunts, pyramids, and tosses on a section of three mats, however teams may choose which skills they warm up on the mat. If warming up stunts, pyramids and/or tosses, coaches need to be aware of team size in relation to mat size in order to keep cheerleaders safe. Large teams might not be able to warm up all stunts and tosses or an entire pyramid at the same time.
- **Station 7 – Full Routine Warm Up Mat:** Teams will be called to the full-size competition mat by an ICCA official for warm up. Teams will have five minutes to warm up their routine on this mat. Time on this mat is limited, so teams should utilize the warm up time on the smaller mats wisely. A boom box

will be available for music. Please understand that if your CD doesn't work, it might not be the fault of the boom box; do not become upset with the station monitors.

- **Holding Area:** Depending upon the flow of the competition, your team will be taken to a hall between the warm up area and the main arena. Many teams will leave the warm up mat and go directly to the hall.
- **In the Hole and On Deck:** Teams will enter this area and wait to be announced to perform: In the Hole (moves to On Deck) and On Deck (next to perform). An ICCA official will answer questions, and assist teams immediately preceding their performance. Coaches and alternates will be told when to leave and go to the emcee/music table at the front of the mat (two coaches) and five minute seating (extra coaches and alternates).
- **Performance:** Please discuss the team's entrance to the performance mat (see Competition Rules) to avoid a Delay of Performance penalty. Coaches are required to stay at the table with the sound technician during their team's performance.
- **Debriefing:** Following a team's performance, the team will exit the back of the mat on the opposite side from the entrance. An ICCA official will lead the team to a debriefing area where coaches will join them. Cheerleaders will need to put on new wrist bands and pick up bags before leaving the area to meet fans. DO NOT meet in the Warm up area.
- **Meet and Greet:** An ICCA worker will guide the team to a room off the west lobby area of Jacobson to meet fans, view their performance video, and see their professional team portrait. Please inform fans.

Direct all competition questions to:

Jeanne Ehn, Executive Director

jehn@heartofiowa.net

Kenna Johnson, Executive Director

kennajohnson47@gmail.com

Donna McKay, Executive Director

jdmckay44@gmail.com