

## **WARM UP CHECK IN for Stunt Group and Time Out Warm Up**

- **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 on the Stretch and Wait mats 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. Teams will be able to see the photo taken today in the 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 – Full Routine Warm Up Mat:** Teams will be called to the warm up mats by an ICCA official. Time Out will have the full performance mats and Stunt Group will have 3 strips of mat. Teams will have five minutes to warm up their routine on these mats. A boom box will be available for music. Please understand that if your CD/music source 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. Looking at the mat from behind, Time Out will start on the right side of the mat and exit to the left. Officials will assist.

- **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.

Jeanne, Kenna and Donna