

## CHEERLEADING COMPETITION

### DESCRIPTION/REGULATIONS

The Cheerleading Competition is conducted with two divisions, "A" and "AAA". The "A" division is for schools with an enrollment of less than 75 students in the 5<sup>th</sup> – 8<sup>th</sup> grade and the "AAA" division is for schools with an enrollment of more than 75 students in the 5<sup>th</sup> – 8<sup>th</sup> grade. Squads are comprised of 5<sup>th</sup>-8<sup>th</sup> grad students (male or female). Team trophies are awarded for 1<sup>st</sup> – 4<sup>th</sup> place. The L.E.S.T. may also provide honorable mention awards for individual or group demonstrations. **SQUADS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS** with an advisor in attendance. They must also have been in existence through the basketball season, cheering at home and/or away games. No school may have more than one group competing in the competition.

Since cheerleading competition requires more subjective evaluation than other tournament activities, several judges take part in the rating. (See attached L.E.S.T. Cheerleading Competition Rules and Stunting Rules).

Cheerleading squads will receive their evaluations at the end of the competition.

Each participating school should refer to the website for the National Federation of High Schools (NFHS) Spirit Rules Book (see **Website Directory** for the address and direct link).

### SCHEDULE

The individual Cheerleading squads will cheer at their school's games, as desired. The Cheerleading Competition will be run in conjunction with the Dance-Drill Competition. Schools that have a Dance-Drill Team and a Cheerleading squad will be properly spaced so that no school will have their Cheerleading squad perform right before or right after their Dance-Drill Team.

Even though the two competitions are run simultaneously they are judged separately and on different criteria

### HOW TO PARTICIPATE

**Cheerleading squads must send in their fully completed Cheer Registration form by December 1, 2008. This is a new form; please make sure to use it. Teams must submit the competition outline/stunts & stacks list (in order of use) with photo copies of National Federation of High Schools (NFHS) Spirit Rules Book pictures showing these stunts to be legal. Failure to submit proper forms and information may result in teams not competing.** A performance will be allowed, but scoring will not take place. A copy of the judges criteria and score sheet is available on line.

## L.E.S.T. CHEERLEADING COMPETITION RULES.

1. A maximum of 20 Cheerleaders on the floor at any given time.
2. No jewelry of any kind, (except medical alerts that are taped *under* a uniform) may be worn during competition.
3. Fingernails must be short and **unpolished**. This is because in the event of a health emergency medical personnel cannot get an accurate blood oxygen reading. I know it sounds crazy but this is straight out of the National Federation Guidelines for coaches.
4. Hair longer than collar length must be pulled into a ponytail, if the team is doing any stunts. No big or hard barrettes, etc may be worn. Hair ribbons must not reach any longer than the outside corner of the participants eye.
5. No loose glitter. Frosted makeup is acceptable.
6. No bare mid-riffs.
7. Shoes must be worn at all times. No bare or stocking feet.
8. Squads must be duly constituted by their respective schools with an advisor/coach in attendance. Only students that have cheered for regular season games may compete at L.E.S.T.. No school may have more than one team competing in this competition.
9. Competition routines may be no longer than 3 minutes in length. No more than ½ of the total time may be performed to music. Teams may receive up to a 10 point deduction for going over the time limit. They may receive a point deduction of up to 5 points for having more than ½ the routine to music.
10. All routines must have at least one chant/or sideline cheer and one floor/crowd participation cheer (leading the crowd and crowd participation will increase your score as per the new [07] score sheet guideline).
11. Each team is required to submit their routine outline with a list of all stunts and stacks that they plan to do by **January 31, 2009**.
12. Teams may eliminate any stunts/stacks that they cannot perfect by L.E.S.T., but may not perform any that were not listed in the original outline.
13. Teams must submit a list of any music to be used. This must include the artist name and recording label that the music is from. This list must be submitted no later than **January 31, 2009**. The use of uplifting Christian music is strongly encouraged. No music with inappropriate language or theme may be used even if words have been edited from the song.
14. Teams must submit a CD of their music for competition at the coaches meeting **2 PM Thursday** prior to the beginning of competition. Please label it with your school name and coach's name. Please bring an extra copy of your music to L.E.S.T. in case of any problems. A team representative must come to the announcer's table before your team takes the floor to tell when to start and stop your music. In the event of technical difficulties, you may have a restart of your music. Please make sure your CD will play on the system before the event starts.
15. Any team failing to submit proper documentation by scheduled date/time, may be eliminated from the competition.
16. Time starts as soon as the first organized motion/movement or note of music starts. Teams may place mats, poms, signs before they begin. Teams may rally onto the floor, taking no longer than 10 seconds without official time starting. Time ends when the last team member is off the floor. Team members may return remove mats, poms, signs or megaphones without penalty.
17. A 10 point deduction may be taken for improper/illegal stunt or lack of spotting.
18. A 10 point deduction may be taken for an illegal or non-submitted stunt or dismount.
19. A 5 point deduction will be taken if more than ½ of the routine is to music.
20. Teams must follow the schedule for "in the hole" and "on deck". Any team not in place when called to perform may be eliminated from competition.

## STUNTING RULES

1. All stunts above waist high must be performed on a matted surface. Mats will be available, but you must pre-request them. You will be responsible for their placement and removal.
2. All stunts above waist high must have a separate head and shoulder spotter.
3. The spotter's attention shall never leave their flyer for the duration of the stunt.
4. All tosses must be performed on a matted surface and have a separate head and shoulder spotter.
5. All extended stunts must have a separate head and shoulder spotter and be performed on a matted surface. A second front spotter is strongly encouraged!
6. No inverted stunts may be performed with the exception of a forward suspended roll. The flyer shall remain in constant hand-to-hand contact with their bases at all times.
7. Teams may only perform stunts for which they have adequate skills and are proficient at.
8. A deduction of up to 10 points may be taken for non-completion of a stunt.
9. No stunts may be performed over any person or prop.
10. The only props allowed are pompons, mega phones and signage (poster board size and smaller).

Each participating school should refer to the web site for the National Federation of High Schools (NFHS) Spirit Rules Book (See website directory for the address and direct link).

# CHEER REGISTRATION FORM

L.E.S.T. 2009

(One team per form please)

Please print clearly

Team/School Name \_\_\_\_\_

Address \_\_\_\_\_

Coach(es) \_\_\_\_\_

Coach's Email \_\_\_\_\_

Coach's Phone # \_\_\_\_\_

Division:            A                            AAA

Type:            Cheer

Music Name \_\_\_\_\_

Artist \_\_\_\_\_

Album/Label \_\_\_\_\_

Team Roster:

<u>First &amp; Last</u> Phonetic Spelling	Grade
1. _____ _____	_____
2. _____ _____	_____
3. _____ _____	_____
4. _____ _____	_____
5. _____ _____	_____
6. _____ _____	_____
7. _____ _____	_____
8. _____ _____	_____
9. _____ _____	_____
10. _____ _____	_____

<u>First &amp; Last</u> Phonetic Spelling	Grade
11. _____ _____	_____
12. _____ _____	_____
13. _____ _____	_____
14. _____ _____	_____
15. _____ _____	_____
16. _____ _____	_____
17. _____ _____	_____
18. _____ _____	_____
19. _____ _____	_____
20. _____ _____	_____

## **DANCE-DRILL COMPETITION**

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### DESCRIPTION/REGULATIONS

The Dance-Drill Competition is conducted with two divisions, "A" and "AAA". The "A" division is for schools with an enrollment of less than 75 students in the 5<sup>th</sup> – 8<sup>th</sup> grade and the "AAA" division is for schools with an enrollment of more than 75 students in the 5<sup>th</sup> – 8<sup>th</sup> grade. Squads are comprised of 5<sup>th</sup>-8<sup>th</sup> grad students (male or female). **THE DANCE-DRILL COMPETITION IS ONLY FOR DANCE or DRILL ROUTINES. NO SCHOOL MAY HAVE MORE THAN ONE GROUP COMPETING IN THIS COMPETITION. Schools will need to designate whether their group is doing a dance or a drill routine on the registration form that is due December 1, 2008.** Trophies awarded will be based on the number of entries (i.e. 4 teams = only 2 trophies). The L.E.S.T. may also make honorable mention awards for individuals or groups.

The L.E.S.T. will be videotaping the Dance-Drill/Cheer Competition. If you would like a copy of this tape include a check for \$30.00 (DVD) made payable to Concordia University, with your registration that is due December 1. Tapes may also be purchased during the L.E.S.T. and are mailed within 6-8 weeks of the completion of the L.E.S.T.

These are the major requirements of Dance-Drill teams:

1. The team may consist of 4 or more members. **TEAMS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS, WITH A COACH/ADVISOR IN ATTENDANCE AND HAVE PERFORMED AT SCHOOL FUNCTIONS.**
2. Total routine time limit is 5 minutes.
3. Music is required to be on a CD.
4. Also see L.E.S.T. Dance-Drill Competition Rules (attached)

### OVERALL PERFORMANCE

**Please see the judging form for specific requirements.**

Judges will follow these stated guidelines:

- One judge will be assigned to each individual judging category. Judges will also collaborate on some areas of evaluation. Judging may begin as soon as the team is asked to "take your position." Judging must end when the last member crosses the boundary line at the end of the routine.
- A written evaluation will be provided to each participating team and a verbal evaluation will also be provided.

Since dance competition requires more subjective judgment than other tournament activities a minimum of three judges will take part in the rating. Judges will be sitting on the east side of the gym. Please keep this in mind when choreographing your routines.

We expect that school leadership will be involved in the **SELECTION OF APPROPRIATE MUSIC AND BODY MOVEMENTS** used by the team for their performance in the L.E.S.T. so that inappropriate text words and values may be avoided. We will allow our judges the discretion to deduct points in this area.

## SCHEDULE

The individual drill teams will perform at the half time of their school's games, as desired, and as time allows. A schedule of when your school will perform during the competition phase will be published prior to your arrival at the L.E.S.T.

## HOW TO PARTICIPATE

**Dance-Drill teams must pre-register as per the instructions on the L.E.S.T. Registration form that are due December 1, 2008.** Included with the names of individual performers there should also be the name of the piece of music and anything that the team would like said about themselves before they perform. The individual teams are responsible for following their own schedules and regulations.

# DANCE/DRILL REGISTRATION FORM

## L.E.S.T. 2009

(One team per form please)

**Please print clearly**

Team/School Name \_\_\_\_\_

Address \_\_\_\_\_

Coach(es) \_\_\_\_\_

Coach's Email \_\_\_\_\_

Coach's Phone # \_\_\_\_\_

Division:                    A                                    AAA

Type:                    Dance                    Drill

Music Name \_\_\_\_\_

Artist \_\_\_\_\_

Album/Label \_\_\_\_\_

**Team Roster:**

1.	<u>First &amp; Last</u> Phonetic Spelling	Grade
_____	_____	_____
_____	_____	_____
2.	_____	_____
_____	_____	_____
3.	_____	_____
_____	_____	_____
4.	_____	_____
_____	_____	_____
5.	_____	_____
_____	_____	_____
6.	_____	_____
_____	_____	_____
7.	_____	_____
_____	_____	_____
8.	_____	_____
_____	_____	_____
9.	_____	_____
_____	_____	_____
10.	_____	_____
_____	_____	_____

11.	<u>First &amp; Last</u> Phonetic Spelling	Grade
_____	_____	_____
_____	_____	_____
12.	_____	_____
_____	_____	_____
13.	_____	_____
_____	_____	_____
14.	_____	_____
_____	_____	_____
15.	_____	_____
_____	_____	_____
16.	_____	_____
_____	_____	_____
17.	_____	_____
_____	_____	_____
18.	_____	_____
_____	_____	_____
19.	_____	_____
_____	_____	_____
20.	_____	_____
_____	_____	_____

## L.E.S.T. DANCE AND DRILL COMPETITION RULES

1. Dance and Drill teams may **not** perform any tosses as part of a routine.
2. Dance and Drill teams **may not** build any stunts where the dancer's feet are above the waist of their bases.
3. Dance and Drill teams **may not** use any lifts where the feet of the dancer are above the waist of the bases.
4. A dead man lift (Where the dancer is in a prone/flat position) must have a separate head/shoulder spotter.
5. Dance and Drill teams **may not** perform any inverted stunts. This includes chorus line flips.
6. Use of an illegal or improper stunt or lift may result in up to a 10 point deduction.
7. Dance and Drill Team uniforms must cover the abdomen when standing at attention.
8. The use of bare feet is not allowed. Some kind of foot covering/shoe is necessary at all times during a performance.
9. Dance and Drill teams who go over the time limit **will** receive a 10 point deduction.
10. Time begins with the first note of music or when the first dancer crosses onto the floor.
11. Time ends when the last dancer leaves the floor by crossing over the court line.
12. Non-dancing alternates and/or coaches/helpers may place props on the floor before you begin your routine. They may return to remove props after the team has left the floor. Please be quick in placing and removing props so that we may stay on schedule.
13. Dance and Drill teams must submit the name, artist and recording label for all music they plan to use in the competition routine. These must be received by January 31<sup>st</sup>. Failure to do so may result in disqualification of your team.
14. Teams must report to the "in the hole" and "on deck" areas at their scheduled times. Failure to be in place "on deck" may result in disqualification.
15. No loose glitter may be used. Frosted makeup is allowed.
16. The use of Christian music is strongly encouraged. Music with inappropriate words or themes is not allowed, even if the words have been omitted.
17. Inappropriate and/or suggestive movements will result in immediate disqualification and removal from the floor.
18. Please bring a copy of your music to the coaches meeting at **3pm Thursday** before the event begins. CD's should be clearly marked with you school name and coach's name. Please make sure to bring an extra copy of your music to L.E.S.T. with you in case of emergency. A representative of your team must come to the announcer's table when your team performs to tell them when to start and stop your music.
19. Fingernails must be **unpolished**. This is because in the event of a health emergency medical personnel cannot get an accurate blood oxygen reading. I know it sounds crazy but this is straight out of the National Federation Guidelines for coaches.