



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION  
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# 2009-10 CHEERLEADING

## GENERAL TOURNAMENT RULES FOR CHEERLEADERS

**Changes from the 2008-09 Cheer Regulations are indicated in bold type and shaded.**

**Facility Access** – Please enter through the participant pass gate. Cheerleaders and coach(es) must be listed on a squad roster on school letterhead provided by the athletic director of the school. The pass list will allow access to any tournament game.

- Cheerleader Roster limits** - Cheerleaders in uniform are admitted free through the pass gate. There is no limit on the number of cheerleaders approved by the participating school. Due to the restricted area for crowd movement in front of each student rooting section, the number of cheerleaders allowed in front of their crowd at any given time may be restricted. Any number of cheerleaders may participate in performances on the court/field during approved dead ball periods.
- Cheerleader Coaches** - One coach may be admitted at no charge for every five cheerleaders (one to five cheerleaders, one coach admitted free; six to ten cheerleaders, two coaches) up to a maximum of three coaches.

**Dressing Room** – A room may be available for changing clothes and preparing for games. Please do not use the public restrooms for this purpose.

**Check-in at Site** - The cheerleader coach must report to the Tournament Manager one-half to one hour prior to each of their game times to verify supervisory responsibilities and to determine performance schedules.

**Warm-up Area** – A designated warm-up area may be provided. Cheer squads **MUST** bring their own mats and **MUST** be supervised while in the warm-up area.

**On-Court Performance Schedule** – One (1) minute is allocated for the following:

- Between 1<sup>st</sup> and 2<sup>nd</sup> quarter
- Between 3<sup>rd</sup> and 4<sup>th</sup> quarter
- Between any subsequent overtime periods
- During a full time out

**Stunts** – NFHS rules apply with this addition to 2-2-3: **Members of a cheer squad involved in stunting shall wear their hair away from the face and off the shoulders.**

Stunts may be practiced only in the designated warm-up area **IF THE SQUAD BRINGS A MAT** and performed **ONLY** on the competition floor. No coaches will be allowed onto the competition floor as spotters. Each squad is responsible to provide any matting required to meet NFHS safety rules.

**54.3.02 12' x 12' nonskid surface mats are required for performing basket tosses and other similar multi-base tosses on a hard surface. (Folding panel mats and yoga mats are not acceptable nor appropriate)**

**Introduction of Starting Line-up** – Cheerleaders may be on the competition floor but must remain within the designated half court area during the pre-game introduction of starters. Cheerleaders will also be introduced prior to their first game.

**Half-time Music** – Squads are required to have their own cassette tape/DVD player and tape/DVD unless the band is playing. A representative of the cheer squad must be present at the announcer's table to cue the music.

**Half-time Entertainment** – Seven (7) minutes will be allocated for half-time entertainment. Since the clock is running, the time allotted for performing groups begins when the group enters the court and end when the group exits the court (NOT when the music begins and ends.) All half-time entertainment must be cleared with the Tournament Manager prior to the contest. The recommended performance order is listed below. This schedule can be changed upon mutual agreement of all performance groups and/or the tournament manager depending upon half-time presentations or special promotions.

- 1<sup>st</sup> - Home Drill Team (3 minutes maximum)
- 2<sup>nd</sup> - Visiting Drill Team (3 minutes maximum)
- 3<sup>rd</sup> – Home Cheerleaders (30 seconds)
- 4<sup>th</sup> – Visiting Cheerleaders (30 seconds)
- 5<sup>th</sup> – Home Band (if time permits)
- 6<sup>th</sup> – Visiting Band (if time permits)

**Length of Routines** – Squads are recommended to be prepared with both short and long routines, depending upon the available time and the number of squads on site.

**Props** - Cheer crowd involvement cue cards may be used as props (not to exceed 3' x 3'). The cue cards are to be used by cheerleaders in the cheerleader area only and the words must be supportive of their team and not degrading to opponents. Megaphones may be used only by the cheerleaders.

**Responsibility of the Cheerleaders** - Only school district accepted cheers should be used at the appropriate times. Cheers or yells with degrading opponent implications and profanity must be avoided. Cheerleaders actions, responsibility, acceptance, and control of student sections will be evaluated and scored as contributing to sportsmanship awards.

# STATE CHEERLEADING CHAMPIONSHIPS

**January 23, 2010**

**Changes from the 2008-09 Cheer Regulations are indicated in bold type and shaded.**

Excerpt from the WIAA Handbook: 23.3.1.D Stunt Certification is required for Cheer Coaches who intend to have their cheer squad(s) perform stunts. The certification program must be approved by either the Washington State Cheer Coaches Association or the WIAA. Coaches must be recertified every three (3) years.

## 1.0 QUALIFYING EVENTS

1.1 The team must have performed in at least ten (10) school events, such as school assemblies, sideline cheerleading, half-time performances, pep rallies, etc.

- 1.2 The team must have participated in at least one (1) WIAA, **WSCCA** or school sponsored competition and must have scored at least 195 as a minimum qualifying score (whole numbers only; there will be no rounding of decimals) after all deductions (based upon the cumulative scores awarded by three (3) judges) in the competition.
- 1.2.1 The competition must:**
- 1) Be staffed entirely by school personnel and/or affiliates (school administrators, teachers, coaches, booster clubs, etc)
  - 2) Have all registration/entry fees deposited into the school ASB account
  - 3) Not exceed the maximum per team registration/entry fee as approved by the WIAA and WSCCA
  - 4) Utilize WOA/WSCJA judges
- 1.3 Qualifying competitions may be held during the months of November, December and January.
- 2.0 CATEGORIES: NFHS Spirit rules will be strictly enforced in all categories.
- 2.1 Varsity categories** (One male may be a member of the following squads)
- 2.1.1 Small: 12 and under participants
  - 2.1.2 Medium: 13-16 participants
  - 2.1.3 Large: 17 and over participants**
- 2.2 Coed categories:**
- 2.2.1 Small: 2-4 males with up to 20 participants
  - 2.2.2 Coed Large: 2-4 males and over 20 participants or 5 or more males with no participation limit**
- 2.3 Non-Tumbling Division:** Tumbling, except for inversions into load in positions, stunts and pyramids, is not allowed. Tumbling is defined as any skill with feet over head rotation.
- 2.3.1 Varsity Non-Tumbling (maximum one male)** with up to 20 participants
  - 2.3.2 Coed Non-Tumbling (2 or more males)** with up to 20 participants
- 2.4 A school may participate in a maximum of three categories, provided each student participates in only one category. The third category must be a coed division.
- 3.0 STATE EVENT FORMAT:
- 3.1 If one (1) to three (3) schools of the same classification qualify within a specific category, that classification will be combined with the other classification.
  - 3.2 If one (1) to three (3) schools in both classifications combined qualify within a specific category, that category may be combined with another category.
  - 3.3 If up to 30 schools qualify for the state championships, one coaches meeting will be held. If 31 or more schools qualify for the state championships, two coaches meetings will be held. All coaches are urged to be members of the Washington State Cheer Coaches Association (WSCCA).
  - 3.4 COMPETITION SCHEDULE: A random draw of all teams participating in each category will be done. Teams drawn for the first competition slot would not be eligible for that first slot during the following year; teams drawn for the final competition slot would not be eligible for that final slot during the following year.

- 4.0 PRACTICE SCHEDULE: Available practice time will be divided equally among the teams. The practices may be closed to other teams.
- 5.0 SCORING/JUDGING
- 5.1 Three (3) WOA judges plus two (2) safety/technical judges will judge each routine.
- 5.2 Judges will be positioned on one side of the facility.
- 5.3 Points deducted for any safety violations will be subtracted from the final score.
- 5.4 Placement of teams will be posted on the WIAA Web site following the event.
- 6.0 ROUTINES
- 6.1 Routines are limited to two and one-half (2 1/2) minutes.
- 6.2 The music portion can not be longer than one and one-half (1 1/2) minutes.
- 6.3 All routines will be timed (both the music portion and total time.) There will be a ten (10) point deduction for every ten (10) seconds over the maximum time limit.
- 6.4 Routines consist of cheer, chants, stunts, dance, jumps, and/or tumbling.
- 6.5 Spotters will not be provided.
- 6.6 NFHS rules apply with this addition to 2-2-3: Members of a cheer squad involved in stunting shall wear their hair away from the face and off the shoulders.**
- 7.0 PERFORMANCE AREA
- 7.1 The 56' x 56' cheer mat area represents the performance boundary area.
- 7.2 No points will be deducted if hands cross outside the performance area to drop or pick up pom poms, signs and/or megaphones.
- 7.3 Entrances and exits from the performance area will not be judged by the performance judges. Safety/Technical judging starts when the first participant crosses the performance area boundary and ends when the last participant crosses the performance area boundary.
- 7.4 Any damage to the floor resulting from a team's performance will be that school's responsibility.
- 8.0 ENTRANCE PROCEDURES: All teams must be ready to take the floor one team ahead. Stay out of view and do not get into your entrance position until the official announcement to do so. The announcement procedure will be:
- 9.0 MUSIC: All music must be approved by the local school district.
- 9.1 All music must be recorded at the beginning of a new compact disc (CD.) It is recommended to have two new CD's in case of an accident or lost CD.
- 9.2 The CD will be checked during the practice session. CD's must be in a plastic case identified with the team name.
- 9.3 In case of a mechanical failure, the squad will have the option to perform again, with the routine being judged from the point of the mechanical problem (squad will "hold" positions until the point where the mechanical failure occurred.
- 9.4 Music may have words, but all must be appropriate.

- 9.5 A representative of each team must be present at the announcer's table to cue the music when their team is performing. No responsibility is taken by the sound crew if no one is there.
- 10.0 AWARDS: A minimum of four (4) schools must compete in a category in order for a first place trophy to be awarded.
- 10.1 A second place trophy will be awarded if five (5) to eight (8) schools compete in a category.
- 10.2 A third place trophy will be awarded if nine (9) to twelve (12) schools compete in a category.
- 10.3 A fourth place trophies will be awarded if twelve (12) to sixteen (16) schools compete in a category.
- 10.4 Any school receiving a score of 210 or higher will receive a "superior" certificate.
- 11.0 AWARDS CEREMONY: **Team leaders/seniors from** each participating school will participate in the closing/awards ceremonies.
- 13.0 SPECTATOR and PARTICIPANT SEATING: Participants and spectators may not "block" or "reserve" seats. Areas will be designated for either spectators or participating teams.