

**ICCA 12TH ANNUAL
CHEERLEADING COACHES CONFERENCE**

*"SPRING INTO A NEW SEASON
WITH ICCA"*

March 19, 2011
Marriott Bloomington-Normal
Hotel & Conference Center
Normal IL

**2010 – 2011
COMPETITIVE CHEER
SEASON**

Watch the website for more details:

Contact: Pam Saxhaug
psaxhaug@earthlink.net

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**LET ICCA MAKE THIS
YOUR BEST SEASON!**

2010 – 2011 COMPETITION RULES

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All Head Cheerleading Coaches must have attended a rules interpretation between August and November of 2010 in order to compete at ICCA competitions. Jr. High coaches must attend a site meeting; high schools coaches may do the online meeting with IHSA. By-law 2.120 of the Illinois High schools Association (IHSA) states that a member of the school spirit coaching staff is required to attend a rules interpretation meeting each year.

IHSA Competitive Cheer Sport Season By-law (5.660 inclusive) sets a sport season and contest limitation for competitive cheerleading teams:

“No school belonging to IHSA shall allow its competitive cheerleading team to participate in interscholastic contest earlier than Wednesday of week 18 or later than Saturday of week 39.”

The 2010-11 season runs from Nov. 3, 2010 through April 2, 2011

The contest limit is five (5) meets for the season. No competitive cheerleading team presenting ICCA and/or IHSA member schools may participate in more than five meets. For high schools, the five meet limit is calculated exclusive of the IHSA state series meets. For junior highs, the five meet limit is exclusive of the ICCA series.

ICCA INVITATIONALS (also listed by IHSA)

Dec. 4	Riverton H.S.
Dec. 5	Oswego East H.S.
Dec. 12	Bolingbrook H.S.
Dec. 18	Pontiac H.S.
	Pinckneyville H.S.
Dec. 19	Alan B. Shepard H.S.
	Civic Memorial H.S.
Jan. 8, 2011	Benton H.S.
January 9	ICCA CHALLENGE US Cellular Coliseum - Bloomington All levels: Var., JV & Jr. High Varsity – IHSA panel
Jan. 15	Andrew H.S.
Jan. 16	Rockford East H.S.
	Highland
Jan. 22	Mt. Vernon H.S.
Jan. 23	Glenbard South H.S.
	Ridgeview H.S.

Please check www.cheericca.org for contact information and updates on scheduled invitationals. Dates also listed on the IHSA “Open Dates”.

ICCA IMPORTANT DATES 2010 – 2011

Sept. 11, 2010	Member Free Clinic/Rules Rockford East mallonv@comcast.net
Sept. 11, 2010	Member Free Clinic/ Rules Glenbard South Erica_hearn@glenbard.org
Nov. 3	IHSA Competitive Season BEGINS
January 9, 2011	ICCA CHALLENGE US Cellular – Bloomington Var., JV & Jr. High levels
February 12-13	ICCA CHAMPIONSHIPS Prairie Capital Convention Center Springfield
March 18-19	ICCA Spring Coaches Conference Bloomington
April 3	IHSA Competitive Season ENDS

Please watch www.cheericca.org for additional events/updates

Tentative additional rules meeting dates:

Aug. 28 th @ Providence	Sept. 18 th @ Mascoutah,
Oct. 16 th @ Andrew	Nov. 6 th @ Normal West

I. ELIGIBILITY

- A. Any school cheerleading team which abides by the ICCA and IHSA eligibility and NFHS Spirit Rules is eligible to compete.
- B. All cheerleaders in the competition must be members of a team that cheers together for a specific WINTER sport such as a wrestling or basketball team.
- C. Alternates may be used in case of emergency, but teams must follow eligibility rules:
 - *Alternates may be used as replacements but not additions to the team.
 - Example: 12 member team cannot become a 13 member team by adding an alternate
 - *Alternates must appear on the official team roster and meet all eligibility requirements.

The number of alternates allowed on ALL teams is FOUR

- D. A school cannot drop or move members to make the team qualify for a different division.
Example 1: A school with 9 varsity and 9 JV cheerleaders cannot compete as an 18 member team. Likewise, schools with a 7th grade team and an 8th grade team cannot combine to compete. They must compete as separate teams (see “B” above)
Example 2: A team with 17 members who cheer at school events may not drop members of the team in order to qualify for a smaller division.
- E. A cheerleader cannot move down a level to compete.
Example: A varsity cheerleader may not compete on the JV team. A cheerleader who competes on a team in one ICCA division is not eligible to compete on another team in a different ICCA division.

ICCA Technical Score Sheet

- F. Any team found guilty of illegal placement of members will be disqualified.
- G. Any qualifying team must be an active member of the ICCA by the membership deadline for the school year.
- H. Teams may compete in a maximum of FIVE ICCA sponsored competitions (including qualifying invitationals, ICCA Challenge & ICCA Championships)
- I. Teams may only represent in competition the school at which all team members are enrolled and attend as full-time students.
- J. On the day of competition, at least one coach/.school representative (listed on current ICCA membership) must attend the coaches meeting in its entirety. Failure to do so may result in deduction on the technical score sheet. (4 pt)
- K. At ICCA Championships, only 3 officially registered coaches/representatives per team will be allowed in the competition are for performance and awards. Failure to comply may result in a deduction on the technical score sheet. (4 pt)
- L. Any eligibility concern/issue for your team’s membership must be addressed by the ICCA Board of Directors by Nov. 1st Email: betty@cheericca.org

TIME Violations:

1 – 10 Sec.	(4 pts)
11-30	(8 pts)
31 +	(12 pts.)

Appearance (10)

Hair/Hair accessories
Shoes/socks
Nails
Uniform & Make-up

<u>INFRACTIONS</u>	<u>POINTS</u>
1. Illegal skill performed	12
2. Pyramid collapse (3 or more)	10
3. Incorrect Spotting	8
4. Missed stunt/pyramid	8
5. Incorrect.inappropriate wording, language, or gestures (sportsmanship)	8
6. Missed stunt – not attained/stable	4
7. Inattentive Spotting	4
8. Missed gymnastics	4
9. Boundary – out of bounds	2
10 Illegal use of sign/poms/etc.	2
11 Illegal support/brace/etc.	4
12 Fingernails/jewelry/etc.	2

II. DIVISIONS There are several divisions of competition. These divisions are for school teams that actively cheer for the school athletic events. ICCA divisions are not intended for all-stars or competition teams that do not cheer at their school athletic events as a team. Such all-star/competition teams are not eligible for ICCA competitions.

For ICCA competitions, **team placement in VARSITY divisions is determined by IHSA school enrollment**, with the option for a team to move to a higher division, but not a lower division.

STUNT GROUP SCORING CATEGORIES

20 pts. each = 100 pts.

- Technical Skills :
- Stunt Execution, Stunt Difficulty, Variety of Stunts**
- Overall Effectiveness: **Creativity& Transition**
Showmanship & Crowd Appeal

ICCA GAME CHEER SCORE SHEET

SCHOOL _____ DIVISION _____

Possible Pts.

I. Projection:

- A. Voice (articulation/clarity) 10
- B. Spirit/Sportsmanship 10
(facial expression/ eye contact/smiles & enthusiasm)
- C. Leadership Skills 10

II. Fundamental Skills

- A. Motions 10
- B. Jumps 10
(variety/technique/uniformity/execution)
- C. Synchronization 10

III. Overall Effect

- A. Difficulty 10
- B. Formations & Spacing 10
(use of floor/transitions)
- C. Choreography/Creativity 10
- D. Crowd Appeal 10
(impact/energy/continuity/
performance quality and visual impact)

100 points

IHSA divisions are as follows:

- Small Division : up to 659 student enrollment
- Medium Division: 660 – 1765 student enrollment
- Large Division: 1766 & up student enrollment
- Coed Division: TWO males or more

A. VARSITY Divisions

(1) COED Varsity Division (grades 9-12)

Requirements for this division match IHSA requirements for males, presently **TWO**. Teams in this division will have a **maximum of 20** members. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

(2) LARGE Varsity Division (grades 9-12)

This division consists of teams with a **maximum of 20** members. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

(3) MEDIUM Varsity Division (grades 9-12)

This division consists of teams with a **maximum of 16** members. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

(4) SMALL Varsity Division (grades 9-12)

This division consists of teams with a **maximum of 12** members. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

B. JUNIOR VARSITY Divisions

(1) LARGE JV/Soph/Frosh (grades 9-12)

This division consists of teams with a **maximum of 20** members that cheer for the Jr. Varsity, Sophomore or Freshmen level teams only. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

JV, Sophomore and Freshman teams may not combine to compete as one team.

(2) SMALL JV/Soph/Frosh (grades 9-12)

This division consists of teams with a **maximum of 14** cheerleaders that cheer for the Jr. Varsity, Sophomore or Freshman teams only. AN unstructured routine which may utilize music or cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

JV, Sophomore and Freshman teams may not combine to compete as one team.

C. JUNIOR HIGH Divisions

(1) LARGE (grades 5-8)

This division consists of teams with a **maximum of 20** members (24 with alternates) that cheer together for elementary or junior high teams. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

(2) SMALL (grades 5-8)

This division consists of teams with a **maximum of 14** members (18 with alternates) If team has more than 18, they are in Large Jr. High. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total music use may not exceed 1 minute 30 seconds.

Teams from different grades may not combine to compete as one.

ICCA ROUTINE SCORE SHEET

School: _____ Division: _____

	Possible Pts.
I. PROJECTION	
A. Voice (articulation/clarity)	10
B. Spirit/Showmanship (facial expression/eye contact/ smile enthusiasm)	10
II FUNDAMENTAL SKILLS	
A. Motions (sharpness/execution/technique/ synchronization)	10
B. Jumps (variety/technique/execution/ uniformity/synchronization)	10
C. Tumbling (technique/variety/execution/synchronization)	10
D. Stunts/Pyramids (variety/technique/execution incorporation/symchronization)	10
III. Overall Effect	
A. Difficulty	10
B. Formations & Spacing (transitions/floor usage)	10
C. Choreography	10
D. Crowd Appeal (visual impact/energy/continuity/ performance/quality)	10

100 points

N&W

N&W

N&W

ICCA SENIOR SCHOLAR-ATHLETE AWARD

Nominate your senior athletes who have earned a **3.5 out of 4.0** OR **4.5 out of 5.0 GPA** after six semester hours. The scholar athletes will be announced at the ICCA Championships and recognized in the program. Coaches please download the form from the website and submit to the Scholarship Director by December 17th. This program was very successful last year and we expect an even larger turn out this year. Be sure to get your nominations in early!

Deadline: December 17, 2010

**Mail to: Cindy Rueter
630 Lakefield Dr.
Columbia, IL 62236**

For Questions drhawks@charter.net

D. GAME CHEER

(1) High School – Varsity or JV teams (grades 9-12)
This division consists of teams with **maximum 20 team** members. The cheer may incorporate jumps, signs, and poms. It is limited to a maximum of 1 minute.

(2) Junior High (grades 5-8)
This division consists of teams with **maximum of 20** team members. The cheer may include jumps, signs, and poms. It is limited to a maximum of 1 minute.

E. GROUP STUNT High School (grades 9-12)

Offered at the ICCA Championships

- * Consists of 4 or 5 members
- * The 1 minute routine - music appropriate for game situation
- * ICCA Scoring Guidelines apply
- * Schools are limited to TWO stunt group entries
- * Individuals may only compete in **one** group
- * Possible pre-lims in an area without spectators if entry numbers get large.

III. RULES

Refer to Official High School 2010 -11 SPIRIT RULES BOOK published by
National Federation of State High Schools Assoc.
P.O. Box 690 Indianapolis, IN 46206
Phone: (317) 972-6900 FAX: (317) 822-5700
www.nfhs.org

IV. COMPETITION

A. General Rules

1. Cheers, motions and music must be appropriate for a game situation. Refer to NFHS Spirit Rule 2-15-1 (p.23) and “Participants’ Responsibilities” (online @ www.nfhs.org)

2. Cheerleaders may incorporate the use of poms, megaphones or hand held signs into their routines.
3. No mounting, jumping, tumbling allowed on signs, poms, and megaphones.
4. **NO GLITTER ALLOWED: ICCA interpretation for glitter, hair and nails remains the same as previous years.**
5. For divisions using music, coaches may use (at their own risk) CD's or cassette tapes at competitions.
6. NO costumes are allowed.
7. Cheerleaders must wear uniforms appropriate for a game situation.
8. Deductions will be made on the technical sheet for appearance infractions :uniform, hair, make-up, etc.
(see technical score sheet)
9. The maximum length for the competition routine is 3 minutes with 1 minute 30 seconds maximum for music.
10. TIMING STARTS whether on or off the mat, with (1) the first organized motion, (2) first word, (3) first beat of music or (4) flyer with both feet off the floor. TIMING ENDS with the last motion, word, beat of music or signal.
11. No team may start a round over unless they are asked to do so by the judges. Should a technical judge stop a routine, the restart will begin at a safe point in the routine as determined by the head judge. All scores and deductions received up to that point shall be carried over to the final score sheets. The team will be allotted 30 minutes of practice time to regroup.

12. Casts on any body part are prohibited. Air type “casts” and braces are legal provided all hard parts are covered to protect the cheerleaders and the equipment (see NFHS rules)
13. Coaches and alternates should refrain from yelling the complete. Cheer. In order for judges to score effectively, they must be able to hear the performance.
14. All competing team members must participate in the entire performance, except in the case of any injury during the performance. Cheerleaders who are not physically capable of performing the whole routine will not be allowed to compete.

B.General Information

1. ICCA FEELS SPORTSMANSHIP IS VITAL TO THE SPORT. Before, during and after competition, IT IS IMPERATIVE THAT GOOD SPORTSMANSHIP BE PROMOTED AMONG PARTICIPANTS, COACHES AND SPECTATORS.

Yelling, booing, gesturing and other inappropriate behavior have no place in the real, of spirit teams. If such behavior occurs at or because of an ICCA competition, the Board of Directors will take appropriate action.

2. Your performance should be one-sided. Judges will sit in the center on one side. Technical judges will be stationed on the floor.
3. Any problems or situations that arise concerning cheerleading performances will be discussed by the judges at the contest and their decision will be final.

4. APPEALS PROCESS: Only coaches may appeal the judges' decision. This must be done according to the following guidelines:

- At ICCA competitions, maximum of 2 coaches per team may address the full judging panel concerning cheer or technical scoring.
- Mathematical error, deductions and qualifying for Championships are categories for appeals.
- Contact : Betty Moore, Judges Coordinator
betty@cheericca.org

1512 Mary Elizabeth Dr.
Taylorville, IL 2568

5. A cheerleader dressed as a mascot is permissible and will be judged as part of the performance. The mascot will be counted as a team member and must follow all NFHS rules.

C. Boundaries

1. At ICCA invitationals, a basketball court will be used. The boundaries will be approximately 42' by 42'. Teams are not to step over the white boundary lines except for entering and exiting. A cheerleading/gymnastics mat will be used.
2. The ICCA Championships will be on a 42' by 42' cheerleading/gymnastics mat.
3. Mats will lie vertical to the judges panel. AN "X" will be placed in the middle of the mat for centering purposes.

D. Judging

1. AN ICCA official score sheet will be used to determine placement at ICCA competitions. IHSA scores/panel may be offered at some invitationals to provide additional information for coaches and teams performance.

ICCA is proud to offer this program to outstanding Illinois senior cheerleaders.
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Only athletes whose school are ICCA members (competitive OR noncompetitive) and who are actively cheering on the winter cheerleading team are eligible for these awards.

SCHOLARSHIP

The program promotes the attainment of higher educational goal for cheerleaders who have made positive contributions to their school through their involvement in cheerleading, other aextracurricular activites and community programs. ICCA proveds \$13,000 - \$15000 scholarships annually.

Check the website for additional information
www.cheericca.org

For questions contact CINDY RUETER
drhawks@chartner.net
(618) 570 – 9994

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ALL-STATE TEAM

Nominate your best senior cheerleaders for the ICCA ALL-STATE Cheer Team. The combined, amazing talents of this team are showcased at the Illinois Basketball Coaches Association's All-Star Game at Illinois Wesleyan University in Bloomington in late June. This all-expense paid weekend includes an awards luncheon and free gifts for the team

. It is something they won't forget!

Check the website for more details

www.cheericca.org

For questions, contact **KELLY AYLESWORTH**
kelcheerz@yahoo.com
(217) 674 – 3476
(217) 737 – 4883

DEADLINE: January 7, 2011

2. At ICCA invitationals, teams will be judged by a panel of ICCA judges: four will judge the routine; three will judge only technical/safety aspects of the routine as well as appearance.
3. At ICCA Championships, teams will be judged by a panel of ICCA judges: Sic will judge the routine and four will judge technical/safety aspects of the routine as well as appearance. Highest and lowest scores will be dropped.

E. SCORING

1. In order for teams to qualify for the ICCA Championships, teams must receive the following at the invitational:

VARSITY teams must score at least 85%

(348.5 total pts)

Game Cheer, JV & Jr. High teams must score 80%

(328 total pts)

2. In case of a tie, appearance scores will be dropped. If still tied, the total of "Overall Effect" will be used to break the tie. Ties are not be broken at the Championships.

F. SAFETY

1. ICCA will not be responsible for accidents, injuries or illnesses that occur before, during and after its competitions. Each coach must be responsible for handling all illness and/or injuries for his/her team. It is necessary for a coach to leave the competition site, he/she must inform the head judge. A designated school representative must be present for a school to compete.

2. Coaches or chaperones attending the ICCA Championships must be 19 years of age.
3. Each team member, coach, chaperone, parent, and fan must use his/her own medical and accident insurance if medical treatment is necessary during the Championships.

G. Videotaping and Cameras

No video cameras, cell phones or any other equipment for videotaping may be used in the warm-up and practice areas. Arrangements for videotaping any of the competition will be at the discretion of the host school.

ICCA COACHES TRAINING & CERTIFICATION

The Illinois Cheerleading Coaches Association strongly believes that spirit coaches need to educate themselves and continually update in order to provide the safest environment for their cheerleaders, as well as to protect themselves and their programs from liability. Because this education is so important, ICCA will continue to offer both the NFHS Spirit Coaches Education Program and the NCSSE Coaches Education courses.

Courses are usually offered at clinics and conferences. You may also find other dates listed on our website or by contacting the directors of the Illinois programs:

AACCA course

Neva Corn
Pinckneyville, IL
(618) 357-9734
(618) 967-3441
nev100204@verizon.net

Mickey Klement
Joliet, IL
(815) 741-4037
(815) 347-5778
rahcoach@comcast.net

NCSSE Courses

Pam Saxhaug
Carmel, IN
(317) 844-9875
(317) 409-9353
psaxhaug@earthlink.net

Camille Munson
Lockport, IL
(815) 530-8958
(815) 838-0188
munson03@comcast.net

