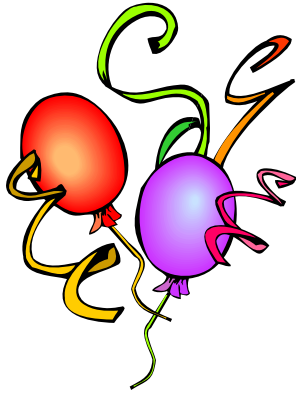


**11<sup>th</sup> Annual ICCA**  
Cheerleading Coaches Conference!

**Join us for MARCH MADNESS**  
March 19, 2010  
Champaign, IL



Watch the website for more details

Contact: Pam Saxhaug  
psaxhaug@earthlink.net

**WELCOME  
TO THE  
2009-2010  
COMPETITIVE CHEER  
SEASON**

**Have a great season!**

# ICCA

## 2009-10 COMPETITION RULES

\*\*\*\*\*

All Head Cheerleading Coaches must have attended a rules interpretation meeting between August and November of 2009 in order to compete at ICCA competitions. Junior High coaches must attend a site meeting; high schools coaches may do an on-line meeting with IHSA or attend a site meeting. By-law 2.120 of the Illinois High School Association (IHSA) states that a member of a school spirit coaching staff is required to attend a rules interpretation meeting each year.

IHSA Competitive Cheerleading sport season by-law (5.660 inclusive). The by-law sets a sport season and contest limitation for competitive cheerleading teams:

The season limitation is that no school belonging to IHSA shall allow its competitive cheerleading team to participate in interscholastic contests earlier than Wednesday of Week 18 (Nov. 4, 2009) or later than Saturday of Week 39 (April 3, 2010).

**The 2009-10 season runs from Nov. 4 through April 3.**

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

## ICCA INVITATIONALS (Also listed by IHSA)

Dec. 6	Oswego East H.S.
Dec. 13	Bolingbrook H.S. (IHSA panel)
Dec. 19	Pontiac H.S.
Dec. 20	Romeoville H.S. Pinckneyville H.S.

Jan.2	Highland H.S.
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<b>January 3 2010</b>	<b>ICCA OPEN VARSITY CHALLENGE JV Challenge (IHSA panel) US Cellular Coliseum – Bloomington</b>
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Jan. 9	Riverton H.S. Vienna H.S.
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Jan. 10	Sheppard H.S. (IHSA panel) Edwardsville H.S.
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Jan. 16	Andrew H.S.
Jan. 17	Rockford East (IHSA panel) Mt. Vernon H.S.

Jan. 24	Glenbard South H.S. Ridgeview H.S.
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Please check [www.cheericca.org](http://www.cheericca.org) for contact information and updates on scheduled invitationals. Dates will also be listed on the IHSA website under “Open Dates”.

**ICCA IMPORTANT DATES \***  
**2009-10**

Aug 2 – Nov. 7	Spirit Rules Meetings
August 2 <sup>nd</sup>	ICCA Member Free Clinic/Rules Rockford East : mallonv@comcast.net
Sept. 12 <sup>th</sup>	ICCA FALL CLINIC – Glenbard South Contact: erica_andrews@glenbard.org
Sept. 19 <sup>th</sup>	ICCA Member Free Clinic/Rules Mt. Vernon: cdtlkt91@yahoo.com
October 10 <sup>th</sup>	ICCA Member Free Clinic/Rules Chicago: rickrochelle@hotmail.com
Oct. 31 <sup>st</sup>	ICCA Member Free Clinic/Rules Ridgeview: ctaylor19@ridgeview.org
Nov. 4 <sup>th</sup>	<b>IHSA Competitive season begins</b>
Nov. 7 <sup>th</sup>	ICCA Coaches Education - Bloomington

**\* January 3, 2010**

**ICCA OPEN VARSITY CHALLENGE**  
**US Cellular Coliseum – Bloomington**

**\*February 13-14, 2010      ICCA CHAMPIONSHIPS**  
**Prairie Capital Convention Ctr. – Springfield**

March 19-20      ICCA Spring Coaches Conference  
Champaign

April 4      **IHSA Competitive season ends**

**I. DIVISIONS**      There are eleven divisions of competition. These divisions are for school teams that actively cheer for their school athletic events. ICCA divisions are not intended for all-stars/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 will be determined by IHSA school enrollment, with the option for a team to move to a higher division but not to a lower division.

IHSA divisions are as follows:

Small Division - up to 659 student enrollment  
Medium Division - 660 - 1765 student enrollment  
Large Division - 1766 and up student enrollment

**A. VARSITY Divisions:**

(1)      COED Varsity division (grades 9-12)  
This division consists of teams with **2 or more male** members. Teams in this division will have a minimum of 4 and 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.

(4) GAME CHEER Varsity and JV division (grades 9-12) This division consists of teams with **4-20 members**. The cheer may incorporate jumps, signs and poms. It is limited to maximum of 1 minute

(6) GROUP STUNT Varsity division (grades 9-12) This division consists of teams of 4 to 5 members. The routine is limited to 1 minute.

## **B. JUNIOR VARSITY DIVISIONS**

(1) LARGE Jr. Varsity/Sophomore (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 Freshmen teams may not combine to compete as one team.

(2) SMALL Jr. Varsity/Sophomore (grades 9-12)

This division consists of teams with a maximum of **14** cheerleaders that cheer for a Jr. Varsity, Sophomore or Freshmen level team 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 & Freshman teams may not combine to compete as one team.

ICCA is proud to offer two programs to honor outstanding **Illinois senior cheerleaders**.

\*\*\*\*\*

### SCHOLARSHIP

The program promotes the attainment of higher educational goals for cheerleaders who have made positive contributions to their school through their involvement in cheerleading, other extracurricular activities and community programs. ICCA provides between \$12,000 and \$14,000 in scholarships annually.

Cindy Rueter  
drhawks@charter.net  
618-570-9994

### ALL-STATE

Nominate your best senior cheerleaders for the ICCA All-State team. The combined, amazing talents of this team are showcased at the Illinois Basketball Coaches' Association's All-Star Game at IL Wesleyan University in Bloomington in late June. This all-expense paid weekend includes an awards luncheon and lots of free gifts. It's something they won't forget!

Kelly Aylesworth  
kelcheerz@yahoo.com  
217-674-3476  
217-737-4883

**Check the website for additional information and application.**  
[www.cheericca.org](http://www.cheericca.org)

**DUE DATE: December 12, 2009**

# ICCA COACHES TRAINING & CERTIFICATION

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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 in terms of 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 these 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

## C. JUNIOR HIGH DIVISIONS

(1) LARGE Jr. High (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 school 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 Jr. High (grades 5-8)

This division consists of teams with a maximum of 14 members that cheer for elementary or junior high school teams. **Team maximum is 17 with alternates. Teams over 17 are in LARGE junior high.** 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) GAME CHEER Jr. High (grades 5-8)

This division consists of a **maximum of 20** team members. The cheer may include jumps, signs and poms. It is limited to a maximum of 1 minute.

## II. ELIGIBILITY

- A. Any school cheerleading team which abides by the ICCA and IHSA eligibility and National Federation of State High School Associations 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 team or a 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 as additions to the team.

## ICCA Technical Score Sheet

Example: A 12 member team cannot increase its size to 13 or over. It must remain at 12 members or under excluding alternates.

\*Alternates must appear on the official team roster and meet all eligibility requirements. The number of alternates allowed on **VARSITY teams** is **4 alternates**. For all divisions use the following:

17-20 member teams = 4 alternates  
13-16 member teams = 3 alternates  
4-12 member teams = 2 alternates

D. A school cannot drop or move members of teams to make the team qualify for a different division.

Example 1: A school with nine varsity cheerleaders and nine JV cheerleaders cannot combine to compete as an 18 member team. They must compete as 9 Varsity and 9 Jr. varsity. Likewise, schools with a 7<sup>th</sup> grade cheer team and an 8<sup>th</sup> grade cheer team cannot combine to compete.

Example 2: A team with 17 members who cheer at school athletic 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 cannot compete on the JV team. A cheerleader who competes on a team in one division at ICCA is not eligible to compete on another team in a different ICCA division.

F. Any team found guilty of illegal placement of members will be disqualified.

G. Any qualifying team must be an active member of ICCA by the membership deadline for the school year.

School: \_\_\_\_\_ Appearance (10)  
Division: \_\_\_\_\_ Hair/Hair Accessories  
Shoes/Socks  
Nails  
Uniform  
Make-up

TIME Violations:

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

<u>INFRACTIONS</u>	<u>POINTS</u>
1. Illegal skill performed	16
2. Pyramid collapse (3 or more)	12
3. Incorrect Spotting	8
4. Missed pyramid/stunt	8
5. Incorrect/inappropriate or implied wording, language, or gestures (sportsmanship)	8
6. Missed stunt/not attained but stable	4
7. Inattentive Spotting	4
8. Missed gymnastics	4
9. Boundary – out of bounds	4
10. Illegal use of signs/poms/etc.	4
11. Illegal supports/braces/etc.	4
12. Fingernails/jewelry/ etc.	4

## Stunt Group Requirements:

### 2 Divisions – All-Girl and Coed

1. Group made up of 4-5 participants
2. Time limit: 1:00
3. ICCA Scoring Guidelines apply
4. Music appropriate to high school game situation
5. Individuals may compete in only one group
6. No limit on number of groups a school may enter
7. If numbers dictate a need for preliminary competition, ICCA will select a basic music for all competitors with an 4/4 count. Teams may use their own music in the finals.

## Scoresheet Categories Stunt Group

### Technical Skills

Stunt Execution	20 points
Stunt Difficulty	20 points
Variety of Stunts	20 points

### Overall Effectiveness

Creativity/Transition	20 points
Showmanship/Crowd Appeal	20 points

Total Points Per Judge 100 points

H. Teams may compete in a maximum of **five** ICCA sponsored competitions (includes invitationals, the Varsity Open Challenge and the ICCA Championships).

- I. Teams may only represent in competition the school in which all teams members are enrolled and attend as full-time students.
- J. On the day of competition, at least one cheer coach/school representative (listed on current ICCA membership form) must attend the coaches meeting in its entirety. Failure to do so will result in a 5 pt. deduction on the technical score sheet.
- K. Competitors should be in full uniform at competitions, including awards.
- L. At ICCA Championships, only two officially registered coaches/representatives per team will be allowed in the competition area for performance and awards. A 5 pt. deduction may be assessed on the final score sheet for failure to comply.
- M. Any eligibility concerns/issues for your team's membership must be addressed to the ICCA Board of Directors via email:  
betty@cheericca.org by Nov. 1, 2009.

## III RULES

Refer to Official High School 2009-10 SPIRIT RULES

BOOK published by :

National Federation of State High School Assoc.  
P.O. Box 690, Indianapolis, IN 46206  
Phone (317) 972-6900 Fax (317) 822-5700  
www.nfhs.org

**ICCA interpretation for glitter, hair and nails remains the same as previous years.**

#### **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. 22) and "Participants' Responsibilities" (online @ [www.nfhs.org](http://www.nfhs.org))
2. Cheerleaders may incorporate the use of poms, megaphones or hand held signs into their routines. (A legal sign is defined as any sign that can be held by maximum of two people and contains information which evokes a positive crowd response.) A squad may place their sign in the competition area prior to the performance. Sign must be lightweight and used in a safe manner.
3. No mounting, jumping, tumbling, etc. is allowed on signs, poms and megaphones.
4. NO GLITTER IS ALLOWED
5. For divisions using music, coaches may use (at their own risk) cassette tapes or CD's at competitions. The use of CD's will be at the discretion of the host school.
6. No costumes are allowed. Cheerleaders must wear uniforms appropriate for a game situation.
7. Deductions will be made on the technical sheet for appearance infractions regarding uniforms, make-up, hair, jewelry and nails, etc. (See technical score sheet)

## **ICCA GAME CHEER SCORE SHEET**

SCHOOL \_\_\_\_\_ DIVISION \_\_\_\_\_

Possible Points

### **I. Projection:**

- |  |    |
|--|----|
| A. Voice (Articulation/Clarity)  | 10 |
| B. Spirit/Sportsmanship<br>(facial expression, eye contact, enthusiasm, smile) | 10 |
| C. Leadership Skills   | 10 |

### **II. Fundamental Skills**

- |   |    |
|---|----|
| A. Motions  | 10 |
| B. Jumps<br>(variety, technique, uniformity, execution) | 10 |
| C. Synchronization                                      | 10 |

### **III. Overall Effect**

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

---

**100 points**

# ICCA ROUTINE SCORE SHEET

School: \_\_\_\_\_ Division: \_\_\_\_\_

## Possible Points

### I. Projection:

- |  |    |
|--|----|
| A. Voice (Articulation / Clarity)  | 10 |
| B. Spirit/Showmanship<br>(facial expression, eye contact, enthusiasm, smile) | 10 |

### II. Fundamental Skills:

- |   |    |
|---|----|
| A. Motions<br>(sharpness, execution, technique, synchronization)                      | 10 |
| B. Jumps<br>(variety, technique, uniformity, execution, synchronization)              | 10 |
| C. Tumbling<br>(technique, variety, execution, synchronization)                       | 10 |
| D. Stunts/Pyramids<br>(variety, technique, execution, incorporation, synchronization) | 10 |

### III. Overall Effect:

- |  |    |
|--|----|
| A. Difficulty  | 10 |
| B. Formation & Spacing<br>(use of floor, transitions)                                | 10 |
| C. Choreography/Creativity/Originality   | 10 |
| D. Crowd Appeal<br>(impact, energy, continuity, performance, quality, visual impact) | 10 |

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**100 points**

8. The maximum length for the competition routine is 3 minutes with 1 minute 30 seconds being the maximum for music.
9. 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.
10. 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 penalty points received up to the point where the routine stopped shall be carried over to the final scores sheets. The team shall be allotted 30 minutes of practice time in a practice area to regroup.
11. Casts on any body part are prohibited. Air type “casts” and braces are legal provided all hard parts are covered to protect the cheerleader and the equipment. (see NFHS rule book)
12. Coaches and alternates may offer words of encouragement during their team’s performance but should refrain from yelling the complete cheer. Coaches should make fans aware that in order for judges to score effectively, they must be able to hear the performance.
13. All competing team members must participate in the entire performance, except in 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 PROMOTING SPORTSMANSHIP IS VITAL.** BEFORE, DURING, AND AFTER COMPETITION, IT IS IMPERATIVE THAT GOOD SPORTSMANSHIP BE PROMOTED AMONG PARTICIPANTS, COACHES, and SPECTATORS. Consideration for one's opponents must be exhibited. Yelling, booing, gesturing and other inappropriate behaviors have no place in the realm of spirit groups.  
If such behavior occurs at an ICCA competition, the Board of Directors will take appropriate action.
2. Your performance should be one-sided. The judges will sit in the center on one side. The technical judges will walk around your performance for best views of mounts, dismounts and formations.
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 and must do so according to the following guidelines:
  - At ICCA competitions, a maximum of 2 coaches per team may address the full judging panel concerning cheer or technical scoring in reference to:
    - Mathematical error
    - Rule Interpretations/Penalties (including timing)
    - Qualification for Championships

At the Championships, the only immediate appeal to be handled is mathematical error and this is to be directed to the Head Judge. All other appeals must be sent by the head coach in writing, signed by the head coach and an administrator within 7 days of the competition to:

- Betty Moore , Judges Coordinator  
1512 Mary Elizabeth Dr.  
Taylorville, IL 62568

Areas of appeals would include Rule Interpretation or Penalties.

5. A cheerleader dressed as a mascot is permissible. The mascot will be judged as part of the performance and will be counted as a team member. Mascots 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 gymnastics/cheerleading mat will be used.
2. The ICCA Championships will be on a gymnastics/cheerleading mat 42' by 42'.
3. The 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 at all competitions.
2. At ICCA invitationals, all teams will be judged by a panel of ICCA judges. Four will judge the cheer routine; two or three will judge only technical/safety situations and appearance.
3. At ICCA Championships, all teams will be judged by a panel of ICCA judges. Six will judge the routine and three or four will judge only technical/safety situations and appearance. The highest and lowest scores will be dropped.

## E. Scoring

1. All **Varsity** teams vying for the ICCA Championships who score at least **85%** (348.5 total pts.) at the invitationals will qualify. All **Game Cheer, JV & Junior High** teams who score **80%** (328 total pts.) at invitationals will qualify.
2. In case of a tie, appearance scores will be dropped. If still tied, the total of “overall effect” will be used. Ties will only be broken at invitationals, not at the Championships.

## F. Trophies and Ribbons

1. Trophies and ribbons will be decided by the host school.
2. Coaches’ awards will be given to the first place teams at the competitions.

## G. Safety

1. Every coach and individual must take the ultimate responsibility in the following areas:
  - Selecting mounts, stunts, tumbling and over performance skills that are within the team’s ability to perform safely.
  - Spotting effectively for every stunt, mount, pyramid and tumbling skill when deemed necessary.
  - Conditioning and warming-up effectively prior to competing. This is an essential part of performance.
2. ICCA will not be responsible for accidents, injuries or illnesses that occur before, during or after its competitions. Each coach/advisor/chaperone must be responsible for handling all illness and/or injuries for his/her team. If 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 the school to compete.

3. The coach/advisor/chaperone attending ICCA championships must be at least 21 years of age.
4. Each team member, coach, advisor, chaperone, parent, observer and fan must use his/her own medical and accident insurance if medical treatment is necessary during the Championships. Each individual is responsible for his/her own medical bills and medication.

## H. Videotaping and Cameras

1. No video cameras, cell phones or any other equipment for videotaping may be used in the warm-up, practice gym or competition areas. Arrangements for videotaping any of the competition will be at the discretion of the host school. Failure to comply may result in team disqualification or individual removal from the event.