

ICCA
13TH ANNUAL
CHEERLEADING COACHES CONFERENCE

“ICCA GOES TO THE MOVIES”



March 16 - 17, 2011

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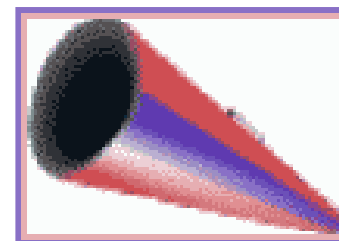
Marriott Bloomington-Normal
Hotel & Conference Center
Normal IL

Watch the website for more details:

Contact: Pam Saxhaug
psaxhaug@earthlink.net

2011 - 2012

Competitive Cheer Season



Illinois Cheer Starts Here !

Illinois Cheerleading Coaches Association

2011 – 2012 COMPETITION RULES

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All Head Cheerleading Coaches must have attended a rules interpretation between August and November of 2011 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 (5.750) 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 2011-12 season runs from Nov. 2, 2011 thru Mar. 31, 2012

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 @ IHSA)

Dec. 3	Farmington H.S.
Dec. 4	Oswego East H.S.
Dec. 10	Pinckneyville H.S.
Dec. 11	Bolingbrook H.S.
Dec. 17	Pontiac H.S.
Dec. 18	Civic Memorial H.S.
Dec. 19	Alan B. Shepard H.S.

Jan. 7, 2012	Benton H.S.
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January 8 **ICCA CHALLENGE**
US Cellular Coliseum - Bloomington
Varsity, JV & Jr. High

Jan. 14	Andrew H.S.
Jan. 15	Rockford East H.S.
	Highland
Jan. 21	Mt. Vernon H.S.
	Riverton H.S.
Jan. 22	Romeoville H.S.
	Ridgeview H.S.

Please check www.cheericca.org for contact information and updates on scheduled invitationals. (Also listed as IHSA “Open Dates”)

ICCA CHAMPIONSHIPS are Feb. 11-12th

IMPORTANT ICCA DATES 2011 – 2012

Sept. 10	Member Free Clinic Columbia High School
Nov. 2	IHSA Competitive Season BEGINS
Nov. 15	ICCA membership due
January 8, 2012	ICCA CHALLENGE US Cellular – Bloomington Varsity, JV & Jr. High levels
February 11-12	ICCA CHAMPIONSHIPS Prairie Capital Convention Center Springfield
March 16-17	ICCA Spring Coaches Conference Bloomington
March 31	IHSA Competitive Season ENDS

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

Tentative additional rules meeting dates:

Aug. 27th @ Providence	Sept. 17th @ Mascoutah,
Sept. 24th @ Chicago - Teachers Academy of Math & Science	
Sept. 28th @ Mt. Vernon	Oct. 15th @ Andrew
Nov. 5th @ Normal West	

I. ELIGIBILITY

Any school cheerleading team which abides by the ICCA and IHSA eligibility rules and National Federation of High Schools (NFHS) Spirit Rules is eligible to compete.

- A. 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.
- B. Alternates may be used in case of emergency, but all teams must follow eligibility rules:
 1. Alternates may be used as replacements, not additions, to the team. **Example:** 12 member team cannot become a 13 member team by adding an alternate
 2. Alternates must appear on the official team roster and meet all eligibility requirements.
 3. The number of alternates allowed on ALL teams is **FOUR**.
- C. A school may not drop or move members to make the team qualify for a different division.
 1. Example : A school with 9 varsity and 9 JV cheerleaders cannot compete as an 18 member team.
 2. Example : A school with a 7th grade team and an 8th grade team cannot combine to compete. They must compete as separate teams (see "B" above)
 3. Example : 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.
- D. A cheerleader may not move down a level to compete. **Example:** A varsity cheerleader may not compete on the JV team.
- E. A cheerleader who competes on a team in one ICCA division 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 team qualifying for the ICCA Championship must be an active member of ICCA by the membership deadline for the year.
- H. Teams may only represent the school at which all teams members are enrolled and attend as full-time students.
- I. On the day of competition, at least one coach or school representative listed on the current ICCA membership must attend the coaches meeting. Failure to do so may result in a deduction on the tech sheet.
- J. At the Championships, only 3 coaches or representatives (listed on current ICCA membership) per team will be allowed in the competition area for performances and awards.

II. DIVISIONS There are several 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 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.

>> Varsity Divisions (grades 9-12)
 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.**

NEW ICCA Technical Score Sheet

TIME Violations:		<u>Appearance (10)</u>
1 – 10 Sec.	(4 pts)	Hair/Hair accessories
11-30	(8 pts)	Shoes/socks
31 +	(12 pts.)	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 (poor sportsmanship)	4
6. Missed stunt – not attained/stable	4
7. Inattentive Spotting	4
8. Missed gymnastics (fall)	4
Missed gymnastics (hands down)	2
9. Boundary – out of bounds	1
10 Illegal use of sign/poms/etc.	1
11 Illegal support/brace/etc.	4
12 Fingernails/jewelry/etc.	1

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 656 student enrollment
- Medium Division: 657 – 1716 student enrollment
- Large Division: 1717 & up student enrollment
- Coed Division: TWO males or more

(1) SMALL Varsity

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.

(2) MEDIUM Varsity

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.

(3) LARGE Varsity

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.

(4) COED Varsity

Maximum of 20 members

Requirements for this division match IHSA requirements for males, presently **TWO**. 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.

>> **JUNIOR VARSITY Divisions:** JV/Soph/Frosh

Teams cheering for different levels may not combine to compete as one team. Example: Separate cheer teams cheering for Freshman and Sophomore basketball teams respectively may not combine to form one JV team.

Teams must cheer for the Jr. Varsity, Sophomore or Freshmen level teams only.

Competitive Cheerleading Scoresheet



Sectional School: _____
 State Division: _____
 Official: _____

COMPETITION CATEGORY	TEAM SCORE	COMMENTS
VOICE/PROJECTION	10	_____
MOTIONS/DANCE	10	_____
JUMPS	10	_____
TUMBLING	10	_____
PARTNER STUNTS	10	_____
PYRAMID/BASKET TOSSES	10	_____
FORMATION/TRANSITIONS	10	_____
SYNCHRONIZATION	10	_____
DEGREE OF DIFFICULTY	10	_____
OVERALL EFFECTIVENESS	10	_____

RAW SCORE _____ — DEDUCTIONS _____
 — LEGALITIES _____ = TOTAL SCORE

III. RULES

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

IV. COMPETITION

A. General Rules

1. Cheers, motions and music must be appropriate for a game situation. Refer to NFHS Spirit Rules and "Participants' Responsibilities" (online @ www.nfhs.org)
2. The maximum length for the Varsity, JV and Jr. High competition routine is 3 minutes with 1 minute 30 seconds maximum for music.
3. Game Cheer total routine time is one minute
4. TIMING STARTS whether on or off the mat, with
 - (1) the first organized motion,
 - (2) first word
 - (3) first beat of music
 - (4) flyer with both feet off the floor.
5. TIMING ENDS with the last motion, word, beat of music or signal.
6. Cheerleaders may incorporate the use of poms, megaphones or hand held signs into their routines.
7. No team may start a round over unless they are asked to do so by the judges. Should a technical judge stop a routine,
 - a. the restart will begin at a safe point in the routine

as determined by the head judge

- b. The ICCA Championships will be on a 42' by 42' cheerleading/gymnastics mat.
 - c. Mats will lie vertical to the judges panel. An "X" will be placed in the middle of the mat for centering purposes.
8. For divisions using music, coaches should use CD's.
 9. **ICCA interpretation for glitter, hair and nails remains the same as previous years. (NO GLITTER)**
 10. NO costumes are allowed.
 11. Cheerleaders must wear uniforms appropriate for a game situation.
 12. A cheerleader dressed as a mascot is permissible and will be judged as part of the
 13. Deductions will be made on the technical sheet for appearance infractions :uniform, hair, make-up, etc.
 14. 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)
 15. 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.
 16. 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..
 17. A cheerleader dressed as a mascot is permissible and will be judges as part of the performance. The mascot will be counted as a team member and must follow all NFHS rules.

scoring guidelines

B. General Information

1. **ICCA FEELS SPORTSMANSHIP IS VITAL TO THE SPORT.** Before, during and after competition it is imperative that good sportsmanship prevail. 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. Performances 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 following these guidelines:
 - Mathematical error, deductions and qualifying for Championships are categories for appeals
 - Maximum of 2 coaches per team may address the full judging panel concerning cheer or technical scoring.
 - Contact : Betty Moore, Judges Coordinator
betty@cheericca.org
1512 Mary Elizabeth Dr.
Taylorville, IL 2568
5. **BOUNDARIES**
 - a. At ICCA invitationals, a basketball court will be used At ICCA invitationals, a basketball court will be used. The boundaries will be approximately 42' by 42'. A cheerleading/gymnastics mat will be used. Teams are not to step over the white boundary lines except for

entering and exiting.

- b. The ICCA CHAMPIONSHIPS will be on a 42' by 42' cheerleading/gymnastics mat.
- c. Mats will lie vertical to the judges panel. An "X" Will be placed in the middle for centering purposes.

6. JUDGES & SCORING

- a. Qualifying for Championships

* Varsity teams will use the NEW IHSA score sheet and rubric. To qualify for the ICCA Championships, **VARSITY teams must score at least 75% on IHSA scoresheet**

- Jr. Varsity and Jr. High teams will use the official ICCA score sheet and guidelines. To qualify for the ICCA Championships **JV & Jr. High teams must score 80% on the ICCA scoresheet**

* Game Cheer teams **must score 80%** on the division's score sheet.

- b. 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 will not be broken at the Championships.

7. SAFETY

- a. 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.

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 16, 2011

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

For Questions drhawks@charter.net

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.

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 9, 2012

- b. 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 a school to compete.
- c. Coaches or chaperones attending the ICCA Championships must be 19 years of age.
- d. All scores and deductions received up to that point shall be carried over to the final score sheets.
- e. The team will be allotted 30 minutes of practice time to regroup.

IV. 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 Safety Course

Neva Corn
Pinckneyville, IL

(618) 967-3441
nevacorn@gmail.com

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

ICCA is proud to offer this program to
outstanding **Illinois senior cheerleaders.**
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SCHOLARSHIP

ICCA provides \$13,000 - \$15,000 scholarships annually.

The program promotes the attainment of higher educational goal for cheerleaders who have made positive contributions to their school through their academic success and involvement in cheerleading.

Senior cheerleaders who cheer for an ICCA member schools and cheer for a winter season sport may apply. The cheerleader must also be in compliance with all IHSA/ICCA cheerleading eligibility rules.

Please send the ICCA Scholarship Application and CD/DVD of required skills to:

For questions contact CINDY RUETER
630 Lakefield Drive
Columbia, IL 62236

Must be postmarked by Monday, January 9, 2012

Questions:

drhawks@chartner.net
(618) 570 - 9994

