

# ILLINOIS CHEERLEADING COACHES



# I.C.C.A. NEWSLETTER

## WINTER 2009

### RULE CLARIFICATIONS FOR 2010

The competitive season is in full swing now, so most teams have their routines ready or are in the process of making adjustments. Now is a great time to take a look at questions we've received from coaches and officials this season and identify some of the problem areas. It seems that no matter how thorough the spirit rules meetings cover new material each year, there are always new stunts or clarifications on rule interpretations that come up after the meetings are done. Here are some of the problem areas discussed by ICCA and IHSA officials so far this year.

1) IHSA Tumbling Rubric

\* This year the 8-9 range contains all tumbling skills that are tuck/aerial. That means that handspring series is now in the 7-8 range.

\* Judges do not count multiple passes by one tumbler towards majority for rubric placement. They do count the additional tumbling for quantity and variety, however, as they score the team within the actual rubric range. (Keep in mind this is only helpful if the tumbling is executed well!)

2) NFHS 2-12-1d Bracers/Spotter in Transitions

Bracers in shoulder sits and thigh stands are the only braced stunts not requiring a spotter for transition stunts. All other bracers need a spotter.

3) NFHS 2-12-1i Significantly Increasing Height

The transition must be continuous up and down – no pause (stall) at the top. Judges also watch the bracers' arm levels.

4) NFHS 2-12-1g

The flyer's center of gravity must remain above her bases.

If bracers are supporting the flyer's weight, it no longer is a 2 high; it becomes illegal.

5) NFHS 2-12-1e

Braced flyers may NOT move sideways in a transition. The typical example of this is for bracers to swing the flyer to the side while her bases move to catch her.

6) NFHS 2-8-13 Dropping to Suspended Splits

Flyers must have hand contact with the bases, not bracers during the transition. (We have requested NFHS review this rule for next year, but for now this is still in effect.)

7) NFHS 2-9-1 Forward Suspended Rolls

Flyers should have hand to hand contact with 2 bases or 2 posts.

Using the back spot for hand contact is illegal.

Using one base and one post is illegal.

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**Competitive Cheer  
Season ends  
April 3, 2010**

#### REGION REPRESENTATIVES

**Chicago** - Rick Rochelle  
rickrochelle@hotmail.com

**Region 1** - Judy O'Brien  
bonbon9275@sbcglobal.net

**Region 2** - Joan Schmelzle  
JMScoach@aol.com

**Region 3** - Rita Grunloh  
rgrunloh@lexington.k12.il.us

**Region 4** - Libby Moore  
libm12@yahoo.com

**Region 5** - Cheryl Haselhorst  
cah614@hotmail.com

#### **IMPORTANT DATES:**

**Championships -  
February 13-14, 2010**

**Spring Coaches  
Conference  
March 19-20, 2010**

## RULE CLARIFICATIONS, CON'T

### 8) IHSA Jump Rubric

Remember that while ICCA requires 3 full squad jumps, IHSA only requires 2 jumps done by a majority of the team. Officials interpret the 7-8 range "minimal variety" as 2. Each rubric range increases the number as they continue higher.

### 9) ICCA

Teams must compete in the same level for ICCA that the school is listed under for IHSA (based on enrollment). Teams may only move UP a division; they may not move down.

### 10) ICCA

Schools may only register TWO Group Stunt teams per school for the ICCA Championships.

We hope these help you finalize your 2010 routines as you prepare for the end of the season. Remember to continue to check the ICCA website ([www.cheericca.org](http://www.cheericca.org)) and the IHSA website ([www.ihsa.org](http://www.ihsa.org)) during the year for any further clarifications.

The ICCA Challenge was held on January 3rd, 2010 at US Cellular Arena in Bloomington. A combination of thirteenth JV and Varsity teams competed. We are pleased to announce the winners of this competition.

## CHALLENGE WINNERS:

**Small JV - 1st Place - Maine South**

**Large JV - 1st Place - Normal West**

### **Small Varsity**

**1st place - Lexington HS**

**2nd Place - Sherrard**

**3rd Place - Lisle**

### **Medium Varsity**

**1st Place - Nazareth Academy**

**2nd Place - Prairie Central**

**3rd Place - Charleston**

### **Large Varsity**

**1st Place - Bolingbrook**

**2nd Place - Zion-Benton**

**3rd Place - Joliet Twsp**

### **Coed**

**1st Place - Elk Grove**

**2nd Place - St. Ignatius**

**3rd Place - Normal West**

**CONGRATULATIONS TO ALL OF THE TEAMS! GREAT JOB!!**

## CHAMPIONSHIP INFORMATION

ICCA Championship competition will be held at the Prairie Capital Convention Center in Springfield on Feb. 13-14, 2010. Varsity Team Competition will be held on Saturday, the 13th with Stunt Group

Competition mixed in. The Junior High and Junior Varsity teams will compete on Sunday, the 14th.

Finals for scholarship monies will be Friday night, Feb. 12th with announcement of winners on Sat. Also on Sat. will be the announcement of the All-State winners.

Time schedules for competition will be available on the ICCA website the week prior to the

## **ICCA BOARD OF DIRECTORS APPLICATION**

Applicants must be an ICCA member in good standing and be willing to participate actively on the Board of Directors by attending all Board meetings, committing to responsibilities, participating on the committees, and representing the ICCA as needed. Please e-mail the application to Julie Matarelli. Your application must be submitted before **January 26, 2010**. From these applications, the ICCA Board of Directors will slate nominations to be presented at the State Coaches Conference. Applicants not slated may be nominated from the floor before the election.

Membership on the ICCA Board of Directors is a large time commitment. Attendance at all Board meetings is mandatory. These meetings are always held in the central region of the state, which may call for travel, depending on what part of the state you reside. Time commitments vary based on the position; however, our Board of Directors is a cohesive team and Board members are required to assist to ensure the success of the ICCA Board of Directors and all ICCA events. Failure to attend meetings or participate on the Board may be cause for removal from the Board of Directors.

If you are not slated for a position on our Board of Directors, we will keep your application for consideration of appoint positions such as Region Delegates and Committee Memberships. These positions are important, non-voting positions on our Board of Directors who provide assistance to the Board and allow more people to be actively involved in ICCA. This is a wonderful opportunity for people to become familiar with the Board before becoming a Director.

Applications should be submitted to Julie Matarelli - [jmatarelli@ecusd7.org](mailto:jmatarelli@ecusd7.org) before **January 26, 2010**. Please submit a typed document that answers the following questions:

1. Name, address, home & cell phone numbers, and e-mail
2. In which region do you live?
3. Are you currently affiliated with a school(s) or all-star team(s) within the state of Illinois through coaching or choreography? If so, which ones?
4. Are you currently employed by or affiliated with any cheerleading company (camps, supplies, uniforms, competition)? If so, which ones?
5. What is your current position?
6. What is your cheerleading experience?
7. Why do you want to be on the 2010 ICCA Board of Directors?

## STUNT GROUP COMPETITION

At the Championships on February 14th, teams COED.

can enter up to two groups in the Stunt Group Competition. The school does not have to be competing in the championships in order to game

enter stunt groups, but must be an ICCA member.

There are 2 divisions: All Girl and

Time Limit is 1:00 and all ICCA Scoring Guidelines apply. Music should be Music should be appropriate to the

situation.

Individuals can compete in only one group.

The Stunt Group entry form can be found on the ICCA website: [www.cheericca.org](http://www.cheericca.org)  
Applications and entry fees are due by January 29, 2010 and should be sent to:  
Neva Corn

### REMAINING ICCA INVITATIONALS 2010

**Jan. 16 Andrew H.S.** April Mahy  
Reg. 1 9001 W. 171st St. (815) 370-8062  
Tinley Park, IL 60477 coachmahy@comcast.net

**Jan. 17 Rockford East** Val Mallon  
Reg. 2 2929 Charles St. (815) 397-8236  
Rockford, IL 61108 mallonv@comcast.net  
Cell (815) 742-8236

**JAN. 17 Highland HS** Stormi Kidd  
Reg. 5 12760 Troxler Ave mskidd@charter.net  
Highland, IL 62249 (618) 660-7369

**Jan. 23 Mt. Vernon HS** Lisa Turner (618) 231-  
1928  
Reg. 5 320 South 7th St. Emilee Mygatt  
Mt. Vernon, IL 62864 (618) 237-7253

**Jan. 24 Ridgeview H.S.** Carla Taylor  
Reg. 3 202 E. Wood St. (309) 723-2951 ext. 422  
Colfax, IL 61728 ctaylor@ridgeview19.org

**Jan. 24 Glenbard South H.S.** Erica Andrews  
Reg. 1 23W200 Butterfield Rd (630) 469-6572  
Erica\_andrews@glenbard.org  
Glen Ellyn, IL 60137 (630) 942-6747  
FAX (630) 469-6572

**Feb. 13-14, 2010 ICCA CHAMPIONSHIPS**  
**Prairie Capital Convention Center**  
**Springfield, IL**

IHSA and ICCA judging panels will be  
used for Rockford East.

### SPRING COACHES CONFERENCE

**MARCH 19-20, 2010**

**HOLIDAY INN**  
**URBANA, IL**

### March Madness Takes ICCA

**Come Learn from some of the  
Nations best instructors.**

**Room Rate: \$90**  
**Call (217) 328-7900 to**  
**reserve rooms**

**Mark your calendar and make  
plans to attend.**  
**You'll be glad you did!!!**