

Utah State 2020 Invitational/Region/State CHEER CLUB SPORT COMPETITIONS

Shaded areas are major changes.

MISSION STATEMENT: To produce quality cheer competitions for students. The focus of the competitions will be on the students and their best interests. Quality judging, safety enforcement and a good educational experience will be the essence of our events. Utah high schools and high school prep programs are expected to commit to the following: “Every team can be a winner when it comes to sportsmanship.” We expect all cheer teams to follow the same standard as in all other sport competitions.

ELIGIBILITY: All participants must be registered students at the Utah high schools or Jr Highs for which they will be competing. All Utah high schools, Jr. highs and middle school cheer teams may choose to compete at either the *Northern* or *Central* Region. Those teams that *qualify* at either the Northern or Central region competitions will be eligible to compete at the Utah State Cheer Championship. You may only pick one region to compete at to qualify for state. **If you qualify for state and do not compete at state, you will be ineligible to compete in the following school years region and state competition. If this occurs we reserve the right to move a team up to compete at state in your place.**

SAFETY: Safety is our first priority. All Utah cheer teams are required to follow the safety rules in the most current issue of the National Federation of State High School Association Spirit Rules Book and Utah State Risk Management Cheer Restrictions. All Cheer Teams competing must be NFHS safety certified. No exceptions! “RC Competes” may disqualify teams that blatantly do not adhere to these rules. Each team is required to use the correct number of spotters while stunting. The competition will provide additional spotters as needed for safety. All participating Jr High/Middle and High School cheer team members and coaches must be 2019/2020 safety certified by Utah State Risk Management, **safety credentials must be worn at the competition.**

DATES: NEW Cheer Practicum (A chance for judges to practice and you to get a critique and scoresheet on your routine – Only you will see your scoresheet! December 9th 2019 Herriman HS and Canyon View High School (You choose one routine Only and limited entries) This event will also be a fundraiser for Coaches vs Cancer “Poms and Bows” more information to come.

Central Region Competition – January 11, 2020 at Timpview High School

Northern Region Competition – January 18, 2020 at Corner Canyon High School

State Championship Competition – January 25, 2020 at Salt Lake Community College

We are very excited to be back at Salt Lake Community College this year and to host our 8th Year for the Utah Cheer Club Sport State Competition. Teams that qualify for state and do not compete at state without a valid reason such as excessive injuries, etc. will not be allowed to compete the following year at region. Our goal is to make our Utah Region and State Competitions the most important and valued competition our schools compete in and something to be proud of.

CLASIFICATIONS: 1A/2A 3A 4A 5A 6A and Jr. High/Middle School

CATEGORIES: High School

- Varsity (All Girl or Co-Ed): Show Cheer, *Non-Tumbling Show Cheer
- JV (All Girl or Co-Ed): Show Cheer, *Non-Tumbling Show Cheer
- ***Game Time (All Girl and/or Co-Ed):

- Sideline/Time-Out Cheer
- School/Fight Song
- Sideline/Time-Out Dance
- Game Time Free Style

Jr. High/Middle School (no separation of all girl and co-ed teams)

- Show Cheer
- ***Game Time
 - Sideline/Time-Out Cheer
 - Sideline/Time-Out Dance
 - School/Fight Song
 - Game Time Free Style

Auxillary

- ♦ Songleading/Pom

SCORESHEETS FOR 2020: The coaches advisory board met this summer and helped make some changes to the difficulty scoring system that I think you will all like. Based on the judges request there will only be one audio critique given from the Cheer and Overall Judge. PLEASE MAKE SURE YOU LOOK AT THE NEW SCORESHEETS. WE WILL AGAIN BE DOING CAPTION SCORING WHICH, WE HAVE MOVED THE OVERALL ROUTINE SCORE TO THE CHEER JUDGE. THIS WILL ALLOW THE JUDGES TO MORE ACCURATELY SCORE. ALL SCORE SHEETS CAN BE FOUND ON the website at www.rccompets.com

NEW 2020 Utah Cheer Club Sport Total Points Scoring

CAPTION SCORING SHOW CATEGORY CLARIFICATION

Note Change:

1. Show Non-Tumbling category will now be using the caption scoresheets.
2. Non-Stunting will not be offered this year because no one has entered it in the past.
3. Change in majority for 2020 is 50% of your team doing the skills instead of last years 51%. This will mean that if you have 15 on your team 50% would be 7.5 so we will round UP and you will need to have at minimum 8 participating in your stunts or tumbling to get the difficulty points. For example: If you have a team of 12 athletes, with 3 stunt groups the majority rule being 50% this puts them at 1.5 stunt groups. The requirement would be to round the number UP to 2 stunt groups.

Final scores will be determined using TOTAL POINTS. Three (3) score sheets will be combined for a total of 100 points per routine. All penalties and deductions will be deducted from the combined score to provide the FINAL score. See the TIE BREAKER rule below in the case two or more teams earn the same final score.

Pyramids/Stunts (two judges one score sheet): These judges will be scoring all of your team's stunts and pyramids in your routine **EXCEPT** for those that are in your cheer. To earn points on the Stunts/Pyramid score sheet you must perform them in your music section. They will be giving you a score for the difficulty of your stunts/pyramids as well as an execution score for your stunts/pyramids.

Cheer and Overall (one judge one score sheet): This judge will be scoring your stunts (DIFFICULTY) in your cheer and technique (*stunting is a required skill in the cheer caption and must be used to lead the crowd*). **Example: If you do Full ups that end in an extension in your cheer, you will earn points for that stunt on your cheer caption score sheet NOT YOUR STUNTS AND PYRAMIDS SCORESHEET! Another example: If you do a pyramid in your cheer, there are no difficulty points available for that on your cheer score sheet so you would not get difficulty credit for a pyramid unless it is in your music section NOT YOUR CHEER.** The judge for the cheer caption score sheet would also judge your team on their performance/execution of the overall cheer and crowd leading. This judge will also score your overall effect

throughout the routine such as, facial expressions, audience appeal, flow of transitions e.g. and any extra choreography that enhances the overall routine.

Jumps, Tumbling, Dance (one judge, one scoresheet): This judge will be judging, jumps, tumbling and dance throughout your routine. *Example: If you do running tumbling during your music section, this judge will score it. Example: if you do jumps or tumbling in your cheer this judge will score it.* **NEW THIS YEAR:** If you want to be guaranteed to earn your **majority difficulty points** for running tumbling and standing tumbling **the majority of your team must execute these skills at the same time.** This judge will also score your execution for all jumps, tumbling, dance.

Co-ed Difficulty: Same as above.

Show Cheer Non Tumbling: Same as above minus tumbling score.

**Non-Tumbling Divisions: All tumbling with feet over head rotation will be prohibited in this Show Cheer division. Legal inversions into or from stunts will not be considered tumbling and are allowed.*

SCORESHEET CLARIFICATIONS and SITUATIONS: We have changed some of the wording on the scoresheets to make it a little easier to understand, the rule has not changed but we feel the clarifications will help with choreographer understanding and judges understanding.

DEFINITIONS:

“Running” means a forward motion- a round off, either a power hurdle or running a few steps.

“Tumbling” means an additional skill(s) such as a handspring, multiple handsprings, whip, etc. performed before the handspring or tuck.

In the group running tumbling section, under the **Standard** caption *Running backhand springs has been changed to Running roundoff back handspring.*

1. In the group running tumbling section, under the **Standard** caption *Round off tuck has been changed to Running Round off tuck.*
2. In the group running tumbling section, under the **Superior** caption refer to definitions
3. In the group standing tumbling section, under the **Standard-Superior** caption a standing back handspring or a standing backhand spring into a tuck is worth 1 difficulty point. A standing tuck with no tumbling before it is worth 3 difficulty points.
4. In the **Elite** caption it now reads *Standing Fulls, Standing Tumbling into Fulls* both worth 5 difficulty points.
5. Reminder: The point values on the difficulty sheet are awarded when 50% of the team performs the skill at the same time.

DEFINITIONS FOR PYRAMIDS:

STRUCTURE: *A structure is when all stunt groups are connected and “hold” the completed transition.*

TRANSITIONS: *A transition would be any skill from the STUNT section, performed into hitting the first structure and in between additional structures. A transition does not need to be connected.*

1. The difficulty of the structure is based on prep level vs. extended, two foot vs. single leg, double base vs. single base.
2. Depending on which section you wish to score in, take skills from that section and have the majority of stunt groups perform them. **For Example:** An “Elite” transition would come from the “Elite” section of

the score sheet and “Superior” from the “Superior section, etc. Flips, rolls, inversions, etc. are not on the difficulty sheet but would be taken into consideration by the overall judge on the overall scoresheet.

3. Majority of top girls need to be involved in the transition. **For Example:** For a team that has 6 stunt groups you would need 3 of your top girls to perform 2 or more skills from the superior or elite transitions to score in those sections.

TIE BREAKER: If there is a tie in the overall category placement after the final scores have been determined, the TOTAL ADJUSTED SCORE (including deductions and penalties) from all EXECUTION score sheet columns will determine the winner. The school with the highest adjusted total execution score will win. If a tie remains after totaling the execution scores, the team with the highest ADJUSTED Stunts & Pyramid score will win the tie. After that, if a tie still exists, both teams would be awarded the tie and given the same overall placement. In the event that there are more than two teams tied for overall places, the same above process will be followed until one team is awarded the highest or lowest placement. The process will then continue until all teams are awarded a place or deemed tied.

Deductions Scoring: Stunt Fall: Everyone is safely caught, Athletes don't hit the ground

Stunt Drop: Any Athlete hits the ground

Pyramids Collapse: When the pyramid structure is complete, one deduction for a fall for each structure. If the Pyramid never hits or hits, then falls it is a collapse. Double deductions (a structure falling and a pyramid collapse) will not be given.

Show Cheer: Teams will be judged on execution, difficulty, incorporated skills, strength of motions, overall entertainment and crowd effect. Deductions will be given for falls etc. please make yourself familiar with the deduction sheet on the website.

All other categories will use the existing score sheets.

****Game Time:** See descriptions and rules on the next page.

◆ **SONGLEADING/Pom:** Songleading/Pom is a combination of dance skills, precision cheer motions, jumps and tumbling. All of the NFHS Spirit Rules must be followed as well as the following category rules:

1. A school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Pants are not allowed. Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". If your school has a traditional thematic uniform such as but not limited to (cowboys, Indians, pirates etc.) they will be prohibited for this category.
2. All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel.
3. Props are not allowed. A prop is any physical object used to enhance the overall effect and/or theme of the routine (exception = poms may be used).
4. Inverted skills are not allowed (exception = handstand).
5. Non-airborne skills are allowed, and are limited to three connected skills. For example, three consecutive cartwheels are allowed, but four consecutive cartwheels are not allowed. Airborne skills with or without hand support are not allowed. **EXCEPTION:** side aerials will be allowed
6. Single and double pirouette turns can be executed in passé, coupé, pencil and attitude positions. Fouetté turns and turns in second are allowed.
7. This category will be performed on a hardwood floor.
8. **Turn sequences must meet the following criteria:**
 - ✓ Each turn sequence is limited to one eight count (not counting the prep). A single additional count is allowed in order to complete the turn and/or clean immediately following the sequence.

- ✓ You are permitted to do a maximum of two separate turn sequences in your routine which can be performed by one or more team members. Turn sequences may not be performed consecutively.
- ✓ No other skills besides these turns are permitted within a turn sequence. No other skills can be connected and/or executed immediately out of the last turn before ending the turn sequence.
- ✓ Team member/s must come to a complete stop with the body in an upright, standing position with both feet on the performance surface before executing another skill/move.
- ✓ Fouetté turns and second turns may be performed only as a part of a turn sequence (see above).
- ✓ Traveling turns (i.e. chaîné turns, piqué turns) are not considered turn sequences.
- ✓ The following advanced dance technique skills will not be permitted (i.e. switch/scissor leaps, leg hold double turns or more, triple pirouettes,)
- ✓ Time limit is a minimum duration of two (2) minutes and up to a maximum duration of two (2) minutes and 30 seconds.

GAME TIME: *There will be four categories in this division for teams to enter; Sideline/Time-Out Cheer, Sideline Dance, and School/Fight Song, Sideline/Time-Out Free Style.*

SIDELINE/TIME-OUT CHEER: *Your best sideline, crowd-leading material. The use of signs, poms, flags, and megaphones are allowed.*

- ✓ Forty five (45) seconds to one (1) minute time limit
- ✓ Emphasis on crowd involvement
- ✓ At least two components required from the following: cheers, chants, traditional yells, and/or drum cadences
- ✓ No music permitted. Single drummer allowed
- ✓ No baskets, sponge, elevator, or similar type tosses permitted
- ✓ No inversions or twisting into and out of stunts
- ✓ No single leg stunts
- ✓ Maximum difficulty in tumbling is limited to back handsprings
- ✓ Running tumbling is permitted only during team entrance
- ✓ Performed on a Mat

SCHOOL/FIGHT SONG: *Perform your school/fight song.*

- ✓ One (1) minute 15 seconds max time limit
- ✓ Up to two eight counts may be incorporated with stunts, tumbling, and/or jumps.
- ✓ Same skill restrictions as listed in Sideline/Time-Out Cheer
- ✓ Performed on a Mat
- ✓ Only Recorded Music is permitted

SIDELINE/TIME-OUT DANCE: *Perform your favorite time-out dance.*

- ✓ Forty five (45) seconds to one (1) minute time limit
- ✓ Traditional sideline uniforms required
- ✓ Emphasis on crowd entertainment
- ✓ No stunts or tumbling permitted
- ✓ Performed on the hardwood floor
- ✓ Formation changes allowed.
- ✓ Only Recorded Music is permitted

NEW LAST YEAR: SIDELINE/TIME-OUT FREE STYLE: You choose your best sideline timeout material that must include at least two of the following (Dance, Cheer, Stunts) it may include all three if

you choose to. This is a category meant to be fun and you put your best crowd leading and entertaining material on the floor.

- ✓ One (1) minute 15 second max time limit
- ✓ Emphasis on crowd entertainment
- ✓ Tumbling allowed
- ✓ Traditional sideline uniforms required
- ✓ All safety rules will be followed
- ✓ Should not look like a traditional show routine
- ✓ Poms or Signs are the only props allowed
- ✓ Performed on a mat
- ✓ Only recorded music permitted

GENERAL RULES:

- In the Show categories, schools may compete with a combined Varsity and JV team in any of the Varsity categories. However, Varsity team members may not compete at the JV level. JV teams may compete in the JV categories if they are not competing with their varsity team. Game Time Routines may also be a combination of JV and Varsity teams. Schools may not compete against themselves in any category.
- Jr. High/Middle School will compete as all-inclusive teams (all-girl and co-ed), will compete against each other in this category.
- In all categories, routines will be performed on a competition area of 54'x42' with approximately a 5' buffer around the competition surface. This buffer space may vary depending on the facility at the host school. Teams may line up anywhere outside the competition area. During the routine team members may not leave the competition area/boundaries. All stunting and tumbling must be completed in the competition area. If a team member goes out of bounds they are subject to a penalty. The following will be the only exception: **Injury of a Cheer Athlete on the performance surface, during a routine:** Coaches and competition directors should take every precaution to ensure the safety of participants. Should an injury or sudden illness occur during a routine, the following protocol should take place:
 - A. Stop the music and attend to the injured participant
 - B. Determine the care the injured participant may need (first aide, athletic trainer, EMT services).
 - C. ALL NFHS page 13 Rule 1 Art 13, 14, 15 must be strictly adhered to.
 - D. Competition directors at the site will determine when/if the team will be allowed to continue/finish the routine.
 - E. An injured participant, that wishes to perform, may not return to the competition unless the competition officials receive clearance from the onsite medical personnel and the head coach of the competing team.
- In categories where allowed, teams may use signs, megaphones, cheer flags and poms, but no other props will be allowed.
- Before teams compete they should walk into the competition area and place their poms or signs down, then go quickly to their starting positions. If teams enter the floor with introductions, spell-outs or organized entrances they will be considered part of the routine and the timing will start. (You may do a quick chant off to the side of the floor in place before moving onto the floor, please make it clear it is not part of the competition routine.)
- **TIME LIMITS:** All routines (*with the exception of Game Time routines – see above fore details*) must have a minimum duration of two (2) minutes and up to a maximum duration of two (2) minutes and 30 seconds. Timing will begin with the first note of music, the first motion or the building of any stunt or pyramid. The timing will end the instant the team starts to exit (after hitting their ending position). Pre-building, partner stunts or pyramids will not be allowed before the timing starts. You will be allowed 30 seconds for set up if needed (signs, poms etc.) and 30 seconds for the exit (last cheerleader leaves the floor). The routine may include a cheer portion and choreography to music, but may also be choreographed entirely to music. **PLEASE LOOK AT SCORESHEETS TO MAKE SURE YOU HAVE ALL THE ELEMENTS/REQUIREMENTS**

INCLUDED! If you choose to enter the show cheer category and perform straight through with music, you still must have a cheer section or you will lose those points!

➤ A representative of each team must be present at the announcer's table when their team is performing to cue the music. No responsibility is taken by sound crew if a team representative is not present (penalty is two points for disrupting flow of competition). This person must remain at the sound table for the duration of the performance. Music should be recorded on a good quality CD (with a backup) or MP3 player with a CD backup in case of incompatibility or lack of battery power. (Many of you used your phones last year and calls came in right as your team needed to perform and kicked your song out of the que. I strongly suggest you make sure that you set your phone (if using it) in a manner that that does not happen.) **No Live Music is allowed.**

- Inappropriate content or vulgar music lyrics are not allowed and the point deduction will be left to the discretion of the routine judges. **(Maximum is disqualification)**
- Appropriate cheer shoes are required and all NFHS uniform requirements must be followed. No costuming will be allowed.
- **PENALTIES:** *Please make sure that you time your music accordingly, we had a few overtime penalties last year! You must know and follow all copyright laws! RC Competes and Utah Cheer Club Sport will not be held accountable for any music played that does not follow the law! Copyright laws have not changed from 2016 to this upcoming season. (NFHS offers a free copyright short training if you have questions at www.nfhslearn.org)*
 - There will be a two (2) point penalty deduction for every ten seconds over the time limits or ten seconds under the time limit. This will be assessed by the penalty judge (i.e. 2:33= 2 points penalty, 2:41 = 4 points penalty). Teams should give themselves a timing leeway because of the variability in sound systems. **(2020 we will be allowing a 3 second leeway before a penalty is given)**
 - A two (2) point penalty deduction will be given for each safety infraction. If the penalty judge feels that a team does not have a clear understanding of the safety rules due to excessive rule infractions, they can disqualify a team.
 - Minor safety infractions: A (.5) penalty for each of the following: boundary violations, stepping on signs or poms. Wardrobe malfunctions.
 - Every effort must be made to gently set down a sign or pom in a routine but in the event the judges fill it is excessive a (.5) deduction will be given. **(Follow new NFHS prop discard rule)**
 - A 2pt deduction for Utah Cheer Club Sport Rules Violation.
 - There will be no video review or protest of scores or deductions given. We are making every effort to train our judges and we need to support their calls.
- "RC Competes" will be sending out host school information (such as entrances, exits, parking, etc.) as soon as they receive the required registration materials.
- **SEE THE REGISTRATION FORMS FOR ENTRY FEES AND WAIVER REQUIREMENTS!**

Directed by: 

Please contact with questions: lori@utahcheerclubsport.com or (801) 910-4557

For More information

visit www.rccompetes.com
