

Utah State 2020 HIGH SCHOOL PREP Cheer Invitational/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 sporting competitions.

UTAH HIGH SCHOOL PREP: To be eligible for this category participants must be from private studios or gyms or recreation programs or a program ran by a feeder High School, that would like to compete at the state competition. (If you do not fit into one of these categories contact us for clarification) All NFHS rules need to be followed. This is the second year, 2020, for high school prep teams to participate in their own state! Participants in this category are not allowed to also compete for a secondary school team. You are also encouraged to compete in the Utah High School Prep Invitational's for 2019/20, those dates and sites will be announced individually.

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 high school prep cheer teams competing are strongly encouraged to be NFHS safety certified. "RC Competes" may disqualify teams that blatantly do not adhere to these safety rules. Each team is required to use the correct number of spotters while stunting. The competition will provide additional spotters as needed for safety.

DATES: State Championship Competition – April 25, 2020 at Corner Canyon High School.
Mountain Spirit Classic High School Prep Dance and Cheer-March 14, 2020 at Riverton High School
Southern Spirit Rally High School Prep Dance and Cheer-March 21, 2020 at Cedar High School

CATEGORIES: HIGH SCHOOL PREP (Beginning, Intermediate, Advanced)

(Ages are the average age of the group for example you may have one 6 year old with three 5 year old's and one 4 year old you would enter in the Tiny division. This would be their age at the time of the competition registering for)

TINY:	4-5 year old, Show Cheer, Time Out Dance
MINI:	6-8 year old, Show Cheer, Time Out Dance
JUNIOR:	9-11 year old, Show Cheer, Time Out Dance
SENIOR:	12 and Older, Show Cheer, Time Out Dance

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. 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. Another 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.

4. ***A .5 deduction per violation for going over your showcasing allowance will be deducted from your overall caption score per violation.***

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 points available for that on your cheer score sheet so you would not get 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.

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.

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 and no athlete hits 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 will NOT be given (a structure falling and a pyramid collapse).

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.*

***A team may showcase less than half of their stunt groups and/or less than half of their individual athletes one level up from level entered one time for stunts and one time for tumbling in each of their cheer section and ONE music section. You will receive points for that particular showcase in the one level higher. A team may not showcase a skill higher than one level of level entered. A team may not execute skills in a higher level than level entered at any time in your routine except for the allotted showcasing. A .5 deduction per**

violation for going over your showcasing allowance will be deducted from your overall caption score per violation.

All other categories will use the existing score sheets.

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

GAME TIME: *There will be two categories in this division for teams to enter;*

Sideline/Timeout Dance and Sideline/Timeout Free Style .

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

- ✓ One (45 seconds to 1 minute) time limit
- ✓ Traditional sideline uniforms required
- ✓ Emphasis on crowd entertainment
- ✓ No stunts or tumbling permitted

NEW LAST YEAR: GAME TIME SIDELINE/TIMEOUT FREE STYLE: You choose your best sideline timeout material that must include at least two of the following (Dance, Cheer, and/or Stunts). It may include all three if you so choose. This is a category meant to be fun where you put your best crowd leading and entertaining material on the floor.

- One (45 seconds to 1 minute) time limit
- Emphasis on crowd entertainment
- 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

GENERAL RULES:

1. High school prep will compete as all-inclusive teams (all-girl and co-ed), and will compete against each other in this category. High school prep programs are the only programs that will compete based on age and ability level.
2. 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.
3. Teams may use signs, megaphones, cheer flags and/or poms, but no other props will be allowed.
4. Teams 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, but please make it clear it is not part of the competition routine.

5. **TIME LIMITS:** All routines (*with the exception of Game Time routines – see above for 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!**
6. A representative of each team must be present at the announcer's table when their team is performing to cue the music. Sound crew takes no responsibility if a team representative is not present (penalty is two points per routine judge 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 queue. I strongly suggest that you make sure your sphone (if using it) is set in a manner that that does not happen.
7. 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).
8. Appropriate cheer shoes are required and all NFHS uniform requirements must be followed. No costuming will be allowed.
9. **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.*
 - 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.
 - A 2pt deduction for Utah Cheer Club Sport Rules Violation.
 - 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.
 - 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.
 - **A .5 deduction per violation for going over your showcasing allowance will be deducted from your overall caption score per violation.**

10. "RC Competes" will be sending out host school information (such as entrances, exits, parking, etc.) as soon as they receive the required registration materials.

11. SEE THE REGISTRATION FORMS FOR ENTRY FEES AND WAIVER REQUIREMENTS!

Directed by:



Please contact with questions: lori@utahcheerclubsport.com
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*for more information
visit
www.rccompetes.com*