

Frontier League Cheerleading Tournament Rules 2011/2012

New Rules: Effective Fall 2011, No cell phones will be allowed on the floor or mat during awards ceremony. All team members should be in complete uniform, including sneakers, which includes: bows, skirts, vest, bodysuit, briefs, sneakers, hair up, no warm-ups. No spectators on the floor during awards ceremony only team members and coaches.

Dates and Divisions.

Fall Competition - held in late October (usually last Tuesday of the month)

Winter Competition - held in mid-January (usually 2nd weekend of January and two weeks before mid-terms)

Schools are divided according to school size. This determination follows how you are divided for that particular sports season. With an occasional acceptance, the Fall Season will have 2 divisions, while the Winter Season will have 4 divisions. The cheerleading team must follow the same division as the team for which they cheer.

The Frontier League reserves the right to combine divisions if one or more divisions does not have enough teams to compete.

Registration Deadline

Each coach is responsible for registering her/his team and All Star candidates by the deadline stated on the registration packet. Awards need to be ordered in advance. Registration deadlines are required to be met. **NO EXCUSES AND/OR EXCEPTIONS WILL BE MADE FOR LATE REGISTRATIONS.** Late registrations cause delays in printing the programs. It also jeopardizes receiving the awards in time for the competition. Please be considerate and register early. When you fail to fulfill your coaching responsibility, you are creating 3 times more work for the other coaches organizing and operating the competition. Register on time!!! Thank you for your cooperation!!!

Judging

Judges are selected from a list of approved judges.

There are 4 judges for the Fall Tournament and Winter Tournament. 3 are panel judges and 1 is the safety judge.

Awards

Varsity team winners from each division will receive a medal, league patch and league certificate. Each championship team will also receive a "Cheerleading Tournament" insert for the school's banner. Ribbons will be awarded for other places. If five teams compete in a division only 1st - 3rd place will be awarded. If four teams or less compete in any division, each team will receive an award. For example, four teams in a division will have 1st - 4th places awarded.

Junior Varsity teams will receive participation/spirit ribbons. The Frontier League Office will determine each season if Junior Varsity teams will be allowed to compete or give exhibitions at competition.

Half of the All Star candidates will receive a ribbon, league patch and league certificate. If there is an odd number of participants, the number of All Stars is rounded up to include one more All Star award being given. For example, 35 All Star candidates in one division would result in 18 of the top scoring candidates receiving an All Star award. The Frontier League believes in recognizing as many athletes in a positive manner as possible. When there are ties with All Star scores, the league reserves the right to increase the number of All Stars awarded.

All Star Candidate Guidelines

All Star competition is different from team competition. Only seniors may compete for an All Star Award. The score sheets and time requirements are different. Coaches should clearly understand the different requirements. Scores for the All Stars are not put into your score sheet envelope. This eliminates comparing All Star candidates to one another. A copy of the All Star score sheets can be viewed at the conclusion of competition in the coaches' room.

The All Star candidate will be introduced. Before beginning the cheer, the candidate **MUST** perform **3 stamina jumps**. A form of **tumbling** (splits are considered a skill, not tumbling) must be performed either in the spirited entrance or in the cheer. The clock will begin with the first word or motion of the cheer with a **maximum time of 1 minute to perform the cheer portion of the routine**. Once an All Star candidate leaves the competition floor and has not completed all the required criteria, she/he will not be allowed to return.

An All Star candidate cannot be added the day of competition. However, you can "scratch" a candidate on the day of competition. The candidate's coach is allowed to deduct up to 10 points from the overall score of the All Star candidate if the coach deems the competitor has not met acceptable cheerleading standards throughout the season. The coach will notify the competition chairperson or league president privately before or publicly during the coaches' meeting. The judges are not aware of the deduction while evaluating each competitor. The deduction will be taken during the overall tally in the scoring room.

Team Guidelines

Each team has a maximum of **2 minutes and 30 seconds** to perform its entire routine. The music portion cannot exceed **1 minute and 30 seconds**. The cheer portion of the routine is defined as ANYTHING that is NOT music. This includes all your cheer portions and "dead air" once the routine begins.

The clock will begin with the first motion, word or music AFTER the introduction and spirited entrance. If a team's entrance is orchestrated (i.e. a clapping sequence, organized opening sequence, or cheer), then the time will begin with that first word or motion. Teams should enter and exit the competition area in a timely manner. Teams that cause delays in entering and exiting the competition area take the risk of incurring a time penalty.

Each team's routine must contain at least two jumps. The routine can incorporate a variety of music, cheers, chants, jumps, stunts and/or pyramids. Please refer to the score sheet to see what elements each routine should contain. Teams may use megaphones, poms and signs. Signs cannot be larger than 2' x 3'. Refer to the Spirit Book for more Federation guidelines on the use of megaphones, poms and signs. Immediately remove the above mentioned cheerleading aides from the competition area after the routine's completion.

The National Federation Spirit Book (available through the Athletic Director) explains all acceptable (and many unacceptable) stunts, pyramids and general cheerleading guidelines. Coaches are responsible for understanding the rules on the league, sectional and national level. All league and sectional cheerleading rules and guidelines are available through the Athletic Director and league president. Any questions regarding rules should be clarified with the National Federation, Section III Committee Member and/or Frontier League Representative BEFORE the competition.

Male team members are required to follow the same rules as female team members. There shall be "No Cuts" from the regular season roster for the Frontier League Tournament. All rostered team members must participate in the league's competition. Team members who are serving a suspension for academic and/or behavior reasons (as deemed by each school) are the only exceptions. If in doubt, please contact a league representative for further clarification. Junior Varsity team members cannot fill in for Varsity and /or vice versa.

In the event of a tie, the involved teams will perform one cheer from their routines. Each cheer will be judged with an overall score of 1 to 10 from each judge in that division. Tie breakers will only be done when the teams are tied for first place. Otherwise, the tied teams will share the award for that particular place.

The Frontier League encourages all routines to be safe and clean. Penalty points for falls, bobbles and touchdowns have been instituted to further promote a safe routine. Safety penalty points will be as follows: falls (1 point each), bobbles (.5 point each) and touchdowns (.1 point each).

When competing a team may not use the name or mascot of another Frontier League school any time during the routine. Teams may use generic names (i.e. Tigers, Bears, Rams). Words in the routine (verbal or visual) shall not be aimed at other teams, but as an example of what gets POSITIVE crowd response at games. A team's competition routine should be extension of what the team does at games . . **supporting school spirit and teams.**

Music selection should appeal to the audience to get them involved in the performance. Routines must be appropriate for **family viewing AND listening**. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another), words or music will result in a penalty. Please note that removing improper language and replacing it with a sound effect still constitutes as inappropriate.

Since the Frontier League competition is considered a tournament, teams, coaches and fans must follow all the league tournament rules. The host school has the option of creating signs for each participating school (all signs must be of the same dimension). Otherwise, there cannot be **ANY SIGNS hung or in the stands** supporting any particular team. **THE USE OF SIGNS AND NOISEMAKERS ARE STRICTLY PROHIBITED AT ALL FRONTIER LEAGUE TOURNAMENTS.** Fans may use poms to support their teams.

If in the opinion of the competition officials, a team's performance is interrupted because of the host equipment, facilities or other factors attributed to the event rather than the team, the team affected will be allowed to present its routine at the end of the division. ***In the event a team's routine is interrupted because of the failure of team's own staff and/or equipment, including music on CD or tape, the team must either continue the routine or take a penalty deduction for a restart.***

In the event that a major injury causes the routine to be interrupted, the team may continue or perform at the end of the division at the discretion of the competition officials. ***The competition officials are the only ones allowed to stop the team's performance without penalty. Your team must continue the routine until the officials interrupt the routine so as to NOT receive a penalty.*** The officials will interrupt routines only when deemed necessary.

Coaches and cheerleaders are to act in a sportsmanship manner throughout and after the tournament. Celebration of first place prior to the team's name being announced will be deemed as unsportsmanlike conduct. Coaches are not to approach judges questioning the tournament outcome/placement. **The Frontier League will NOT accept ANY unsportsmanlike conduct from any of its athletes, coaches and/or officials.** Penalties may be assessed before or after a tournament if such behavior is exhibited. Unsportsmanlike teams may be prohibited from competing in future events if deemed necessary by the Frontier League. Please understand how important sportsmanship is to cheerleading and other sports on the league, sectional, state and national level. The Frontier League encourages positive sportsmanship at all of its tournaments and throughout the year.

Frontier League Cheerleading **Tournament Infractions**

The National Federation of State High Schools Association Cheerleading Spirit Book is the basis for all rules. It is the coach's responsibility to know and adhere to these guidelines.

PENALTY: 10 POINTS PER INFRACTION

All Frontier League Tournament rules (as stated in handbook and tournament packet) must be followed. It is the coach's responsibility to know and adhere to these guidelines.

PENALTY: 10 POINTS PER INFRACTION

Only megaphones, poms and signs no larger than 2' x 3' may be used.

PENALTY: 10 POINTS PER INFRACTION

Junior Varsity team members cannot fill in for Varsity team members and/or vice versa.

PENALTY: TEAM'S DISQUALIFICATION

Each team's performance must contain 2 jumps.

PENALTY: 10 POINT DEDUCTION

Inappropriate music selection and/or vulgar/suggestive movements are prohibited.

PENALTY: 10 POINT DEDUCTION

Maximum time for team's routine is 2 minutes and 30 seconds. Maximum time for music portion of the routine is 1 minute and 30 seconds. Refer to # 7 on Deduction Sheet.

PENALTY: 10 POINT DEDUCTION

Maximum time for an All Star candidate's routine is 1 minute.

PENALTY: 10 POINT DEDUCTION

All Star candidate must perform 3 stamina jumps (not within cheer).

PENALTY: 10 POINT DEDUCTION

All Star candidate must perform a form of tumbling (splits are considered a skill, not tumbling).

PENALTY: 10 POINT DEDUCTION

In the event of an injury during the routine, the team will stop at the discretion of the officials without a penalty. If the routine is stopped by the coach without the consent of the officials, the team will be allowed a restart with a penalty.

PENALTY: 10 POINT DEDUCTION

In the event of the host's equipment/facilities failing, the team will be allowed a restart without a penalty. If a team's routine is stopped because of the team's staff or equipment, including music on CD or tape, the team will be allowed a restart with a penalty.

PENALTY: 10 POINT DEDUCTION

For safety reasons, the maximum number of cheerleaders that may compete is 24.

PENALTY: 10 POINT DEDUCTION

Coach or team member exhibits unsportsmanlike conduct at tournament.

PENALTY: 10 - 25 POINT DEDUCTION AS DETERMINED BY FRONTIER LEAGUE, BASED ON SEVERITY OF INFRACTION