

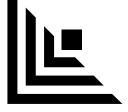


2013-14

Competitive Cheerleading

Manual for Schools









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Revision History

Oct. 30 Inserted Pg. 19 Photo Instruction Page



2013-2014 Competitive Cheerleading Series Terms and Conditions

In accordance with Section 1.450 of the IHSA Constitution, the IHSA Board of Directors has approved the Terms and Conditions governing the 2013-2014 IHSA Competitive Cheerleading Tournament Series.

I. SCHOOL CLASSIFICATION

Competition in the IHSA 2013-14 Cheerleading Tournament Series will be determined on an enrollment basis.

- **A.** The classification of a school shall be determined on the basis of its total student enrollment figure reported to the Illinois State Board of Education in its Fall Housing Report on September 30 of the preceding school year. Non-boundaried schools will have their total student enrollment multiplied by 1.65.
- **B.** For classification purposes, the total student enrollments for one-year high school, two-year high schools, three-year high schools and high schools which enroll boys only or girls only shall be calculated as follows:
- 1. For one-year high schools, the total student enrollment figure reported shall be quadrupled.
- 2. For two-year high schools, the total student enrollment figure reported shall be doubled.
- 3. For three-year high schools, onethird of the total student enrollment figure shall be added to the student enrollment figure reported.
- 4. For schools which enroll boys only or girls only, the total student enrollment figure reported shall be doubled.
- C. A multiplier of 1.65 will be added to all non-boundaried schools. Member schools shall be categorized for participation in competitive cheerleading on the basis of the three divisions of allowable team size: Large Team with a school enrollment of 1571.01 and over (Up to 24 rostered participants with 20 allowed on the competition floor), Medium Team with a school enrollment between 630.31 to 1571.00 (Up to 20 rostered participants with 16 allowed on the competition floor) and Small Team with a school enrollment up to 630.30 (up to 16 rostered participants with 12 allowed on the competition floor). Coed (two males on the competition floor) shall be an open division (Up to 24 rostered participants with 20 on the competition floor). All Coed teams need to be announced to the IHSA by Nov. 1. Teams who miss this deadline may be penalized \$100. Request to play up a division may be made

through the IHSA by Sept. 1. A mascot is considered part of the team and will be counted as a part of the maximum number of cheerleaders allowed on the competition floor.

D. Classifications shall be determined on an annual basis.

II. DATES AND SITES

- A. Sectional Tournaments: The Sectional tournaments will be held on week 30 of the IHSA Standardized Calendar (Saturday, February 1, 2014) at five proportional sites per division which will be announced in November and posted on the IHSA website at www.ihsa.org.
- **B. State Final Tournament:** The State Final tournament will be held on week 31 of the Standardized IHSA Calendar (Friday and Saturday, February 7 & 8, 2014). The U.S. Cellular Coliseum in Bloomington will host the state final.

III. ON-LINE ENTRIES, WITHDRAWL PROCEDURE, ELIGIBILITY, AFFIRMATIVE ACTION AND ON-LINE LIST OF PARTICIPANTS

The policy for Original Entry Deadlines, Late Entries and Late Withdrawals shall be the policies and procedures regarding entry for all IHSA sponsored sports included in the 2013-14 Entry Policies and Procedures which can be found in the Schools Center on the IHSA website.

- A. On-line Entries: All member schools must enter their school into the state series competition through the IHSA School Center on the IHSA Website at www.ihsa.org. The deadline for entry is November 1, 2013. The 2013-14 Entry Policies and Procedures outlining the on-line entry procedures for all IHSA-sponsored tournaments can be found in the Schools Center on the IHSA website.
- B. Late Entries: Any attempt to enter a sport on-line after the established deadlines will be denied. Schools that wish to enter after the deadline will be considered late. To be considered for late entry, the Principal/Official Representative must contact the IHSA administrative officer in charge of that sport or activity to request late entry. The penalty for late entry shall be a payment of \$100.00 for that sport/activity by the school.

C. Breach of Contract By-law 6.041 (Withdrawal Procedures):

- 1. To withdraw without penalty, the Principal must notify the IHSA Office, in writing, of the school's withdrawal from the respective sport prior to the date the List of Participants is due for that sport (January 13, 2014).
- 2. If a school withdraws after the List of Participants due date the school will be charged a \$100 penalty and if applicable, the school may be charged for any additional financial loss sustained by the offended school(s) or the Association as a result of such breach. If a school does not withdraw and does not show up for competition, the school will be charged a \$100 penalty and if applicable, the school may be charged for any additional financial loss sustained by the offended school(s) or the Association as a result of such breach.
- **D. Eligibility:** All member schools in good standing may enter one team under the provisions of IHSA By-law 3.000.
- **E. Affirmative Action:** Boys and girls shall be permitted to participate in the state series as provided in the IHSA Affirmative Action Policy.
- **F. On-line List of Participants:** Each school must complete the On-line List of Participants by the deadline date of January 13, 2014.

If a school does not submit the On-line List of Participants by the deadline, coaches and/or participants are subject to penalties, which could include but not limited to being ruled ineligible to compete in the State Series and/or charged \$100.00. Confirmation of receipt of Online List of Participants: Schools should login to their School Center site on the IHSA website and go to the Activity Tracker. The Activity Tracker will show "Completed", if you have checked the button indicating you have finished with your report. If it doesn't indicate "Completed", then you must go back into your school's List of Participants and check the button on the Online List of Participants indicating you are finished with your report.

IV. HOST FINANCIAL ARRANGEMENTS

A. Sectional Host School Expenses: Sectional host schools shall receive a guarantee of \$540 and shall be reimbursed the cost of officials for hosting a sectional cheerleading competition. The host school shall pay for all local expenses and issue checks to officials. After these guaranteed expenses are deducted from the gross income, including gate receipts, the host school shall retain 20% of the net income and submit the remainder to the IHSA. In the event of a negative balance, the host shall be reimbursed the entire deficit.

- B. Sites Other Than Member Schools: When a Sectional tournament is held at a site other than an IHSA member school, the IHSA administration will determine the financial arrangements with the host using current financial arrangements as guidelines.
- **C. Contestant Expenses:** Neither the State Association nor the local tournament management will assume responsibility for any contestant expenses of any kind.
- **D. Admission Prices:** The Board of Directors has established the following ticket prices for Sectional and State Final Competition. Ticket Prices: Sectional: \$5.00, State \$10.00 per day general admission. Child in arms requires no ticket for all levels of competition.
- E. Tickets: General seating tickets may be purchased in advance for the State Final Tournament by contacting the U.S. Cellular Coliseum ticket office at 309-434-2679. Tickets will also be available for purchase online at www.uscellularcoliseum.com. Limited luxury suites will also be available for purchase for each session of the State Final by contacting the U.S. Cellular ticket office at 309-434-2679.
- **F. Refunds:** Under no circumstances shall there be a refund of ticket money for tickets sold.

V. TOURNAMENT ASSIGNMENTS

Sectional Assignments: All IHSA member entered in the Competitive Cheerleading State Series will be assigned by the IHSA to one of the five (5) proportional divisions for Sectionals. These assignments will appear on-line at www.ihsa.org. after the Nov. 1 entry deadline. Assignments are made according to the IHSA Grouping Policy # 19. The number of competing schools, travel distance, geographical location and the number of entries shall be primary factors in the determination of number and boundary lines for these Sectionals. Sectional competition order will be randomly determined at the IHSA office and be posted on-line and provided to the sectional managers. No local manager shall be permitted to change the order in which the schools compete unless given permission by the IHSA office. The top five qualifying teams in each division from each sectional will advance to the state competition.

VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES

- A. Tournament Structure: The successive series shall be designated respectively, Sectional and State Final. The Sectional contest will be held on Saturday, February 1, 2014. Sectional competition times will be posted on line at IHSA.org on the IHSA cheer menu page. All schools entered in the IHSA Competitive Cheerleading State Series will be assigned to compete in proportional divisions of Sectional competition on a geographical basis. There will be a site manager at each sectional site. The top five (5) qualifiers in each division from the Sectional competition will advance to compete in the State Final.
- B. Coaches State Final Meeting: A State Final coaches meeting will be conducted prior to each division of competition. A coach (or their school representative) from each school qualifying a team for the State Final must attend that meeting. The assistant coach, Athletic Director and/or Principal may attend in place of the head coach as the Official School Representative. The purpose of the meeting is to review policies, procedures and local rules governing the conduct of the state final. Coaches will be responsible for the information reviewed at that meeting regardless of their attendance or non-attendance at the meeting.
- C. State Final Time Schedule: On Friday, February 7, 2014 preliminary rounds of competition will begin at 9:00 a.m. On Saturday, February 8, 2014 preliminary rounds may continue along with the final rounds of competition. The State Final time schedule shall be as follows:

Friday, February 7, 2014

SESSION 1 Small and Medium Team Preliminaries

8:00 a.m. – Coaches Meeting (in The Club) 8:15 a.m. – Doors of the U.S. Cellular Coliseum open to public

9:00 a.m. - Welcome

9:10 a.m. – Announcements & National Anthem

9:15 a.m. - First Performance

(Small and Medium team performances alternate)

12:55 p.m. - Last Performance

1:10 p.m. – Announcement of Small Division Finalists

1:20 p.m. – Announcement of Medium Division Finalists

SESSION 2

Large and Coed Team Preliminaries

2:15 p.m. - Coaches Meeting (in The Club)

3:15 p.m. – Welcome

3:25 p.m. – Announcements & National Anthem

3:30 p.m. - First Performance

(Large and Coed team performances alternate)

7:10 p.m. - Last Performance

7:25 p.m. – Announcement of Large Division Finalists

7:35 p.m.- Announcement of Coed Division Finalists

Saturday, February 8, 2014

SESSION 3

10:00 a.m.- Doors of the U.S. Cellular Coliseum open to public

10:55 a.m.- Announcements & National Anthem

11:00 a.m.- Small and Medium Team Finals (Small and Medium team performances alternate)

12:30 p.m.- Small Team Awards

12:45 p.m.- Medium Team Awards

2:55 p.m.- Announcements & National Anthem

3:00 p.m.- Large and Coed Team Finals

(Large and Coed team performances alternate)

4:30 p.m.- Large Team Awards

4:45 p.m.- Coed Team Awards

- D. State Final School Packets: At the State Final, school packets which include state final passes and programs may be picked up Thursday evening, February 6, 2014 from 6:30 pm to 8:30 pm at the VIP entrance and Friday, February 7, 2014 at the Pepsi Ice Rink Main Entrance located on the south entrance of the U.S. Cellular Coliseum. (Note: performance schedules will be posted on-line). A coach/school official is the only person permitted to pick up the schools' packet. The U.S. Cellular Coliseum in downtown Bloomington is tournament central.
- **E. Time Schedules:** Sectional and State Competition time schedules shall be posted on-line at www.ihsa.org.
- F. Warm-up Time: A seven (7) minute warm-up time at the Sectional tournament shall be posted on-line at www.ihsa.org. prior to competition. An eight (8) minute warm-up time at the State Finals will be posted online at ihsa.org. Competitors must report in person at the designated time to the warm-up site director at Sectionals and the State Final for warm-up check in.
- 1. At Sectional and State competition the host shall not make its performance area available earlier to the teams for practice sessions. When a part of the state series is played at a facility other than a member school's facility, none of the teams entered,

including a hosting member school shall be permitted to practice at the facility.

- Schools entered in the competition will be allowed warm-up/practice time as scheduled by the IHSA.
- 3. In the Sectional and State series uninterrupted clock minutes shall be provided for warm-up prior to competition. Teams may not be on the official warm up floor prior to the designated time.
- 4. Only competitors and coaches will be allowed in the warm-up area.
- **G. Competition Disruption:** Tournament management reserves the right to cease competition under the following conditions:
- 1. At the Sectional and State prelims the IHSA Official reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a performance, the head official and tournament management shall determine the time for the team to feed back into the warm up and competition order to complete their performance. This time should not exceed 30 (thirty) minutes for the team to perform their routine again. Judging will resume from the point at which the injury/interruption occurred as determined by the head official. The routine must be performed full-out from the beginning. All point deductions accumulated to the point of injury will carry over. If a team prefers not to re-work the routine, then at the coaches' discretion they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in that category. If multiple injuries occur, the same process will be in effect.
- 2. If, in the opinion of the tournament officials, a team's routine is interrupted because of failure of the tournament equipment, facilities, or other factors attributable to the tournament rather than the team the Head Official should stop the routine. The tournament officials will determine the degree and effect of the interruption. The team will be allowed to present its routine from the place in the routine where the interruption occurred.
- 3. In the event a team's routine is interrupted because of failure of the teams own equipment the team must either continue the routine or take the score earned to that point.
- H. Sectional Management: In all cases in which a member school is selected as a competition site, the IHSA Official Representative of the high school shall automatically assume entire responsibility for the competition. The Official Representative may delegate the authority to manage the competition to another staff member. In case the site is not located at a member school, then the IHSA Board of Directors shall appoint a local manager with like responsibilities.

I. Sectional Manager: The local manager shall have authority to take proper and appropriate action in any case of unusual situations arising during the competitions. However, no part of the terms and conditions may be set aside. In all cases involving an interpretation not specifically covered by the rules, the competition manager shall consult with the Head Official before the announcement of results or the presentation of awards.

The Sectional Manager or appointed manager shall conduct a meeting for coaches prior to each division at the sectional tournament on the Saturday morning of sectionals. The Sectional manager will introduce the Head Official and any other personnel that they deem necessary to introduce to the coaches. The Sectional manager will discuss items on the sectional agenda (tournament logistics) and answer any questions regarding the competition.

VII. ADVANCEMENT OF WINNERS

- **A.** The first, second, third, fourth and fifth place teams in each cheerleading competition division from the Sectional shall advance to the state final and compete in the division in which they qualified.
- **B.** Should a qualifying team withdraw or be disqualified before the state final tournament, the remaining qualifier from the same Sectional in that division shall be moved up.
- **C.** A team moving up due to withdrawal or disqualification may be entered into the State Final up to the competition time. It is the responsibility of the principal or coach to notify the IHSA office at the earliest possible time that another advancing team may be necessary. The IHSA office is responsible for informing the school's administration/coach that they will replace a regular qualifier.
- D. The school winner will be determined in accordance with the scoring system described in Article VIII.
- **E.** A random sort at the IHSA office will determine the performance order for sectional and state. This order will be posted on-line on the cheerleading link at www.ihsa.org.

VIII. TOURNAMENT RULES

The current National Federation Spirit Rules published by the NFHS are the official rules governing the competition in all state series competitions. The National Federation of State High School Association's Official High School Spirit Rules Book is the minimum safety guide for the state series.

A. Competition Guidelines

Each team will present one competitive routine.

1. Timing

- a. Competition will consist of a three (3) minute time limit.
- b. The team may use a maximum of one minute and thirty seconds (1:30) of the three-minute time limit for music. The timing begins with the team's first movement, voice, or note of music, whichever comes first, on the competition floor. Timing ends with the last motion, word, or beat of music. There will be an official timer at each level of competition. All participants must start in the competition area with at least one foot on the floor. Entrances and exits are not considered part of the routine and should not be organized.

2. Competition Area

- a. The competitive cheering surface shall be a matted area of 42 feet wide x 42 feet deep (7 strips). The mats should cover the entire area, provide uniform thickness and be a flat, consistent surface with no cracks, obstructions, or untaped seams. The competition mats will run vertical to the panel officials at all competition sites.
- b. Teams may line up anywhere inside the competition area. A participant can step on the white boundary line, but if he/she steps completely over the white boundary line during competition it is considered out of bounds.
- c. Members of your competitive team must fulfill all spotting requirements as governed by the NFHS Spirit Rules.
- 3. Music can be on a CD or digital format with a back-up. In addition, it is the coach's responsibility to start and stop the music. Coaches will be allowed to check their music directly before performance. Music should not contain any suggestive lyrics.
- 4. Only appropriate poms, signs and school flags/banners used in a safe manner by competing teams to lead the crowd during their performance are allowed. Megaphones appropriately used by competitors will be permitted. (Teams shall be permitted to place the above listed items on the competition floor before timing begins). Teams should avoid stepping on poms, signs, school flags/banners and megaphones. After use, items must be placed safely on the floor. Glitter may be used on signs if laminated or sealed as per the NFHS Spirit Rules Book. No other props may be allowed.
- **B. Scoring:** Refer to the score sheet and rubric in the competition manual.
- 1. Sectional: The official IHSA score sheet will be used for the scoring of all competitive cheerleading routines. The total accumulative point value of the officials score sheets will be averaged. There shall be one (1) IHSA head official, three (3) IHSA technical officials, and three (3) IHSA panel officials assigned by the IHSA for each Sectional site.

- 2. State: The official IHSA score sheet will be used for the scoring of all competitive cheerleading routines. The total accumulative point value of the officials score sheets will be averaged. There shall be five (5) IHSA hired panel officials for the State competition. There shall be one (1) head official for Sate. There shall be three (3) technical officials for State.
- 3. Deductions/Penalties shall be subtracted from the total accumulative point value average.
- **C. Team Ties:** Ties affecting advancement from preliminaries to finals: At all competitions, teams tied for a position which qualifies for advancement from preliminaries to finals shall be advanced without the tie being broken.
- **D. Coaching:** At the Sectional and State Series, eligible high school coaches shall follow this procedure:
- 1. A maximum of four (4) competitive cheerleading coaches shall be allowed to coach on the competition floor. Only coaches whose names appear on the List of Participants will be allowed to coach unless written notification from the school's Principal verifies the eligibility of a coach. Schools may only submit the names of those coaches who are in compliance with IHSA By-law 2.070.
- Eligible coaches shall receive four (4) coaching passes in their team packet for the State Final.
- The eligible coaches shall wear the coaching pass on the outside of his/her clothes while coaching.
- 4. Only coaches wearing this pass will be allowed into designated areas to coach.
- 5. Violation of ineligible coaching or being inappropriately involved with a competing high school athlete during a Sectional or State competition may be considered gross misconduct, and could result in penalty deductions to dismissal from coaching at the event.
- 6. Coaches may not use electronic communication/coaching devices (i.e., cellular phones, laptops, palm pilot, video cameras, etc.) once they have checked into the competition warm up areas and while in the credentialed areas of the competition.
- 7. Coaches should remain in the designated areas at all times during warm-ups and competition and not disrupt the competition. Coaching should be limited to words of help and encouragement, and the ethics of good sportsmanship must be observed.

E. Unsportsmanlike Conduct:

Managers and officials have the strictest instructions to disqualify any competitor, coach and/or person guilty of profane or indecent language or of gross unsportsmanlike conduct. The IHSA By-laws give the Board of Directors

complete authority to penalize a school for any unsportsmanlike conduct on the part of the principal, the coach, the athletes, the faculty, the board of education or any other official representative of any participating school. The Board of Directors will definitely exercise this authority.

- **F. Videotaping:** The IHSA prohibits any taping for the purpose of video reviewing during the tournament.
- **G. Substitutions:** After the List of Participants have been entered (after Jan. 13, 2014), competing schools may use any student whose name appears on the List of Participants as competitors. No substitution of names to the List of Participants shall be made after January 13, 2014. Alternates on this list may be used for competition at any time.
- H. Refusing to Participate: If an IHSA member team refuses to compete after being assigned to a competition, the tournament manager shall report the incident to the IHSA office. The withdrawing team will be responsible for all applicable fees. (Refer to Article III-C in the terms and conditions regarding Breach of Contract)

I. Competitor's Apparel:

1. Team Uniform:

All competitors shall wear only school issued uniforms for competition during the Sectionals and the State Final. All uniforms shall be devoid of commercial advertising except for the manufacturer's logo/trademark which shall not exceed two and one guarter (2 1/4) square inches with no dimension exceeding 2 1/4 inches. It may appear only once on each piece of wearing apparel. All briefs should be devoid of any markings including but not limited to seguins, prints, wording, symbols, In addition, no visible apparel may be under the uniform bodysuits/spandex/briefs. Teams shall wear official school issued uniforms that are of similar color and/or marking. All uniforms, including footwear must be in compliance with the NFHS Spirit Rules Book. Participants will not be permitted to compete in illegal attire. Sectional and/or State Final site managers shall have authority to assess penalties for failure to comply with this requirement.

NOTE: All uniforms must have some school designation (i.e. school name, logo, mascot or monograms) visibly printed on the uniform.

- 2. Participant Limitations:
- a. The NFHS Spirit Rules Book governs all participant apparel/accessories.
- b. Fingernails, including artificial nails must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participant.

- c. Hair must be worn in a manner to minimize risk to participants (away from the face and off of the shoulders).
- d. Glitter (that does not readily adhere on the hair, face, uniform or body) is illegal.
- e. Jewelry must not be worn except for religious or medical medals, which shall be taped to the body (without a chain) under the uniform.

J. Disqualification:

Any team that does not adhere to these terms and conditions may be subject to disqualification from the tournament and will automatically forfeit any right to awards received at the tournament.

IX. TOURNAMENT POLICIES

- A. Tickets: Tickets will be available one hour prior to the competition on the day of the event. Sectional ticket prices shall be \$5.00 per person (Child in arms requires no ticket). Ticket prices shall be \$10.00 per day for general seating at the State series (Child in arms requires no ticket). Limited luxury suites will also be available for purchase for each session of the State Final. Presale tickets will be arranged through the U.S. Cellular Coliseum (309-434-2679) for the State tournament only. Spectators are not allowed on or near the warm-up or competition areas.
- **B. All-Star Teams:** No officers of the tournament, game official or anyone serving under the supervision of the Illinois High School Association may cooperate in any way in the selection of an All-Star Tournament team.
- **C. Consolation Competition:** There shall be no consolation competition.
- D. State Final Passes: State Final passes will be provided to all competing schools and eligible coaches and school officials/administrators. All participants are required to wear their passes at all time. Competitors' passes can be kept with the coaching staff while the team is in uniform and competing. Competitors must have their passes visible to be allowed entry into the Coliseum. State Final passes allow entry into the State Final at any time during the competition.
- **E. Artificial Noisemakers:** All artificial noise-making devices shall be excluded from the performance area. Tournament managers should not permit spectators to use air horns at the competition venue. Cheerleaders may use megaphones during competition only.

- **F. Signs and Banners:** The displaying of signs, banners, placards or similar items at IHSA state series is permitted, provided:
- 1. They are in good taste and reflect good sportsmanship in their message and use;
- 2. They reflect identification and encouragement to participants and their respective school/community;
- 3. They are not displayed in the area of competition or in a manner which does not interfere with competition;
- 4. They do not obstruct the view of participants or spectators or cover other signage; and
 - 5. They are not safety hazards.
- G. Damage to Property or Equipment: If contestants or people from any school entered in a state series are found guilty of carelessness or maliciously breaking, damaging or destroying property or equipment belonging to the host school, such school shall be held responsible for costs incurred in replacing or repairing such property or equipment.
- H. Media Requirements: Space shall be set aside to provide for news media representatives (school, local or national) covering the state series whether they are from newspapers, radio stations, commercial television stations, and/or cable television stations.
- 1. Radio and TV Originators: It is the responsibility of the Local Manager to accept applications, approve requests to originate, collect proper rights fees payment (where required) and make cancellation refunds for television and/or radio origination, according to the IHSA Television and/or IHSA Radio Broadcast Policy.
- a) Television Rights Fees for all levels of competition below the State Final level shall be paid to the host school and shall become part of the revenue to be shared by the member school(s) and the Association according to the financial terms stipulated in these Terms and Conditions.
- b) Radio Broadcast Rights Fees are not required for any level of competition in this series. Local Managers shall permit radio originations of the competition.
- c) Television and/or Radio Stations which do not apply in advance, or which do not pay required rights fees prior to the start of the competition in each respective level in this state series shall not be given credentials nor allowed access to the facility to originate. Sponsors of the originations for television and radio shall be only those so stipulated in the respective IHSA Television and Broadcast policies.
- 2. Administrative Detail: Reporting information to the news media shall be the responsibility of each local Manager.

- 3. Provisions for Media Photographers and/or Television: Photographers or television personnel with cameras may enter the performance area to take pictures provided that:
- a) The individual is wearing the IHSA media/photographers pass;
- b) The individual reports to the site manager and shows the pass;
- c) The individual stays off the matted areas and remains at least five feet away from the competition floor;
- d) The individual remains seated when taking pictures;
- e) The individual only walks when the competitors are exiting;
- f) The individual refrains from speaking to the competitor(s) during competition.
- g) Media is not allowed in the warm up area or locker rooms.
- 4. Rights Fees for TV and Radio: Television Rights Fees to be charged by Local Managers and/or the IHSA are contained in the IHSA Television Policy.

Radio Fees:

a) Sectional Contest = No

Charge

b) State Final = No Charge

Policy regarding media requirements for each Local Manager is contained in the current IHSA Handbook.

Contact Matt Troha for media passes at the IHSA office at 309-663-6377.

- I. Videotaping by Schools or Spectators: Videotaping by competing schools will not be allowed. The local manager may provide videotaping for purchase. Spectators will be allowed to videotape in the stands, provided they remain in their seat and do not obstruct the view of participants and spectators.
- J. Flash Photography: No flash cameras can be used during competition. News media may use non-distracting lighting if the manager has given permission. News media photographers are allowed to use filtered electronic flashes. However, if the manager and contest officials agree that the flashes are causing interference with the conduct of the contest, then they can require the photographer to cease use of the flash.

K. Tobacco Products:

No coach, athlete or any other person connected with a team shall be permitted to use tobacco products at the competition, either during practice or while a competition is in progress.

L. Medical Provision (Use of inhalers):

A student with asthma may possess and use his/her medication during an IHSA competition, while under the supervision of school personnel, provided the school meets the outlined procedures of self administration in the Illinois school code.

M. Alcoholic Beverages and IHSA State Series:

The possession, distribution, sale and/or consumption of alcoholic beverages are prohibited at the site and on any affiliated property of any IHSA state series contest. State series hosts are required to make all state series contest sites and any affiliate property, including parking lots, fan accommodation areas, and other school or event venue property, alcohol free zones on the date or dates of any IHSA event being held at the site. Violation of this policy by an event host will subject the host to a penalty for violation of IHSA By-law 2.020. Such penalty may include but not necessarily be limited to prohibition against subsequent event hosting assignments. Violation of this policy by a non-hosting member school will subject the school to penalty for violation of IHSA By-law 2.020. Patrons of any IHSA state series contest determined to be in violation of this policy will be removed from the premise, and law enforcement officials will be called as warranted. No ticket refunds will be granted in such cases.

N. Prayer at IHSA State Series Contest:

Prayer at an IHSA state series contest that takes place over the public address system is prohibited.

X. AWARDS

- A. Sectional: In all Sectional competitions a plaque will be awarded to the school winner of the competition in each respective division.
- B. State: A trophy will be awarded to teams finishing first, second and third in the State Final competition in each respective division.
- **C. Team Awards:** Medallions will be presented to the schools of the first three placing teams in each respective division at the state final tournament. In addition, four (4) Coaches, Superintendent, Principal, Athletic Director and Athletic Trainer will be presented with a medallion. No other trophy or awards of any kind may be presented in the tournament series. Only the team/school representatives, Superintendent, Principal, Athletic Director and Athletic Trainer may participate in the awards presentation. Competitors participating in the awards presentation shall wear their school's

official warm-up or team uniform. If a school fails to comply, they shall not be allowed to participate.

D. The awards will be furnished by the State Association and are not an expense charged upon the individual tournament.

XI. OFFICIALS

Tournament officials will be assigned through the IHSA office. In all tournaments, the decisions of the official shall be final. The IHSA Board of Directors will not review decisions of officials, whether alleged errors are due to faulty judgment or misinterpretation of the rules.

- A. Number of Officials Assigned: In each Sectional level of competition, three (3) panel officials and one head official; and three (3) technical officials shall be provided. State Final: At the State level competition, five (5) panel officials and one head official; and three (3) technical officials shall be provided.
- **B.** Tournament officials for the respective division must be in the designated official's area when the warm-up period begins.

- **C.** The head coach may meet with the head official and Sectional manager briefly at the conclusion of the contest during packet pick up. All other tournament communication must be directed to the host manager. Normal conversation that must take place between the host school/manager, the officials, coaches, squad members or school representatives is allowed.
- **D.** Officials will turn the score sheets in to the head official at the competition for each division. It is the head official's responsibility to verify all scores and order of finish. The site manager will include score sheets and order of finish after the completion of each division in the team exit packets. The manager will forward copies of the official score sheets to the IHSA office.
- E. Sectional Tournaments: Each panel and technical official shall receive a flat fee of \$214.00. Each head official shall receive a flat fee of \$252.

- F. Mileage Reimbursement Policy: In the state series, to assist officials for out-of-pocket expenses, a voucher system will be used to compensate officials when they actually drive in excess of 70 miles round trip per competition. Payment will be made through the IHSA office, after completion of the tournament series, at a rate of thirty (30) cents per mile for all mileage in excess of 70 miles round trip. No compensation will be permitted for trips of less than 70 miles round trip.
- **G. State Final Tournament:** Each appointed panel and technical official shall receive a flat fee of \$382.50 for the entire State Final tournament plus lodging at a hotel designated by the IHSA. Each appointed head official shall receive a flat fee of \$408 for the entire State Final tournament plus lodging at a hotel designated by the IHSA. The mileage reimbursement policy shall also be in effect for the state final for an official that travels in excess of 70 miles round trip.



Competing School Information



• www.ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479 •

This manual contains pertinent information related to this year's cheerleading state series. Please pay special attention to the downloadable section and online forms. The IHSA continues to move forward with the addition of downloadable and interactive forms on our website at www.ihsa.org.

Sectional Assignment: Your school has been assigned to a sectional. You can find your assignment on the Cheerleading web page after November 1. Click on sectional assignments.

Sectional Meeting: A coaches meeting conducted by your assigned sectional manager will take place on Saturday, February 1, 2014. The sectional coaches meeting times and team performance times will be posted online at www.ihsa.org under the Cheerleading link after January 13, 2014.

Future Sectional Host Sites: Schools interested in being a host site can enter information through the Schools Center under "Host Availability".

Terms and Conditions: The Terms and Conditions are the rules under which your school agreed to compete in the state series. The Terms and Conditions can be found online on the Competitive Cheerleading page. Please read the Terms and Conditions carefully.

Official Assignments: Assignment of officials shall be made by the IHSA. The final assignments will be electronically sent to the host school managers through their Schools Center.

2013-14 Competitive Cheerleading Important Dates to Remember

Fri., Nov. 1	Deadline to enter state series. Entries after this date are late entries
Fri., Nov. 1	Sectional Assignment posted online sometime after November 1
Wed., Nov. 6	First Contest may be held
Mon., Jan. 13	List of Participants Online Entry due
Wed. Jan. 15	All teams must submit a team photo and cutline through the IHSA Schools Center
Sat., Feb. 1	Sectional level of competition
Tues., Feb. 4	12:01 p.m. deadline for schools advancing to State Final to confirm hotel reservations.
Thurs., Feb. 6	State Qualifying packet pick up at the VIP entrance of the U.S. Cellular Coliseum, Bloomington, IL from 6:30 p.m. to 8:30 p.m. on Thurs., Feb. 6.
Fri., Feb. 7	State Qualifying packet pick up will also be on Friday, Feb. 8 after 7:00 a.m. in the lobby of the Pepsi Ice Rink.
Fri,-Sat., Feb. 7-8	State Final to be held at the U.S. Cellular Coliseum in Bloomington, IL (Time schedule posted on IHSA.org)



Schools Are Required to Use the Internet to File LIST OF PARTICIPANTS

Schools are required to complete the Competitive Cheerleading List of Participants online. IHSA will provide this data to your sectional manager. Any changes to your original entry must be made online prior to midnight on Monday, January 13, 2014.

NEW INSTRUCTIONS TO COMPLETE THE ONLINE LIST OF PARTICIPANTS

Go to www.ihsa.org – Click on "Schools & Officials Center login" – Enter your "User ID" (5 digits, a letter followed by 4 numbers) and the password issued to you by your school. All of this information was emailed to you by your school. Coaches must have a valid email on file in the School's Center to be issued a password. **PASSWORDS ARE NOW ASSIGNED TO EVERY COACH.** Click on "Competitive Cheerleading List of Participants" – Type in requested information and save your page(s) as you proceed.

Confirmation of receipt of Online List of Participants: Once you have completed the Online List of Participants link will say completed (if you checked the box indicating you are finished with the report when completing the Online List of Participants). If it doesn't indicate "Completed", then you must go back into your schools List of Participants and check the button on the Online List of Participants indicating you are finished.

After completing and submitting the *Online List of Participants* to the IHSA Office, print out a copy of the completed *List of Participants* to bring to the competition and for your records. **Once the deadline passes you will no longer be able to access the List of Participants to print a copy**. Once the deadline passes, the Activity Tracker will indicate so. It does not indicate that you failed to complete the List of Participants. It does mean the deadline has expired and IHSA is now importing your information to your sectional manager.

- A. List all eligible coaches that are in compliance with IHSA By-Law 2.070.
- B. List all competitors as per the cheerleading terms and conditions I-C.

(If you experience any problems, please call the IHSA Office at 309-663-6377 and ask for Carol Carr)

The List of Participants and listing of all eligible coaches will be available for Sectional Managers to receive on-line through the Schools Center after the January 13, 2014 deadline.

LIST OF PARTICIPANTS DEADLINE: Monday, January 13, 2014

SCHOOL'S RESPONSIBILITY TO AN OFFICIAL PRIOR TO THE SEASON

- 1. Send a reminder card or email to the officials after you have them scheduled.
- 2. Reminder should include date of contest, time, level, location and sport.

Even though many schools and conferences have assignment chairpersons, sending a reminder is highly recommended. When an official does not show, people in your community won't know who the assignment chairperson is, but they do know the athletic director. **Avoid embarrassment.**

- **3.** Have a standard wage scale set for your different sports and levels and a method in place to raise the pay periodically.
- **4.** If possible, let the working officials know who their partner(s) will be.
- 5. Hire police and security along with medical assistant or athletic trainer coverage for events whenever possible.
- **6.** Set a policy with your school board on fan, coach and player behavior.
- 7. Make sure all officials have a contract that is signed by your school—preferably by the principal or IHSA Official Representative.

SCHOOL'S RESPONSIBILITY TO AN OFFICIAL PRIOR TO THE CONTEST

- 1. Prior to the contest, provide the officials with directions and inform them of any special activities that might be occurring (i.e., Homecoming, Senior Night, etc.)
- 2. Give the official a number they can call in case of an emergency or postponement due to weather.
- **3.** Have competent workers assigned at all contests (scorers, announcers, chain crew, etc.). These people are of great assistance to the official during the contest.
- **4.** Have a host assigned to meet the officials as they arrive. The host should do the following for the officials:
 - **A)** Provide a reserved parking space.
 - **B)** Meet officials and take them to the dressing room.
 - **C)** Have refreshments available for halftime and postgame.
 - **D)** Ask for any additional needs.
 - E) Introduce the officials to those game workers pertinent to the contest (i.e., scorer, announcer, chain gang, etc.).
 - F) Get the proper pronunciation of officials' names so they are correct when given by the public address announcer.
- 5. Athletic director should discuss with the officials any special events, conference rules, national anthem time, etc. that would affect the game.
- **6.** Provide the officials with the name of the adult supervisor for that contest and where that person can be found in the event a challenging situation should occur.
- 7. Make officials aware of location of an athletic trainer or other first responders during the contest. Have a doctor on site when possible (especially at football contests).
- **8.** Make sure all bench personnel are properly attired.
- **9.** Do a check on game scoreboards and lighting systems prior to the game or contest.
- 10. Make sure the playing area is properly marked and meets National Federation guidelines for that contest.
- 11. Provide appropriate secured dressing area and hot water showering facilities.



SCHOOL'S RESPONSIBILITY TO AN OFFICIAL DURING THE CONTEST

- 1. Insist coaches display good sportsmanship and are proper examples for your players and crowd.
- 2. Have your public address announcer or cheerleader read the IHSA sportsmanship statement and remain unbiased during contest.
- 3. Make sure the event supervisor understands the duties and responsibilities pertinent to that contest.
- **4.** Make sure the playing area is maintained during halftime of each contest. For wrestling, make sure the mat is properly cleaned and washed.
- 5. Help with adverse weather conditions; monitor accordingly.
- **6.** Make sure proper crowd control is visible and in place. Good administrative control can prevent difficult situations.
- 7. Observe the crowd during the contest and prevent any disturbances that may occur.
- **8.** Work with the official during the game regarding crowd control.
- **9.** Retrieve the game ball at the end of the contest.
- 10. Escort the officials back to the dressing room at halftime and at the conclusion of the contest.

SCHOOL'S RESPONSIBILITY TO AN OFFICIAL AFTER THE CONTEST

- 1. Escort the officials safely back to the dressing room and parking lot.
- **2.** Do not allow unauthorized persons in the dressing room after the game. This includes coaches.
- **3.** Have refreshments available for the officials after the contest.
- **4.** Be sure to thank the officials for their time and effort, regardless of the outcome of the game.
- 5. Make sure arrangements for paying the officials have been completed. It is preferable to pay the official the day of contest.
- **6.** Ensure that officials are not confronted by anyone after the contest.





Do What's Right! ➤ Sportsmanship ←

DWR! EXPECTATIONS

- Represents their school and community well with positive interaction with opposing fans and players.
- Uses positive yells, chants, songs or gestures.
- Display modesty in victory and graciousness in defeat
- Respect and acknowledge the integrity/judgment of officials.
- Exhibit positive behavior with opponents and fans before, during and after the contest.

Acceptable Behavior...

- During the National Anthem, students, participants and fans should remove any hats, face the flag, not talk, place
 the right hand on the heart, and remain still until the end of the anthem.
- Applause during introduction of players, coaches and officials.
- Players shaking hands with opponents while both sets of fans recognize player's performance with applause.
- Accept all decisions of the game officials.
- Spirit Participants lead fans in positive support.
- Handshakes between participants and coaches at the end of contests, regardless of the outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of the contest for performance of all participants.
- Everyone showing concern for an injured player, regardless of the team.
- Encourage surrounding people to display sportsmanlike conduct.

Unacceptable Behavior...

- Disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- · Refusing to shake hands or give recognition for good performances.
- Blaming the loss of the game on officials, coaches or participants.
- Laughing or name calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following the lead of spirit participants.



Competitive Cheerleading Scoresheet



 Sectional 	School:	

Official:____

o State Division

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	- TOTAL SCORE



Competitive Cheerleading Scoresheet Rubric

* Placement within a specific rubric range is determined by the difficulty of the skills performed as listed below and overall execution of those skills. Below average or sub-standard technical execution may result in a team being dropped out of a rubric range.

* Rubric ranges are based on a **majority of the team** performing the skills listed

MOTIONS/DANCE RUBRIC

- 6.0-7.0 points: Little to no visual effects*, below average level of execution, slow pace
- 7.0-8.0 points: Basic visual effects*, average level of execution, average pace
- 8.0-9.0 points: Multiple visual effects*, above average level of execution, fast pace
- 9.0-10 points: Multiple visual effects*, exceptional level of execution, fast pace
 - * Visual effects Technique includes: level changes, ripples, transitional movements, formations, footwork and floor work

JUMPS RUBRIC

- 6.0-7.0 points: Basic jumps (tuck, spread eagle, double hook) or poor execution/technique* of advanced jumps
- 7.0-8.0 points: Advanced jumps (front/side hurdler, toe touch, pike, double nine) performed with below level height/technique*, minimal variety (two different types of jumps). Poor execution of combo jumps may be scored in this range
- 8.0-9.0 points: Advanced jumps performed with level height, average technique* and variety (three or more different types of jumps). Must perform at least one combo jump in order to qualify for 8-9 range. Must display at least one synchronized full team jump
- 9.0-10 points: Four advanced jumps performed with above level, above average technique* and variety (must perform at least
 one combo jump in order to qualify for 9-10 range) Must display at least one synchronized full team jump
 - * Technique includes: approach, landing, toe point, and motion execution in the jump

TUMBLING RUBRIC

- 6.0-7.0 points: Basic rolls, handstands, cartwheels, round-off, front/back walkover
- 7.0-8.0 points: Running and/or standing back handsprings
- 8.0-9.0 points: Running and/or standing tuck skills
- 9.0-10 points: Running and/or standing layouts, fulls, speciality passes incorporating two no-handed skills

PARTNER STUNT RUBRIC

- 6.0-7.0 points: Beginner level partner stunts, shoulder sits/stands, thigh stands, extension preps, single leg prep skills, double base extensions
- 7.0-8.0 points: Intermediate level partner stunts, double base extended stunts with full twist dismount, extended single leg variations* with a straight cradle, assisted prep level single base skills
- 8.0-9.0 points: Advanced partner stunts, extended single leg variations* with a full twist dismount, assisted single base extended skills, unassisted prep level single base skills
- 9.0-10.0 points: Extended single leg advanced body position variations* (not including torch or liberty) with a full twist dismount
 AND an elite entry to an extended skill with a full twist dismount OR elite entry to an extended skill with advanced body position variations* with full twist dismount, OR unassisted single base extended skill with full twist dismount
 - *Variations are defined by two or more body positions displayed

PYRAMIDS/TOSSES RUBRIC

- 6.0-7.0 points: Basic straight ride tosses and/or extended two leg pyramid
- 7.0-8.0 points: Single skill tosses and/or extended single leg pyramid with at least one transition
- 8.0-9.0 points: Two skill tosses and/or extended single leg pyramid with multiple* transitions, one of which is a release. At least 1 release move that ends in an extended position
- 9.0-10.0 points: Three or more skill tosses with at least one twisting skill, and/or extended single leg pyramid with multiple* release transitions, one of which ends in a single leg extended position with multiple* extended structures.
 - *Multiple = two or more



Competitive Cheerleading Legalities

School	Division	Oi	fficial			
Please cite the NFHS rule violation and the time/part in routine in which the violation occurred.						
MINOR NFHS VIOLATION:						
Rule Infraction		Warning	Rule Number	x (1)		
		_ 🗖				
		_				
	es Book 2.3.1 Jewelry; 2.3.2 I	Nails; 2.3.3 H	lair; 2.3.6 Apparel; 2.3	.7 Glitter, etc		
MAJOR NFHS VIOLATION		Wails; 2.3.3 H Warning	lair; 2.3.6 Apparel; 2.3 Page Number	x (5)		
AAJOR NFHS VIOLATION						
MAJOR NFHS VIOLATION Rule Infraction	:	Warning	Page Number			
AAJOR NFHS VIOLATION Rule Infraction	:	Warning	Page Number			
MAJOR NFHS VIOLATION Rule Infraction	:	Warning	Page Number			
MAJOR NFHS VIOLATION Rule Infraction	ules Book 2.4.7 No back spo	Warning _	Page Number	x (5)		



Competitive Cheerleading Deductions

School	Division	Official
Please cite the rule violation	n and the time/part in routil	ne in which the violation occurred.
DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTION TOTAL
Music Time – 1:30	Overtime – (1)	
Total Time – 3 min.	Overtime – (1)	
Missed Skill Examples: Stunt or Mount comes down, pyramid collapse, tumbling lands knees or back	x 1	
Incomplete Skill Examples: Single downs (or full downs) that land on the stomach, cradles whose flyers feet hit the ground or bases fall/knees hit the ground, hands touch down on tumbling	x .5	
Boundary Violation Examples: One foot or hand is over the boundary line	x .5	
IHSA Terms & Conditions Violation	x 1	
	TOTAL POINT DEDUCTIONS	:

Prevention of Heat Illness Guidelines

Athletes participating outdoors in hot, humid weather or indoors, in non-air conditioned or poorly ventilated gyms are susceptible to heat related illness. While it is the responsibility of each school participating in an IHSA contest to allow adequate acclimatization to the heat prior to the contest, it is the authority of the local manager to adjust or alter a contest based on the environment. Managers should check the environment one-hour before the scheduled contest.

If a high risk is present, the manager has the authority to alter game conditions. Athletes should drink one to two cups of water in the hour preceding competition and continue drinking during the activity every 15-20 minutes. If conditions become severe, the manager may suspend or alter the contest. Altering the contest may include stoppage of play for a mandatory drink period, stopping play for a rest period where gear and clothing may be loosened to allow heat loss, stopping play to allow for removal of outer clothing, socks and or shoes or even postponing the contest.

Local Managers should refer to the Heat Index Table below if the host school does not have a plan or means to assess both the temperature and humidity prior to the contest. This heat index can be used to define caution, extreme caution, danger and extreme danger risk conditions. Additional heat and hydration information can be found by accessing the Sports Medicine link on the IHSA web site at www.ihsa.org.

Heat Index Chart

Heat Index in °F (°C)

Relative Humidity (%)													
Temp in °F/°C	40	45	50	55	60	65	70	75	80	85	90	95	100
110 (47)	136 (58)												
108 (43)	130 (54)	137 (58)											
106 (41)	124 (51)	130 (54)	137 (58)										
104 (40)	119 (48)	124 (51)	131 (55)	137 (58)									
102 (39)	114 (46)	119 (48)	124 (51)	130 (54)	137 (58)								
100 (38)	109 (43)	114 (46)	118 (48)	124 (51)	129 (54)	136 (58)							
98 (37)	105 (41)	109 (43)	113 (45)	117 (47)	123 (51)	128 (53)	134 (57)						
96 (36)	101 (38)	104 (40)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	132 (56)					
94 (34)	97 (36)	100 (38)	103 (39)	106 (41)	110 (43)	114 (46)	119 (48)	124 (51)	129 (54)	135 (57)			
92 (33)	94 (34)	96 (36)	99 (37)	101 (38)	105 (41)	108 (42)	112 (44)	116 (47)	121 (49)	126 (52)	131 (55)		
90 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	103 (39)	106 (41)	109 (43)	113 (45)	117 (47)	122 (50)	127 (53)	132 (56)
88 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	98 (37)	100 (38)	103 (39)	106 (41)	110 (43)	113 (45)	117 (47)	121 (49)
86 (30)	85 (29)	87 (31)	88 (31)	89 (32)	91 (33)	93 (34)	95 (35)	97 (36)	100 (38)	102 (39)	105 (41)	108 (42)	112 (44)
84 (29)	83 (28)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	92 (33)	94 (34)	96 (36)	98 (37)	100 (38)	103 (39)
82 (28)	81 (27)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	88 (31)	89 (32)	90 (32)	91 (33)	93 (34)	95 (35)
80 (27)	80 (27)	80 (27)	81 (27)	81 (27)	82 (28)	82 (28)	83 (28)	84 (29)	84 (29)	85 (29)	86 (30)	86 (30)	87 (31)

Category	Heat Index	Possible heat disorders
Extreme Danger	130° F or higher (54° C or higher)	Heat stroke or sunstroke likely
Danger	105°-129° F (41°-54° C)	"Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged" exposure and/or physical activity.
Extreme Caution	90°-105° F (32°-41° C)	"Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	80°-90° F (27°-32° C)	Fatigue possible with prolonged exposure and/or physical activity.

 $[\]bullet$ reproduced from NWS, Birmingham, AL



Return to Play (RTP) Policy

Background: With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires "any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional." In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

Policy: In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

Sports Medicine



ILLINOIS HIGH SCHOOL ASSOCIATION 2715 McGraw Drive • Bloomington, IL 61704

• www.ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479 •

IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

"Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional."

The above language, which first appeared in all National Federation sports rule books for the 2010-11 school term, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was "unconscious or apparently unconscious." This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms, or behaviors of a concussion from the lists below and remove them from play.

NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.

Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

Behavior or signs observed indicative of a possible concussion

- Loss of consciousness
- · Appears dazed or stunned
- Appears confused
- Forgets plays
- · Unsure of game, score, or opponent
- · Moves clumsily
- · Answers questions slowly
- Shows behavior or personality changes
- · Can't recall events prior to or after the injury

Symptoms reported by a player indicative of a possible concussion

- Headache
- Nausea
- · Balance problems or dizziness
- Double or fuzzy vision
- · Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

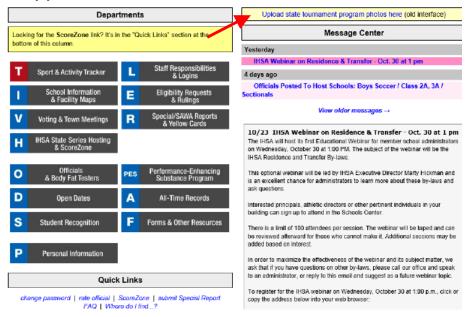
- 1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional will need to clear for return to play any athlete removed from a contest for an apparent head injury.
- 2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
- 3. If it is confirmed by the school's approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
- 4. Otherwise, if an athlete can not be cleared to return to play by a school-approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to the IHSA's Return to Play (RTP) Policy before the student-athlete can return to practice or competition.
- 5. Following the contest, a Special Report shall be filed by the contest official(s) with the IHSA Office through the Officials Center.
- 6. In cases where an assigned IHSA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Additional information regarding concussion has been made available to IHSA member schools and licensed officials and can be accessed on the IHSA Sports Medicine website at http://www.ihsa.org/Resources/SportsMedicine.aspx.

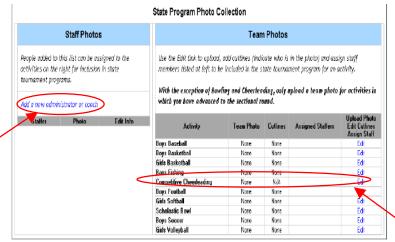
INSTRUCTIONS FOR SUBMITTING PHOTOS

Submit your photos by uploading them in the Schools Center.

1. Sign into the Schools Center. Choose: <u>Upload state tournament program photos here</u>. NOTE: Only your administrative staff has access to this link.



2. Add administrators and coaches. Add a new administrator or coach. You will want to do this before team photos. your adding (If sport/activity does include not administrators coaches in or program, you can skip this step and start uploading your team photo.) Follow the step-by-step instructions, making sure that you save the photos information. Do not use all capital letters.



- 3. Upload your team photo. Choose: The Edit button that corresponds with your sport/activity.
 - a. Following the instructions upload your team photo. Save changes.
- b. Assign staff members. Use the pull down menus to assign staff members to be included in this program. **Save changes to staff assignments.** (If no administrators or coaches are included in the program, you can skip this step.)
- c. Add your cutlines. List individuals (first and last name) in each row from left to right, front to back. Do not use all capital letters. Do not include numbers, year in school, etc. Please use the following to designate supervisors in the photo: Head Coach John Smith, Asst. Coach Billy Bob, Mgr. Jane Doe. **Save changes to cutlines.**
- 4. Go to School Photos Menu. Check to make sure you have included all photos and cutlines for this sport/activity. If everything is correct, you can exit the Schools Center. Make sure that you have completed all other state final information for the program.

If you have any questions, please call Carol Carr – 309-663-6377 or email ccarr@ihsa.org.

Photos are due by midnight Wednesday, January 15, 2014



State Competition Information



www.ihsa.org
 Phone: 309-663-6377
 Fax: 309-663-7479

2013-14 Competitive Cheerleading

A.	Contacts	Position	Phone	Fax
	Susan Knoblauch	Assistant Executive Director, IHSA	309-663-6377	309-663-7479
	Carol Carr	Administrative Assistant, IHSA	309-663-6377	309-663-7479
	Scott Johnson	IHSA Administrator Responsible for Technology	309-663-6377	309-663-7479
	Matt Troha	IHSA Administrator Responsible for Media	309-663-6377	309-663-7479
	Kurt Gibson	IHSA Administrator Responsible for Sponsorships	309-663-6377	309-663-7479
	Crystal Howard	Bloomington Normal Convention and Visitors Bureau, Director	1-800-433-8226	
	Matt Hawkins	Bloomington Normal Convention and Visitors Bureau, Housing Director	1-800-433-8226	
	Bart Rogers	U.S. Cellular Coliseum General Manager	309-434-2843	
	Traci Andracke	Assistant General Manager/ Booking, Marketing	309-434-2668	
	Phil Charleston	Event Manager	309-434-2953	
	U.S. Cellular Coliseun	n, Downtown Bloomington - State Final Site	309-434-2843	
	U.S. Cellular Coliseun	n Ticket Office	309-434-2679	

- **B. State Final Dates:** The 9th annual IHSA Competitive Cheerleading Tournament will be held at the U.S. Cellular Coliseum, downtown Bloomington, on Friday and Saturday, February 7-8, 2014.
- C. Ticket Information: General seating tickets may be purchased in advance for the State Final Tournament by contacting the U.S. Cellular ticket office at 434-2679. Tickets will also be available for purchase online at www.uscellularcoliseum.com. General seating tickets will also be available at the door. Ticket prices are \$10 for each session (child in arms requires no ticket). Limited luxury suites will also be available for purchase for each session by contacting the U.S. Cellular ticket office.
- **D. Reserved Housing for Teams:** The IHSA has reserved housing for teams advancing to the state final competition at a reduced rate. Schools are not required to use this housing. A school representative must call to confirm housing by the deadline of 12:01 p.m. on February 4, 2014 by identifying themselves as an IHSA state qualifying cheer team. Rooms will be released to the general public following the deadline. A list of these reserved hotels can be found online. Schools are responsible for all housing expenses.

The IHSA Competitive Cheerleading website also includes information from the Bloomington-Normal Area Convention and Visitors Bureau. Fans are encouraged to visit the site or call the Bureau at (1-800-433-8226) for available rooms.

E. State Qualifier's Information: State final information can be found on the IHSA website at www.ihsa.org for qualifying schools. This information will review pertinent state final details.

F. Coaches Meeting

A coach representing each school at the State Final Tournament MUST attend a meeting with the IHSA Tournament Committee prior to their division competition. Times and locations will be posted on the IHSA website at www.ihsa.org. This meeting will be held in The Club Restaurant located in the U.S. Cellular Coliseum.

G. State Final Scheduling: Warm-up and performance time will be posted online following the sectional tournament on Monday, February 3, 2014.

H. Visual Image Photography

A professional photographer will take pictures of competition. Those photos can be viewed and purchased online. Go to the IHSA website to access VIP Photo.

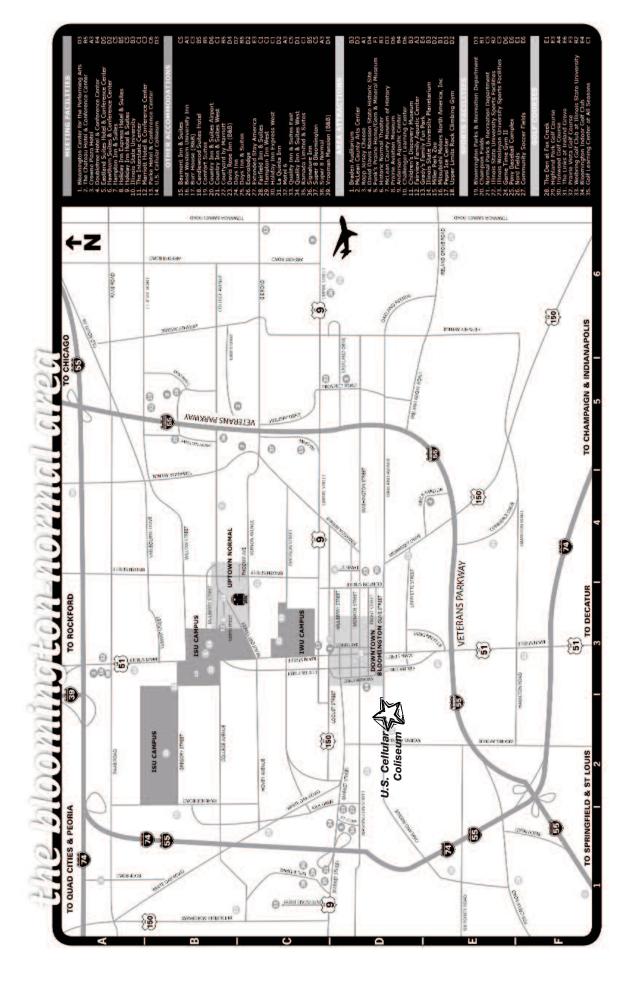
s/carol/cheerleading/manual/ SF Information



IHSA Competitive Cheerleading Housing

State qualifying teams have until 12:01 p.m. on February 4, 2014 to book rooms at the listed hotels for the reduced rates. After the February 4th deadline, rooms will be released to the general public. Details of the listed hotels can be found at www.bloomingtonnormalcvb.org under the visitors, lodging links.

Hotel	Phone Number	Rate
Baymont Inn & Suites		\$74
Bloomington Courtyard	309-862-1166	\$109.99
The Chateau	309-662-2020	\$95-\$105
Comfort Suites-East	309-452-8588	\$99.99
Country Inn & Suites-Airport	309-662-3100	\$109
Country Inn & Suites-West	309-828-7177	\$104-\$129
Eastland Suites	309-662-0000	\$107-\$159
Hawthorn Suites	309-829-8111	\$89.95-\$109.95
Holiday Inn & Suites	309-662-4700	\$90-\$115
Holiday Inn Express West	309-820-9990	\$94
Marriott	309-862-9000	\$121
Parke Regency Hotel	309-662-4300	\$90
Quality Inn & Suites – East	309-662-7100	\$79.99
Quality Inn & Suites-West	309-829-7602	\$70
Ramada Limited & Suites	309-828-0900	\$89.99





Media Arrangements



• www.ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479 •

2014 Competitive Cheerleading State Finals Media Arrangements

Accepted Media Passes:

- IHSA General Media Pass: (This pass was sent to select media outlets at the beginning of the school term.) Holders of this pass must have proper company identification and a valid drivers license.
- Cheerleading Media Passes: Requests must be submitted to the IHSA Office via fax or email, no later than 3 p.m., Wednesday prior to the state final to be considered. Contact Matt Troha (mtroha@ihsa.org) for more information.
- School Media Passes: Press passes will be issued upon request from the school Principal or Athletic Director. A maximum of 3 press passes will be issued to yearbook/school newspaper and AV club students at the member school whose team has qualified for the state finals. Contact Matt Troha (mtroha@ihsa.org) for more information.

Competitive Cheer Media Pass pick-up: Passes will be distributed at the registration/pass table located in the Pepsi Ice Center at the US Cellular Coliseum.

Media parking: Media VIP parking is located on the second and third floor of the parking deck adjacent to the US Cellular Coliseum (corner of Olive & Lee-southwest corner). NOTE: IHSA General Media Parking Pass required for this lot.

Radio Originations: (Not Applicable)

Photographer Coverage Area:

All media equipment used on the floor of the U.S. Cellular Coliseum must be portable.

- Equipment that is not being carried by the media must be stored off the performance area.
- Media shooting zones will be in the designated areas on the sides of the performing surface.
- No photographer is allowed in the team warm-up area at any time.
- Photographers are not allowed behind the teams, although photographers are allowed in designated areas in front of the team to briefly take action shots.
- The individual stays off the matted areas and remains at least five feet away from the competition floor.
- At the end of the competition, photographers are permitted to go on the Coliseum floor and take award shots.
- Photographers must sit in the designated areas to take pictures.
- Photographers may also sit in the press areas and take pictures.
- All photographers must display the IHSA General Media Pass or the IHSA Competitive Cheerleading Media Pass and must have camera in hand.
- Photographers are not allowed on the competition mat, except for the award presentation.

Lighting on Coliseum Floor

- Lighting is such that it is not necessary to use an electronic flash when taking floor level action. You may wish to use an electronic flash for shooting crowd shots or the trophy presentation.
- The championship award ceremony will be conducted with special lighting.

Press Row: Press row is for working press only and is unassigned.

Press Room: Persons with Media Passes who are working at the tournament may use the Press Room.

- The Press Room is located in room 1319.
- Tables, chairs, programs, and wireless internet are viable (on a first-come first-serve basis).
- Signs, banners or advertisement for your station are prohibited anywhere in the U.S. Cellular Coliseum.
- Passes must be displayed at all times.

Press Interview/Press Conference Location:

 The head coach and athletes from teams may be available for a post-competition press conferences in the hallway as they exit the arena floor after performing. Room 1319 can also be used for interviews.

Printed Material

 Credentialed media may pick up copies of official IHSA program in the Press Room (Room 1319) or in the media seating area on the arena floor.

Internet

Wireless internet is available for all media.

STATE FINAL STUDENT MEDIA/VIDEO TAPING



Contact: Matt Troha • mtroha@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

STUDENT MEDIA CREDENTIALS FOR PARTICIPATING SCHOOLS

Congratulations on qualifying for an IHSA state final in a team sport. In order to provide the best possible coverage of this event for your school newspaper, yearbook and AV club, etc. you are entitled to have up to three students receive credentials to cover this event as official media members. In the event that you have less than three students, an adult sponsor may be included on this list. To apply for student media credentials, please have your Athletic Director or an individual involved with the aforementioned programs email Matt Troha (mtroha@ihsa.org) at the IHSA with the following information:

- 1) The names of individuals attending
- 2) Whether they are students or adults
- 3) If the attending individuals will serve as reporters, photographers, videographers, etc.

Student media who are registering for credentials are expected to maintain a level of professionalism while covering this event. That includes no cheering while in the press box or game coverage area. Proper attire is also required. Wearing school shirts and colors is acceptable, but students wearing face paint, costumes, carrying props, etc. will be required to change before receiving credential clearance.

The individual applying for student media credentials will receive specific information on credential pickup and media regulations at the event via email in the days leading up to the state final.

Please note that student media credentials are only available for state final events in team sports. Due to the sheer volume of schools who qualify in individual sports, our press facilities would be unable to accommodate student media from all participating schools in individual sports. Student media are also welcome to cover IHSA state final activities. Credentials are not required for these events, but please have your students check-in with state final personnel upon arrival for media coverage regulations.

2013-2014 IHSA Request To <u>Purchase</u> Additional/Replacement State Series Awards

- 1.) To ensure an accurate order of replacement awards, please complete the form below.
- 2.) Please fax this completed form to Cheryl Lowery @ 309-663-7479.
- 3.) An invoice containing the following information will be emailed to you. The awards company will not process duplicate orders without an invoice from IHSA and payment.
- 4.) Mail payment and invoice to A & M Products.

◆ This form is to be used only, if your reasons (check one): Team Roster exceeds the nu of allowed medallions per the T&C's	hasing duplicate av Coop Sch Dual Cam Lost Broken	nool	
Sport or Activity:		_	Qty.: Place:
Classification			
1A	5A		Class A
2A	6A		Class AA
3A	7A		
4A	8A		
Gender:			
_	Girls	_ Boys	
Level of Competition:			
RegionalSectional	_	_Super-Sectional	State
Type of Award:			
Team Plaque Team Trophy Medal/Medallion Replacement Trophy Part (check beloe Gold State Champion-top figure Gold State Champion-side figure Gold State Runner-Up-top figure Gold State Runner-up-side figure Hind. Event Medals (indicate Event name): (ie: Pole Vault, Long Jump, Diving, 10)	e (#1) e (#1) e (#1) res (#1)	Girls Soccer- Music Lyre - Badminton G Replacement Bat, Tennis, C	d/4th Place (#1)-top figure Place Gold #2 side figure Gold #3 size 3rd and 4th Gold #3 size 3rd Place old shuttlecock and/or riser Trophy Plate lasering Golf Club Replacement
Name:			
Email Address:			
School:			
Address:			
City, ZIP Code:			
Phone Number:			
Fax Number:			





2013-2014 IHSA Request To <u>Purchase</u> Additional/Replacement State Series Awards

♦ Tournament Managers/Hosts who need to request duplicate awards due to ties at their tournament/meet must complete the form in the Online Manual for Managers and send it directly to the awards company— Do Not Use the form above.

Extra Medal Pricing for Schools:

Qty:	<u>Finish</u>	State Medallion	Reg./Sect Medal	Shipping
1-5	Goldtone (1 st)	\$4.25	\$3.75	\$6.50
	Nickel Silver (2 nd)	\$4.75	\$4.25	
	Bronze (3 rd)	\$4.40	\$3.95	
6 – 12	Goldtone (1 st)	\$4.00	\$3.50	\$7.00
	Nickel Silver (2 nd)	\$4.50	\$4.00	
	Bronze (3 rd)	\$4.15	\$3.65	
13 - 24	Goldtone (1 st)	\$3.75	\$3.25	\$7.50
	Nickel Silver (2 nd)	\$4.25	\$3.75	
	Bronze (3 rd)	\$3.90	\$3.45	
25 or	Goldtone (1 st)	\$3.50	\$3.00	\$8.00
more	Nickel Silver (2 nd)	\$4.00	\$3.50	
	Bronze (3 rd)	\$3.65	\$3.20	

Extra Plaque/Trophy Pricing for Schools (Shipping included):

Regional Champion Plaque	\$48.00
Sectional and Super-Sectional Champion Plaque	\$64.00
Third/Fourth place trophy	\$255.00
Champion/Runner-Up	\$285.00

Gold top figure Replacement Pricing (\$10.00 shipping per figure) (\$61.00 for oxidized bronze finish pre 2008-09 school year, if available)

Gold State Champion-top figure (#1)	\$47.00
Gold State Champion-side figure (#1)	\$47.00
Gold State Runner-Up-top figure (#1)	\$47.00
Gold State Runner-up-side figures (#1)	\$47.00
Gold State 3rd/4th Place (#1)-top figure	\$47.00

Gold side figures and lasered plate replacement pricing (\$40.00 for oxidized bronze finish pre 2008-09 school year, if available)

•	
State 3 rd /4 th Place Gold #2 size-side figure	\$27.00, plus \$10.00 shipping
Girls Soccer – Gold #3 size 3rd and 4th Place	\$27.00, plus @10.00 shipping
Music Lyre – Gold #3 size 3rd Place	\$24.50, plus \$10.00 shipping
Badminton Gold shuttlecock and/or riser	\$27.00, plus \$10.00 shipping
Repl. Trophy Plate lasering	\$30.00, plus \$10.00 shipping
Bat, Tennis, Golf Club Replacement for All Figurine	\$ 8.50, includes shipping

Orders will be **processed upon Receipt of Full Payment**. Please allow three (3) weeks for delivery. Thank you.





SAMPLE FORM: Link to typeable and printable pdf form for Sectional Pass Gate http://www.ihsa.org/documents/forms/frm_Cheerleading_Sectional_Pass_Gate_List.pdf

Sectional Pass Gate

Illinois High School Association 2715 McGraw Dr., Bloomington, IL 61704

Phone: 309-663-6377 Fax: 309-663-7479 The fields in this form will accept a cursor and can be filled out prior to printing.

The following are the only persons representing a member school to be admitted free to this contest. Participating schools must complete the form and return it to the sectional tournament manager prior to the start of the event.

Sectional Host School:				
Sectional Host School:				
Sectional:				
Your School:				
Administrators are allow Administrators: Superinten	d to have one guest. ent, Assistant Superintendent, Principal, Assistant Principal, Athletic Director, Assistant Athletic Director			
Superintendent:				
Assistant Superintender	:			
Principal:				
Assistant Principal:				
Athletic Director:				
Assistant Athletic Direct	r:			
Athletic Trainer:				
Bus Driver:				
All rostered players and	coaches according to the terms and conditions.			
All other representatives from your school must pay to attend the IHSA tournament.				
In case of emergency or n	ed to communicate changes to your school:			
Contact Person:				
School Phone:				
Cell Phone:				
Email:				

REMINDER: This form must be faxed to the your sectional site manager.