

CALAIS RECREATION DEPARTMENT
2019 MAINE STATE JHS/ELEMENTARY CHEERING CHAMPIONSHIPS
P.O. Box 413, Calais, ME. 04619

Event Date: March 3, 2019

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You are cordially invited to the 23rd Annual Maine State JHS/Elementary Cheering Championships to be held on SUNDAY, March 3, 2019 at 10:00AM at the Cross-Insurance Center in Bangor. This special cheering event is organized and directed by the Calais Recreation Department. In this year's format, the coach is able to select the class & division that are most appropriate for their team. Please note that our division grade guidelines have changed to reflect feedback from coaches. Within each class there are limitations in what can be performed within the 3-minute routine. These guidelines are attached and must be carefully followed to avoid illegalities resulting in deductions. **ONCE THE PERFORMANCE SCHEDULE HAS BEEN FINIALIZED THERE WILL BE NO CHANGING CLASSES.**

Enclosed you will find the competition rules. We follow National Federation rules, so for your reference, you should obtain a copy of the National Federation "Spirit Rule Book" for 2018-19 (used by state high schools). We also follow AACCA (American Association of Cheerleading Coaches & Administrators) guidelines which you can find at www.aacca.org.

Enclosed you will also find an entry form. The entry fee for each squad is \$65, and should be returned with the completed entry form no later than **Friday, February 15th, 2019. A \$25 late fee will be applied for registration forms received after Feb 15th.** The final schedule (order of events & further information) will be e-mailed to all teams no later than **Monday, Feb. 25th.**

This season we plan to limit the event to the first 60 registered teams. Entries will be accepted as received. At the Maine State Competition, we offer divisions for all types of cheerleading teams...town recreational teams, school teams, club teams and all-star teams. See the explanation of divisions and levels in the Competition Rules (Rule 13 on page 3) to determine your teams' correct division. If you have any questions regarding your division, contact Craig Morrison at the Calais Rec Department for clarification.

Because many teams and event staff arrive in Bangor the night prior to the competition, we attempt to have no storm cancellation; please be sure to make early travel and/or overnight accommodation arrangements as needed!

Once again, we thank you for your interest in this year's competition and we look forward to your participation.

Sincerely,

Craig Morrison
Calais Rec Director

COMPETITION RULES:

1. We will follow AACCA and NFHS Safety Rules. All divisions younger than the Junior High have additional guidelines. ***Please adhere to the rule book and competition guidelines, as infractions could cost your team penalty points.***
2. A set of qualified judges will judge the Maine State JHS/Elementary Cheering Championships. There are no callbacks – just one scored performance. Decisions of the judges are final.
3. A certified trainer will be in attendance.
4. Squads will be limited to 20 cheerleaders in all divisions except the All-Star division, which will follow the guidelines of the USASF for number of team members allowed.
5. The only permitted props are pom-poms.
6. For safety, the performance surface will be a 42' x 42' gymnastics mat. There will also be a safety check/warm-up area that will have an additional 42' x 42' mat.
7. Each team will be announced and will be given a “que” when they should begin their routine. Do not begin before the “que.”

Example: “Getting ready is _____”
“On deck is _____”
“And next to perform is _____”
“_____ may take the floor”
Que to Start: “Now performing is _____”

8. Teams may perform a choreographed routine not exceeding three minutes (2 1/2 is highly recommended). The timing begins on the first sound or movement after being announced.
9. Team members may start the routine from any position, but must have at least one foot on the mat.
10. After being announced (“que”) the routine may start with music, a cheer, or by building a pyramid. These actions will all start the time.
11. CD’s should be ready to go before the start of the competition. (We would request that each squad make two **quality CD’s** in case one doesn’t work.)
12. Routine music should not contain inappropriate lyrics and should be suitable for family audiences.
13. The ten classes & divisions for the 2019 competition are listed below. The coach will select the class that best represents the grade level and abilities of their team. Examine the attached guidelines regarding each class/division, and note your selection on the registration form. The class selected should reflect the grade of your oldest participant. **Once submitted, there will be no changes in a team’s division, unless approved by the event supervisor and the head judge.**

NOTE: This year, we are offering an All-Star section to our program. There are four All-Star divisions for those teams that have participants representing a number of schools, cheer clubs, or private cheer gyms, with the number of levels to be determined by the registrations received. Any Tiny, Mini, Youth or Junior All-Star Cheering Squad wishing to register should indicate their Division and Level on the registration form. Routines will be judged using the USASF/IASF Safety Rules, which can be found at www.usasf.net.

The All-Star Division was created to allow cheer gyms and cheer clubs an opportunity to compete in the Maine State Cheering Championships. An "All-Star" team is one that is composed of athletes, often from different towns, that pay a fee to be members of a team whose primary focus is competition cheering. In fairness to all, be sure to sign your team up in the correct division. If you have any questions regarding your division, contact Craig Morrison at the Calais Rec Department for clarification. **NOTE: Cheerleaders may no longer cheer up a division.**

CLASS	GRADES	DIVISIONS
Dolls	Pre-K - 2	1
Mini 2	Grades 3-5	2
Mini 1	Grades 3-5	1
Pee Wee 2	Grades 4-6	2
Pee Wee 1	Grades 4-6	1
Mixed	Grades K-5	1
Mixed	Grades 3-8	2
Mixed	Grades 3-8	1
JHS 2	Grades 6-8	2
JHS 1	Grades 6-8	1

ALL STAR DIVISIONS	AGES	LEVELS
Tiny All-Star	Ages 5 & U	1
Mini All-Star	Ages 8 & U	1
Youth All Star	Ages 11 & U	1, 2
Junior All Star	Ages 14 & U	1, 2

14. Confirmations will be mailed as they are received, and starting times will be mailed to accepted teams within one week following the close of registrations on February 15th (or until the 55-team limit is full). If a team registers after the fifty-five-team limit, they will be notified at once. There are no refunds, unless a team is refused entry.

15. All teams must be in the Cross-Insurance Center at least 1 hour prior to the start of the competition that will begin at 10:00. Only two coaches and squad members will be admitted through the team entrance. Everyone else will be required to enter from the front doors starting at 8:30. A final order of events with check in times, warm-up schedule and coaches meeting times will be emailed to coaches within one week following the close of registrations on February 15th.

16. Spectators will use the front doors that will open at 8:30. Admission to the event - adults \$10.00 and students \$6.00.

17. A brief coach's (head coach) meeting will be held prior to the start of the Competition.

18. Competition results will be made available to all coaches at the end of the event.

19. State Cheerleading Championship shirts will be on sale for \$15.00 each. Preorders are available by emailing your order to calaisrec@calaismaine.org. During the past two years we have run out of all sizes before the competition even began, so if you would like to have your shirts packaged & ready for you Saturday morning, just send the numbers of sizes needed; you may pay when you pick them up (Youth sizes S, M, L & Adult sizes S, M, L, XL, XXL).

20. Midcoast Photo will be taking individual/team pictures at the event. You will be contacted well ahead of the event with the needed information.

21. DEDUCTIONS can be given for (not all situations listed):

1 pt. deductions (for each occurrence):

- unperfected tumbling
- inappropriate hair devices/hair not in pony tail
- Jewelry (Note: Jewelry includes plugs or spacers for piercings and jewelry adornments of dermal piercings. Participants may choose to cover the opening with tape after removing the gauge or jewelry.)
- Glitter on uniforms, on body or on hair ribbons (Note: glitter-infused makeup that does not easily flake off and glittery eye shadow are legal.)

3 pt. deductions:

- Any situation that could endanger the performing athlete
- Falls to the floor by anyone in a stunt group
- Spotting - inattentive/spotters not in correct position
- Illegal stunts
- Swearing by a coach or athlete
- Poor sportsmanship by cheerleaders or coaches
- Athlete stepped off mat (NEW!)

22. The penalty for exceeding the time limit is 1 point for every second up to 5, and 10 points for over 5 seconds.

23. Ties are broken by adding the team's technical scores in tumbling, partner stunts and pyramids, jumps, motions and dance. If a tie still exists, then it is broken by the team with the highest overall effect/performance appeal score.

2019 MAINE STATE JHS/ELEMENTARY CHEERING CHAMPIONSHIPS

REGISTRATION FORM

SCHOOL NAME _____ TEAM NAME (Devils, Tigers, etc.) _____

STATE CLASS (Dolls, Minis etc.) _____ GRADES _____ DIVISION _____

COACH _____ CONTACT PHONE # _____

COACH MAILING ADDRESS _____

COACH E-MAIL _____

SCHOOL/CLUB CONTACT _____ CONTACT PHONE # _____

Please make \$65 checks payable to Calais Recreation Department

Registration forms and fees are due by February 15th, 2019

Please fill out this form and mail it along with registration fee to:

CALAIS REC DEPT, P.O. BOX 413 CALAIS, ME. 04619

1. Name _____ Grade _____ School _____

2. Name _____ Grade _____ School _____

3. Name _____ Grade _____ School _____

4. Name _____ Grade _____ School _____

5. Name _____ Grade _____ School _____

6. Name _____ Grade _____ School _____

7. Name _____ Grade _____ School _____

8. Name _____ Grade _____ School _____

9. Name _____ Grade _____ School _____

10. Name _____ Grade _____ School _____

11. Name _____ Grade _____ School _____

12. Name _____ Grade _____ School _____

13. Name _____ Grade _____ School _____

14. Name _____ Grade _____ School _____

15. Name _____ Grade _____ School _____

16. Name _____ Grade _____ School _____

17. Name _____ Grade _____ School _____

18. Name _____ Grade _____ School _____

19. Name _____ Grade _____ School _____

20. Name _____ Grade _____ School _____

21. Name _____ Grade _____ School _____

2019 COMPETITION GUIDELINES

- All divisions state the highest degree of difficulty permitted.
- Not all stunts mentioned are required.
- If a team does not comply with the guidelines, they will be subject to deductions.
- Each organization is required to follow these guidelines, the National Federation Spirit Rules and AACCA Safety Guidelines.

NOTE: Basket tosses, elevator tosses and similar multi-based tosses are **NOT PERMITTED** for any youth/middle school team **AND** the total number of twists from dismounts may **NOT** exceed more than 1 - 1 1/4 rotations.

SPOTTING: SPOTTERS MUST have direct, weight-bearing contact with the performing surface and be in the proper location to protect a top person's head, neck and shoulders. The spotter must remain visually focused on their top person.

DEFINITIONS:

Basic Dismounts - Hand to hand, Shrug, Shove Wrap, Pencil Down

Intermediate Dismounts - Basic cradle dismount

Advanced Dismounts: Single twist, toe touch, scissor kick, X-outs, Double 9 and Lib Kick-out dismounts.

Thigh Stand Variations: hitches, L stands, etc.

Inversions: Shoulders are below the waist

- 20 Participants Maximum
- There is one division for all teams
- Teams will be scored and receive awards.

DOLL DIVISION

Pre-K - Grade 2

Stunts Allowed:

- Thigh Stands
- Kneeling Thigh Stands and variations of Kneeling high Stands
- Stunts must remain stationary
- Every Stunt must have one foot at thigh stand level or below at all times.

Dismounts Allowed:

- Basic dismounts only
- Dismounts to the performing surface shall have assisted landings.

Spotting:

- Back Spotters are required on all stunts.
(Exception: As long as the flyer has one foot on the ground a back spotter is not required)
- Spotters must have physical contact with the top person at all times AND eyes must be on their flier.

MINI DIVISION

Grades 3 - 5

Mini Teams - Division 2

Stunts Allowed:

- Thigh stand & thigh stand variations
- One foot must remain at thigh level or lower at all times.
- Stunts must remain stationary
- Inversions are not allowed

Dismounts Allowed:

- Basic dismounts
- Dismounts to the performing surface shall have assisted landings.

Spotting:

- Back spotters are required for all stunts unless the flier has one foot on the ground

Mini Teams - Division 1

Stunts Allowed:

- Prep level two-legged stunts
- Prep one-legged **BRACED** stunts or pyramids
- One foot must remain at prep level or below at all times
- Thigh stand & thigh stand variations
- Stunts may move
- Inversions are allowed at waist height or lower
- Top person may move vertical to horizontal position in accordance with NFHS 3-4-4

Dismounts Allowed:

- Basic Dismounts
- Dismounts to the performing surface shall have assisted landings.

Spotting:

- Unless flier has one foot on the ground, back spotters are required for all stunts. EXCEPT for thigh stands, shoulder sits, prep level V-sits, Chair, Triple-Base flatback lift, Double Base vertical T-Lift and Triple-based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

PEEWEE DIVISION

Grades 4 - 6

Pee Wee Teams - Division 2

Stunts Allowed:

- Thigh stand variations
- Two-legged Prep level stunts
- One legged braced stunts are allowed at prep level
- Inversions are allowed at waist height or lower
- Stunts may move
- Top person may move from vertical to horizontal in accordance with NFHS 3-4-4.

Dismounts Allowed:

- Basic & Intermediate dismounts
- Dismounts to the performing surface must have assisted landings

Spotting:

- Back spotters are required for all stunts unless flier has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Double Base vertical T-lift and Triple-base Swedish Fall provided all 3 bases face the top position.
- Front spotters are strongly recommended for safety, but not required.

Pee Wee Teams - Division 1

Stunts Allowed:

- Two-legged Extensions
- One legged braced extension level stunts
- One or two-legged Prep level stunts
- Thigh Stand variations
- Inversions (including forward and backward suspended rolls) allowed per NFHS rules at prep level or below.
- Stunts may move
- Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

Dismounts Allowed:

- Basic & Intermediate
- Dismounts to the performing surface must have assisted landings

Spotting:

- Back spotters are required for all stunts unless flier has one foot on the ground EXCEPT For thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base flatback lift, Double Base vertical T-Lift and Triple-based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

MIXED TEAM DIVISION

Grades K - 5

Stunts Allowed:

- Prep level two-legged stunts only
- Thigh stand variations (one leg must remain at thigh level or lower at all times)

Dismounts Allowed:

- Basic & Intermediate
- Dismounts to the performing surface must have assisted landings

Spotting:

- Back spotters are required for all stunts unless flier has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Based flatback lift, Double Base vertical T-Lift and Triple-based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

Grades:

You must have representatives of at least three of the six grades on your team in order to compete in this division.

This Division was designed for the small schools who need to take athletes from multiple grades in order to field a team.

MIXED TEAM DIVISION

Grades 3 - 8

Mixed Teams - Division 2

Stunts Allowed:

- Two-legged prep level stunts
- One-legged braced stunts at prep level
- Thigh stand variations
- Inversions allowed at waist level or lower

Dismounts Allowed:

- Basic & Intermediate dismounts
- Dismounts to the performing surface must have assisted landings

Spotting:

- Back spotters are required on all stunts unless flyer has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Double Base vertical T-Lift and Triple based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

Mixed Teams - Division 1

Stunts Allowed:

- Two-legged extensions
- One-legged braced extension level stunts permitted
- One or two-legged prep level stunts
- Thigh stand variations
- Inversions allowed at prep level or below (including forward and backward suspended rolls if done as allowed per NFHS rules)

Dismounts Allowed:

- Basic & Intermediate dismounts
- **Advanced** dismounts from PREP level only
- Dismounts to the performing surface must have assisted landings

Spotting:

- Back spotters are required on all stunts unless flyer has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Double Base Vertical T-Lift and Triple-base Swedish Fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

Grades: You must have three of the six grades in this division to compete.

JR. HIGH SCHOOL DIVISION 2 Grades 6-8

All teams in the JHS Division will follow National Federation Rules.
The difference between divisions is the stunting level and the dismounts allowed.

JHS Teams - Division 2

Stunts Allowed:

- Two-legged extended stunts
- Braced one-legged stunts at extension level are permitted
- One-legged stunts at prep level
- Stunts may move
- Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

Dismounts Allowed:

- Basic & Intermediate dismounts
- **Advanced** dismounts from **prep level** only

Spotting:

Back spotters are required on all stunts except for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Triple-base Extended Suspended Splits, Double Base Vertical T-Lift and Triple-base Swedish Fall provided all 3 bases face the top person.

JR. HIGH SCHOOL DIVISION 1 Grades 6-8

JHS Teams - Division 1

Stunts Allowed:

- One-legged extended stunts & variations
- Two-legged extended stunts
- Stunts may move
- Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

Dismounts Allowed:

- Basic, Intermediate and Advanced dismounts

Spotting:

Back spotters are required on all stunts except for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Triple-base Extended Suspended Splits, Double Base Vertical T-Lift and Triple-base Swedish Fall provided all 3 bases face the top person.

NOTE: The Jr High Division is a School Division and all cheerleaders must be attending the same High School.

ROUTINE GUIDELINES & HINTS FOR COACHES

Routines will be scored in the following categories:

- Cheer(s) - no certain time or length, but long enough for voices and motions to be judged
- Jumps - minimum of 3 WHOLE TEAM jumps
- Dance - whole team dance sequence(s), minimum of 4 eight-counts
- Partner Stunts & Pyramids
- Tumbling
- Motion Technique
- Transitions/Flow
- Formations/Spacing
- Projection/Voice/Showmanship/Expression
- Overall Effect & Performance Appeal

Coaches should practice perfection before progression. Be sure that your team does only what they can do well and do safely. Use your routine to showcase their strengths, and mask their weaknesses. Younger teams are expected to be performing at the basic level, and scoring will and should reflect that.

Jumps: Variety, height, landings, timing, and technique (proper arm & leg placement, pointed toes) are all considered. Be sure to do 3 jumps, and to maximize your score, work on showing a variety of jumps. Once your team has mastered single jumps, work on doing consecutive jumps. Always keep striving to get jumps waist level or above.

Basic jumps - Tuck, tuck variations, spread eagle, herkie, double hook

Advanced jumps - toe touch, side hurdler, front hurdler, pike, double nine

Dance: The progression is from basic (majority double count, basic cheer moves, minimal movement, and basic technique) to Advanced (Single/half count moves, level and formation changes, done with amplitude and precision). Fun, peppy music can help your team perform enthusiastically and energetically. Precision, sharp motions and timing are as important here as in your cheer! **Be sure to listen to your music to be sure the words are appropriate for your age group and for family audiences.**

Partner Stunts & Pyramids: Stunt within your ability level (perfection before progression) and maximize your stunt groups. As well as the actual stunt, also considered is the way a team gets into and out of a stunt, flexibility, transitions, timing, and technique. Step, lock tighten!

Partner Stunts (not all listed):

Basic - thigh stands & variations, preps, shoulder sits, shoulder stands, straddle press

Beginner/Intermediate - two legged extended stunts, single leg prep level stunts

Intermediate - preps to extensions, single leg stunts with front spots

Advanced - extended single leg stunt variations with variety of entrances & dismounts

Elite - same as advanced with above average flexibility

Dismounts:

Basic - Hand to hand, Shrug, Shove Wrap, Pencil Down

Intermediate - Cradle

Advanced - twists, tuck out, toe touch, scissor kick, X out, double nine, lib kick out

Pyramids: Pyramids are connected partner stunts. A group of stunts in close proximity can also be considered a pyramid. Pyramids will range from a very basic single pyramid to a series of connected elite stunts with multiple transitions.

Tumbling: Work to have everyone do something in the tumbling category. The tumbling ability (difficulty) of your team will put you into a specific range, but technique, timing, incorporation, and synchronization are all considered and can help you maximize your score within that range.

Basic - rolls, cartwheels, round-offs

Intermediate - back handsprings (bhs), round-off bhs, multiple bhs

Advanced - round-off bhs/back tuck (bt), jumps into bhs, standing bt, standing bhs/bt

Elite - standing bt, series passes with elite skills - X-outs, whips, layouts, twists, etc.

Motion Technique: The judges are looking for strong/sharp motions with great timing & synchronization among the team. Arm levels, angles, claps, clasps, and lunges should all be uniform. Technique is judged throughout the routine...in your cheer, transitions, jumps, stunts, dance, tumbling...from beginning to end.

Transition/Flow: This category is where your routine choreography is important. Your routine should not have a lot of stops and starts, excessive travel, or bumping. Each element of your routine should flow naturally into the next. The best transitions are those you don't even notice!

Formations & Spacing: Try to have a variety of formations that are visually effective. Be sure your spacing, alignment and symmetry is good throughout the routine.

Projection/Voice/Expression/Showmanship: Work to blend your voices, (not too high, not too low), enunciate, and EVERYONE needs to yell! (Make sure your music is turned down during the cheer so your team can be heard) At the same time, you need vocal inflection to emphasize certain words and phrases. Avoid "singing" the words. Facial expressions should be natural, with lots of smiles and enthusiasm showing through. This is the category that will reward your team for enthusiasm and energy...so pour it on!

Coaches should not count out loud. Teach the kids how to do it themselves (internally). Also, coaches should not yell the cheer louder than the athletes. This will affect their voice score.

Overall Effect/Performance Appeal: In this category your team will be rewarded for a confident, solid performance. Multiple mistakes, memory errors, bobble, falls, timing errors will be considered here. But a fun, creative routine done well and within your ability level will serve you well!

GOOD LUCK AND HAVE FUN!!!