

# ST. EDWARD HIGH SCHOOL

## CYO CHEER TEAM COMPETITION 2008 OFFICIAL RULES

REGISTRATION DEADLINE: February 4, 2008

Please send registration forms and  
check payable to St. Edward High School to:  
Coach Ludwick  
St. Edward HS Cheer Competition  
13500 Detroit Ave.  
Lakewood, OH 44107

Welcome! We appreciate you and thank you for your participation in the St. Edward High School Booster Club and Cheer Team CYO CHEER TEAM COMPETITION. We look forward to having you as guests at St. Edward and to join in the athletic excellence that is our tradition. With that in mind, it is our expectation that good sportspersonship and appropriate spirit are shown throughout the competition from all athletes, coaches and spectators. Anyone engaging in unsportspersonship conduct will be asked to leave immediately. We want this to be a fun and rewarding competition for all!

### RULES AND REGULATIONS

#### **CYO CHEERLEADING RULES**

We will uphold all CYO Cheerleading Rules. Please consult the current rule book for details.

#### **ROUTINE**

The competition routine must include a crowd involvement cheer and chant and a dance segment. A cheer is defined as a performance set used to involve the

crowd in positive school/team spirit yells. A chant is defined as a short, repeatable phrase, or phrases, used to involve the crowd in positive, motivational yells to inspire athletes usually during game time.

**Routine Time Limit:** maximum is 2 minutes 30 seconds

**Music Time Limitations:** minimum 45 seconds, maximum 1 minute 15 seconds

**Props** are limited to signs, megaphones, flags and pom poms. Use of these leadership tools are highly encouraged but not required.

**It is highly recommended that the Coach consult the score sheet** to assess the value of the skills that will be evaluated. With the score sheet in hand, the Coach can then maximize the talents of the team to the best of their ability within these skill categories. Remember, failure to perform a skill in a category (i.e. NOT tumbling at all – not even a forward roll), will result in a zero score for that category.

### Divisions and Awards

Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place squads in each of three divisions: 4<sup>th</sup>/5<sup>th</sup> Grade, 6<sup>th</sup> Grade, and 7<sup>th</sup>/8<sup>th</sup> Grade. If necessary, divisions may be combined in order to allow for a competitive division.

### Skill Levels

There are no skill level separations within divisions in this competition.

### Other Guidelines / Rules / Penalty Points

- Showmanship in cheerleading is defined as a cheerleader that displays true spirit, a true smile, confidence, love of school, and a love of the sport of cheerleading. Facials are not natural and do not project true spirit and should therefore be avoided.
- Choreography is to be in good taste and suitable for family viewing. 5 Points off the total score will be deducted for each infraction such as: inappropriate moves such as excessive pelvic thrusts or rubbing one's posterior; over emphasis with hand gesture of school name on chest; music containing profanity or other inappropriate language; outward displays of arrogance. The head judge will make the decision and may consult the judging panel for their opinion(s).
- A one (1) point deduction will be made off the total score for each 5 second increment of time over the time limit of 2 minutes and 30 seconds.
- A 10 point deduction off the total score will be made for each main element of the routine that is not performed: 10 for cheer, 10 for chant, 10 for dance.
- A review of safety rules from the NFHS which apply in the league:

- Jewelry is not permitted except for a religious or a medical medal which should be taped to the body (without a chain) under the uniform.
- Fingernails must be kept short near the end of the fingers; this includes fake nails. WE WILL CHECK NAILS AT THE TIMED WARM-UP AREA. YOUR SQUAD WILL NOT BE ABLE TO CONTINUE WITH WARM-UPS UNTIL NAILS ARE IN COMPLIANCE. This may mean that you miss your warm-up time and/or competition time. You will NOT be able to get that time back.
- Hair must be worn in a manner to minimize risk. Therefore, *at this competition*, our ruling is that all competing team members must have their hair pulled up and off their shoulders and off of their faces. Hair should be secured with clips, not bobby pins, and hair rubber bands. Hair ribbons are permitted but must be secured so the ribbons do not come off and pose a safety hazard on the floor.
- TO OBTAIN A COPY OF THE NFHS SPIRIT RULES BOOK, GO TO [www.nfhs.org](http://www.nfhs.org) .
- Any squad late to warm-ups will lose their official warm-up time in the gym.
  - There will be two places for warm-ups: Student Activity Center (SAC) and Wrestling Gym (WG).
  - The SAC will house all teams and will be open for warm-ups throughout the competition
  - The WG is the official, timed warm-up location and the first station on the path to the competition floor.
- Any squad reporting late to the competition floor will not perform and will be disqualified.
- No glitter of any kind is permitted.
- NO STUNTING, LIFTS, OR THROWS OF ANY KIND PERMITTED. This includes any type of lift where one athlete has both feet off the ground supported by another athlete. Squads will be DISQUALIFIED for performing any stunts, lifts or throws. The head judge is responsible for this ruling.
- DO NOT include an entrance or exit in your routine. Squads should walk onto the floor when called and move into your ready position; timing will start with the first organized movement of cheer, chant, or music/dance.
- Music should be brought on both a CD and cassette tape. Designate one person to run your music. Competition staff is not responsible for your music; however, if music interruption is due to failure of competition equipment, you may restart your routine from the beginning or at the point of interruption.
  - DJ SCRIPT
    - ON DECK: Your squad will be called to the “on deck” area prior to your turn on the floor
    - The DJ will watch for the head judge’s ready signal when the judges are ready to have you take the floor.
    - TAKING THE FLOOR: When it is your squad’s turn to take the floor, you will receive a signal to take the floor. DJ will announce you as “TAKING THE FLOOR ABC SQUAD”. You are then to

proceed onto the floor and move into your ready position. You may begin as soon as you are ready.

*The judges' decisions are final. In the case of a tie, scores of all judges will be averaged. The HIGH average score will win.*

#### Coaches Meeting

There will be a coaches meeting 30 minutes prior to the start of the competition. This information will be available at the registration table on the day of the event.

#### Event Schedule

A packet will be emailed to each participating squad 1 week prior to the competition date.

- The order of division performance will start with the youngest divisions and proceed to the older division in numerical order.
- The order of squads within the division will be determined by random drawing. Once the order is announced, changes will not be made.

#### Judging Packets

Judging packets will be available after awards.

*More details will be emailed to you once the registration process is closed. You will get this information at least 1 week prior to the event. If you have any questions at this time, contact COACH GRETCHEN LUDWICK AT [stedscheercomp@gmail.com](mailto:stedscheercomp@gmail.com) or at SEHS VM 216-521-8828 X596.*

The head judge and competition director have the right to enforce/interpret these rules as they see fit in order to run a smooth and orderly competition. If a situation arises that has not been covered within this document, the head judge and competition director will consult the National High School Federation Spirit Rules book for guidance and will make a decision that is best for upholding CYO regulations and the competitors.