

**2014 Cedar Run Conference 8
Cheer Competition
10/15/2014
7:15pm**



DATE: Wednesday, October 15, 2014

LOCATION: Osbourn Park High School Main Gym
8909 Euclid Ave.
Manassas, VA 20111

TIME: Doors Open to Teams 4:30pm *(An OP JV "busy bee" and team holding room will be provided for each team)*

Coaches Meeting 5:10pm
Warm-ups Begin 5:30pm *(Team 1 to Locker Room)*
Doors Open to Public 6:15pm *(to lobby area, 6:35pm to main gym)*

Teams Line up for
Processional 6:30pm *(teams will filter through locker rooms)*

Judges Meeting 6:40pm *(in hospitality room 1058)*

Processional 6:50pm
Competition Begins 7:15pm *(1st team to Warm-ups by 7:06)*

MEET DIRECTOR: Jes Turch osbournparkcheer@gmail.com
(703) 869-3606 (cell)
(703) 365-6500 (office)

ADMISSION: \$6 for Adults and Students age 5+ (under 5-free)

ENTRIES: Each team should complete a VHSL Cheer Competition Entry Form
www.vhsl.org.

Please submit that entry form and one team photo via email to Jes Turch by **Thursday, October 2nd at 5:00pm.**

Max of 20 participants, 5 alternates, 1 head coach, 3 assistant coaches, and 1 team manager. There is no entry fee for squad participation.

GOODIES: Programs, raffle, video sales, “good luck” grams, and concessions will be available on site. T-shirts will be available through pre-order. ☺

RULES AND SCORE SHEETS: The current National Federation Spirit Rules Book, and the VHSL Regulations distributed in League Notes will govern this competition. The VHSL State routine score sheet and deduction sheet will be utilized. The competitive cheer scoring rubric (updated 2013) will be utilized.

FACILITY: A matted (wrestling mat) warm-up area with a high ceiling will be provided. The competition area will be matted on the main gym floor. (1” thick cheer mat, 7 panels, 42’ x 42’)

WARM-UP: Warm-up rotation will be the same as the competition order. Safety Judges will not preview and time routines to identify any infractions that may penalize a team during competition.

PERFORMANCE: Each squad shall wait for its introduction before entering the competition area or beginning its performance. There should be no “team huddling”, etc. on the floor prior to performance. At the conclusion of the routine, the squad shall immediately vacate the performance area through the doors on the lobby side of the gym.

INJURY PROCEDURE: If a serious injury occurs (identified by the on-site trainer) during warm-ups that jeopardizes the safety of a team - that team will be put at the end of the performance order rotation. The performance times of other schools will not be changed. If the injured team is already slated to perform last, they will be given a 10 minute warm-up period before going on the mat.

ROUTINE: The routine must be a minimum of two minutes and thirty seconds and a maximum of three minutes. The routine must consist of jumps, a cheer and at least one of each of the following: cheer dance, partner stunts, pyramids, tumbling, etc.

MUSIC: The music portion of the routine shall not exceed 90 seconds. Each coach needs two CD’s. The extra CD could be needed in case of mechanical problems. Coaches may use IPod, but is STRONGLY encouraged to have the two CD’s as backup, in the event the IPod connection fails. A coach or alternate cheerleader is required to cue their own music. A maximum of two coaches are allowed on the floor during competition. Coaches are asked to check music with DJ upon arrival.

MUSIC MALFUNCTION: If music cuts off in the beginning and it is a mechanical error- VHSL will let you do the routine over. If music cuts out in the middle of the routine and it’s the mechanical error, that team will be able to start from the point of error and finish the routine. If the music cuts off and it’s the coach’s/alternate cheerleader’s error, the team does not get to start over. In the event of a music malfunction, final music call will be made by the Meet Referee

PROPS: Pom Poms, Megaphones, and Signs may be utilized.

NO competing schools’ name should be used in the routine.

COMPETITION OFFICIALS: A panel of five routine judges to adjudicate the competition routines, three safety judges to identify deductions of safety and execution regulations, one judge will serve as the head judge, two timers (one for music and one for overall routine length), an announcer, sound technician, athletic trainer, a meet director, and a meet referee.

JUDGING CRITERIA: The following categories will be judged up to the maximum points shown by each category. A perfect score is 100 points. Ideally five judges will be used. When using five judges, the routine score will be based on dropping the high and low scores and **TOTALING** the three remaining scores. The Safety Judges will submit one score sheet with applicable deductions that will be subtracted from the team's routine score. If less than five judges are used, the judges' scores will be **TOTALED** and any safety judges' deductions would then be taken.

FUNDAMENTALS	ROUTINE EXECUTION
Motion - 15	Projection/Voice - 5
Jumps - 15	Choreography/Timing - 5
Tumbling - 15	Transitions/Flow - 5
Partner Stunts/Pyramids - 15	Degree of Difficulty - 5
Dance - 15	Overall Impression - 5

SAFETY/EXECUTION DEDUCTIONS: The following deduction will be taken per infraction

Over/Under Performance Time Limit - 10	Fall to Ground - 5
Exceeding Music Time Limit - 10	Fall Caught by Bases - 3
Exceeding Boundary Limits - 1	Tumbling Falls to hands, knees, or buttocks - 5
Dangerous Use of Props - 1	Unsportsmanlike Conduct - 10
Illegal Props or Stunts - 20	Appearance Infractions jewelry, hair, nails, hair device - 1
Illegal Execution of Stunt - 10	
Improper Spotting Technique - 3	

TIE BREAKER PROCEDURE:

#1 Add back the high and low scores. **#2** If teams are still tied --Have the two teams compete again.

Warm-up Rotation (*matches Competition Rotation Order*)

TIME	GIRLS LOCKER ROOM (stretch time)	WRESTLING ROOM	MAIN FLOOR
5:30-5:38	Team 1		
5:39-5:47	Team 2	Team 1	
5:48-5:56	Team 3	Team 2	Team 1
5:57-6:05	Team 4	Team 3	Team 2
6:06-6:14	Team 5	Team 4	Team 3
6:15-6:23		Team 5	Team 4
6:24-6:32			Team 5

Processional Begins 6:50pm, with Competition Beginning at 7:15pm
(Teams will compete in order according to Cedar Run Conference & Cheer guidelines)

(Team 1 Should come to Processional Stretched, in the event time does not allow full stretching time Prior to pre-performance warm-up)

TIME	GIRLS LOCKER ROOM (stretch time)	WRESTLING ROOM	MAIN FLOOR
6:57-7:05	Team 1		
7:06-7:14	Team 2	Team 1	
7:15-7:23	Team 3	Team 2	Team 1
7:24-7:32		Team 3	Team 2
7:33-7:41	Team 4		Team 3
7:42-7:50	Team 5	Team 4	Judges Switch Sides
7:51-7:59	Exhibition	Team 5	Team 4
8:00-8:08		Exhibition	Team 5
8:09-8:17			Exhibition

Awards Ceremony: 8:25pm

Trophies/award recognition will be awarded according to Cedar Run Conference & Cheer Guidelines.

**We are looking forward to providing a fun, positive environment for our Conference
Cheer gals & guys to SHOW THEIR STUFF!!! 😊**