

# Utah State 2022 HIGH SCHOOL PREP Cheer Invitational/State CHEER CLUB SPORT COMPETITIONS

*Shaded areas are major changes.*

**MISSION STATEMENT:** To produce quality cheer competitions for students. The focus of our competitions will be on the students and their best interests. Quality judging, safety enforcement, and a good educational experience will be the essence of our events. Utah high schools and high school prep programs are expected to commit to the following: “Every team can be a winner when it comes to sportsmanship.” We expect all cheer teams to follow the same standard as in all other sporting competitions.

**UTAH HIGH SCHOOL PREP:** To be eligible for this category participants must be from private studios, gyms, recreational programs or programs run by a feeder high school. If you do not fit into one of these categories contact us for clarification. All NFHS rules will be followed. This is the third year for high school prep teams to participate in their own state competition! High School Cheer Teams are not allowed to compete in this competition. If you have participants who competed for a secondary school team they will be allowed to compete with your gym team after their state High School Competitions are over.

**SAFETY:** Safety is our first priority. All Utah cheer teams are required to follow the safety rules in the most current issue of the National Federation of State High School Association Spirit Rules Book. All high school prep cheer teams competing are strongly encouraged to be HSP safety certified. “RC Competes” may disqualify teams that blatantly do not adhere to these safety rules. Each team is required to use the correct number of spotters while stunting. The competition will provide additional spotters as needed for safety.

**DATES:** *State Championship Competition – April 30, 2022 at TBD*

*Mountain Spirit Classic High School Prep Dance and Cheer – March 12, 2022 at TBD*

*Central Spirit Rally High School Prep Dance and Cheer – March 26, 2022 at TBD*

**CATAGORIES:** HIGH SCHOOL PREP (Beginning, Intermediate, Advanced)

To get the average age of your team, add up all of the ages of your athletes on the team and divide that number by the number of athletes on your team. If your number does not come out as a whole number, round up to the nearest whole number. Example: 68 added ages/8 athletes=8.5 round up to 9 years. Ages should be figured as of **MARCH 1st**.

TINY: 4-5 years old = Show Cheer, Sideline/Timeout Dance & Sideline/Timeout Freestyle

MINI: 6-8 years old = Show Cheer, Sideline/Timeout Dance & Sideline/Timeout Freestyle

JUNIOR: 9-11 years old = Show Cheer, Sideline/Timeout Dance & Sideline/Timeout Freestyle

SENIOR: 12-17 years old = Show Cheer, Sideline/Timeout Dance & Sideline/Timeout Freestyle

ELITE ADULT: 18 years and older = Show Cheer, Sideline/Timeout Dance & Sideline/Timeout Freestyle

ADAPTIVE: All ages = Sideline/Timeout Freestyle

*(Adaptive Division is for those athletes with special needs. In the Adaptive division, you will compete in our Freestyle division format. All rules need to be followed that are listed below in our Freestyle category description, as well as all safety rules)*

## **CAPTION SCORING SHOW CATEGORY CLARIFICATIONS**

1. **Team Majority:** As of 2020, majority is defined by 50% of your team executing a skill. This means if you have 15 on your team 50% would be 7.5 so we will round UP and you will need to have at minimum 8 participating in your stunts or tumbling to get the difficulty points. Another example: If you have a team of 12 athletes, with 3 stunt groups the majority rule being 50% this puts them at 1.5 stunt groups. The requirement would be to round the number UP to 2 stunt groups.

2. A 0.5 deduction per violation will be given for going over your showcasing allowance will be deducted from your caption scoresheet.
3. **Total Points Scoring:** Final scores will be determined using TOTAL POINTS. Three (3) score sheets will be combined for a total of 100 points per routine. All penalties and deductions will be deducted from the combined score to provide the FINAL score. See the TIE BREAKER rule below in the case two or more teams earn the same final score.
4. **Stunts & Pyramids (two judges one scoresheet):** These judges will be scoring all stunts and pyramids in your routine **EXCEPT** for those in your cheer. To earn points on the Stunts & Pyramids scoresheet you must perform them in your music section. These judges will be giving you a score for the difficulty and execution of your stunts & pyramids.
5. **Cheer & Overall (one judge one scoresheet):** This judge will be scoring your stunts (DIFFICULTY and TECHNIQUE) in your cheer. *Stunting is a required skill in the cheer caption and must be used to lead the crowd. Example: If you do Full Ups that end in an Extension in your cheer, you will earn points for that stunt on your cheer caption scoresheet NOT YOUR STUNTS & PYRAMIDS SCORESHEET! Example: If you do a pyramid in your cheer section, there are no points available for that stunt on your cheer caption scoresheet so you would not get credit for that pyramid unless it is in your music section NOT YOUR CHEER SECTION.* The judge for the cheer caption scoresheet will also judge your team on their performance/execution of the overall cheer and crowd leading. This judge will also score the overall effect throughout the routine such as facial expressions, audience appeal, flow of transitions, e.g.
6. **Jumps, Tumbling & Dance (two judges, one scoresheet):** These judges will be judging, jumps, tumbling and dance throughout your routine. *Example: If you do running tumbling during your music section, these judges will score it. Example: if you do jumps or tumbling in your cheer these judges will score it.* If you want to be guaranteed to earn your **majority difficulty points** for running tumbling and standing tumbling, **the majority of your team must execute these skills at the same time.** These judges will also score your execution for all jumps, tumbling, dance.
7. **Co-ed Difficulty:** Same as above.
8. **Scoresheet Clarifications and Situations:** We have changed some wording on the scoresheets to make them easier to understand. The rules have not changed, but we feel the clarifications will help choreographers and judges understand how routines should be scored.
9. **Scoresheet Training:** The head coach/Gym or Studio Director of all competing cheer teams needs to complete the Scoresheet Training that we are providing. This will help everyone understand the scoring system and give us an opportunity to answer any questions you might have. The link to the training will be sent to you in an email.

#### DEFINITIONS for TUMBLING

1. **Running:** A forward motion- a round off, either a power hurdle or running a few steps.
2. **Tumbling:** An additional skill(s) such as a handspring, multiple handsprings, whip, etc. performed before the handspring or tuck.
3. In the group running tumbling section, under the **Standard** caption *Running Backhand Springs has been changed to Running roundoff back handspring.*
4. In the group running tumbling section, under the **Standard** caption *Round off tuck has been changed to Running Round off tuck.*
5. In the group running tumbling section, under the **Superior** caption refer to definitions
6. In the group standing tumbling section, under the **Standard-Superior** caption a standing back handspring or a standing backhand spring into a tuck is worth 1 difficulty point. A standing tuck with no tumbling before it is worth 3 difficulty points.

7. In the **Elite** caption it now reads *Standing Fulls, Standing Tumbling into Fulls* both worth 5 difficulty points.

**\*Reminder:** The point values on the difficulty sheet are awarded when 50% of the team performs the skill at the same time.

#### **DEFINITIONS for PYRAMIDS:**

1. **Structure:** A structure is the connected stunt skill from the STUNT section boxes on the Stunts & Pyramids scoresheet, executed during the pyramid.
2. **Transitions:** A transition is a transitional skill performed before or after a structure. Transitions do not need to be connected.
3. Depending on which section you wish to score in, use skills from that stunt box section and execute them in your pyramid. For example: An “Elite” structure would come from the “Elite” stunt box section of the scoresheet and “Superior” from the “Superior” section, etc. For Superior and Elite pyramids, you must execute at least two of these skills. For a Standard pyramid you only need one structure.
4. Transition difficulty: Elite transition examples would be flips, rolls, inversions, twisting, etc. All other transitions that are more simplified such as straight up and down and show and goes would be considered in the Standard and Superior pyramids. For Superior and Elite pyramids, you must execute at least two of these transitions. For a Standard pyramid, transitions are not required.
5. Elite pyramid is required to have at least two elite structures and elite transitions using the majority of top girls.
6. Superior pyramid is required to have at least two superior structures and superior transitions using the minimum amount of top girls.
7. Standard pyramid is required to have at least one standard structure and transitions are not required.

**TIE BREAKER:** If there is a tie in the overall category placement after the final scores have been determined, the TOTAL ADJUSTED SCORE (including deductions and penalties) from all EXECUTION score sheet columns will determine the winner. The school with the highest adjusted total execution score will win. If a tie remains after totaling the execution scores, the team with the highest ADJUSTED STUNTS & PYRAMIDS score will win the tie if the tie occurs in the SHOW category. If necessary, TOTAL DEDUCTIONS for the two tied teams will determine the winner. The school with the least number of points deducted in that category will win the tie. After that, if a tie still exists, both teams will be awarded the tie and given the same overall placement. In the event that there are more than two teams tied for overall places, the same above process will be followed until one team is awarded the highest or lowest placement. The process will then continue until all teams are awarded a place or deemed tied.

**DEDUCTION SCORING: Stunt Fall:** Everyone is safely caught and no athlete hits the ground.

**Stunt Drop:** Any athlete hits the ground.

**Pyramids Collapse:** When the pyramid structure is complete, one deduction for a fall for each structure. If the pyramid never hits, or hits then falls, it is a collapse. Double deductions will NOT be given (a structure falling and a pyramid collapse).

**Show Cheer:** Teams will be judged on execution, difficulty, incorporated skills, strength of motions, overall entertainment and crowd effect. Deductions will be given for falls, etc. Please make yourself familiar with the deduction sheet on the website.

\*A team may Showcase LESS than half of their stunt groups and/or individual athletes one level up from level entered one time for stunts and one time for jumps or tumbling in each of their cheer section and ONE music section. You may only showcase a stunt, jumps, running tumbling and standing tumbling after you have executed and checked a box for the majority of your team executing a skill in that category in the level entered. Ex. Beginning level must do majority cartwheels or walkovers before you can showcase back

handsprings in the intermediate level. You will receive points for that particular showcase in the one level higher.

**Game Time Categories:** See descriptions and rules below.

**GAME TIME:** There will be two categories in this division for teams to enter;

1. Sideline/Timeout Dance
2. Sideline/Timeout Freestyle

**SIDELINE/TIMEOUT DANCE:** *Perform your favorite time-out dance.*

- ✓ 45 seconds to 1 minute time limit
- ✓ Traditional sideline uniforms required
- ✓ Emphasis on crowd entertainment
- ✓ No stunts or tumbling permitted
- ✓ Performed on the hardwood floor
- ✓ Formation changes allowed.
- ✓ Only Recorded Music is permitted

**SIDELINE/TIMEOUT FREESTYLE:** *You choose your best sideline timeout material that must include at least two of the following (Dance, Cheer, Stunts, Tumbling). It may include all four if you so choose. This is a category meant to be fun where you put your best crowd-leading and entertaining material on the floor. Judges will award points in all captions.*

- ✓ One (1) minute 15 second **max time limit**
- ✓ Emphasis on crowd entertainment
- ✓ Traditional sideline uniforms required
- ✓ All safety rules will be followed
- ✓ Should not look like a traditional show routine
- ✓ Poms or signs are the only props allowed
- ✓ Performed on a mat
- ✓ Only recorded music permitted
- ✓ Your stunt skills must stay in the level entered as outlined in the difficulty box of the scoresheet. You will receive a 0.5 deduction from every judge for every time your stunt skills go over your level entered.

◆**SONGLEADING/Pom:** *Songleading/Pom is a combination of dance skills, precision cheer motions, jumps and tumbling. (no separation of all girl and co-ed teams):* All of the NFHS Spirit Rules must be followed as well as the following category rules:

1. Time Limit minimum duration of two (2) minutes and up to a maximum duration of two (2) minutes and 30 seconds.
2. A school uniform that is worn for game/sideline cheering or performing must be worn (i.e. cheer uniform or song pom uniform). Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". If your school has a traditional thematic uniform such as but not limited to (cowboys, Indians, pirates etc.) they will be prohibited for this category.
3. All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel.
4. Props are not allowed. A prop is any physical object used to enhance the overall effect and/or theme of the routine (exception = poms may be used).
5. Inverted skills are not allowed (exception = handstand).

cartwheels are allowed, but four consecutive cartwheels are not allowed. Airborne skills with or without hand support are not allowed. **EXCEPTION:** side aerials will be allowed

7. Single and double pirouette turns can be executed in passé, coupé, pencil and attitude positions. Fouetté turns and turns in second are allowed.
8. This category will be performed on a hardwood floor.
9. **Turn sequences must meet the following criteria:**
  - ✓ Each turn sequence is limited to one eight count (not counting the prep). A single additional count is allowed in order to complete the turn and/or clean immediately following the sequence.
  - ✓ You are permitted to do a maximum of two separate turn sequences in your routine which can be performed by one or more team members. Turn sequences may not be performed consecutively.
  - ✓ No other skills besides these turns are permitted within a turn sequence. No other skills can be connected and/or executed immediately out of the last turn before ending the turn sequence.
  - ✓ Team member/s must come to a complete stop with the body in an upright, standing position with both feet on the performance surface before executing another skill/move.
  - ✓ Fouetté turns and second turns may be performed only as a part of a turn sequence (see above).
  - ✓ Traveling turns (i.e. chaîné turns, piqué turns) are not considered turn sequences.
  - ✓ The following advanced dance technique skills will not be permitted (i.e. switch/scissor leaps, leg hold double turns or more, triple pirouettes,)
  - ✓ Time limit is a minimum duration of two (2) minutes and up to a maximum duration of two (2) minutes and 30 seconds.
  - ✓ *Majority will not apply in this categories.*

## **GENERAL RULES:**

1. High school prep will compete as all-inclusive teams (all-girl and co-ed), and will compete against each other in each category. High school prep programs are the only programs that will compete based on age and ability level.
2. In all categories, routines will be performed on a competition area of 54'x42' with approximately a 5' buffer around the competition surface. This buffer space may vary depending on the facility at the host school. Teams may line up anywhere outside the competition area. During the routine team members may not leave the competition area/boundaries. All stunting and tumbling must be completed in the competition area. If a team member goes out of bounds, they are subject to a penalty. The following will be the only exception: **Injury of a cheer athlete on the performance surface, during a routine.** Coaches and competition directors should take every precaution to ensure the safety of participants. Should an injury or sudden illness occur during a routine, the following protocol should take place:
  - A. Stop the music and attend to the injured participant.
  - B. Determine the care the injured participant may need (first aide, athletic trainer, EMT services)
  - C. ALL NFHS page 14 Rule 2 Art 17, 18, 19 must be strictly adhered to.
  - D. Competition directors at the site will determine when/if the team will be allowed to continue/finish the routine.
  - E. An injured participant, that wishes to perform, may not return to the competition unless the competition officials receive clearance from the onsite medical personnel and the head coach of the competing team.
3. Teams may use signs, megaphones, cheer flags and/or poms, but no other props will be allowed.
4. Teams should walk into the competition area and place their poms or signs down, then go quickly to their starting positions. If teams enter the floor with introductions, spell-outs or organized entrances, they will be considered part of the routine and the timing will start. You may do a quick, in place chant off to the side of the floor before entering, but it must be clear it is not part of the competition routine.

5. **Time Limits:** All routines (*with the exception of Game Time routines – see above for details*) must have a minimum duration of two (2) minutes and up to a maximum duration of two (2) minutes and 30 seconds. Timing will begin with the first note of music, the first motion or the building of any stunt or pyramid. The timing will end the instant the team starts to exit (after hitting their ending position). Pre-building, partner stunts or pyramids will not be allowed before the timing starts. You will be allowed 30 seconds for set up if needed (signs, poms etc.) and 30 seconds for the exit (last cheerleader leaves the floor). The routine may include a cheer portion and choreography to music, but may also be choreographed entirely to music, but must have a cheer section. **PLEASE LOOK AT SCORESHEETS TO MAKE SURE YOU HAVE ALL THE ELEMENTS/REQUIREMENTS INCLUDED!**
6. A representative of each team must be present at the announcer's table when their team is performing to cue the music. Sound crew takes no responsibility if a team representative is not present (penalty is two points per routine judge for disrupting flow of competition). This person must remain at the sound table for the duration of the performance. Music should be brought on a MP3 player with a CD backup in case of incompatibility issues or lack of battery power. Many coaches use their phones to play music and often calls come in as their team needs to perform. The call kicks the music out of the que. We strongly suggest that phones (if being used) are set in a manner in which this does not happen.
7. Inappropriate content or vulgar music lyrics are not allowed and a point deduction will be left to the discretion of the routine judges (maximum is disqualification).
8. Appropriate cheer shoes are required and all NFHS uniform requirements must be followed. No costuming will be allowed.
9. **PENALTIES:** *Please make sure that you time your music accordingly, we had a few overtime penalties last year! You must know and follow all copyright laws! RC Competes and Utah Cheer Club Sport will not be held accountable for any music played that does not follow the law! Copyright laws have not changed from 2016 to this upcoming season.*
  - There will be a two (2) point penalty deduction for every 10 seconds over the time limit or 10 seconds under the time limit. This will be assessed by the penalty judge (i.e. 2:33= 2 point penalty, 2:41 = 4 point penalty). Teams should leave a timing leeway due to the variability in sound systems. In 2022, there will be a three (3) second leeway before a penalty is assessed.
  - A two (2) point penalty deduction will be given for each safety infraction. If the penalty judges feel that a team does not have a clear understanding of the safety rules due to excessive rule infractions, they can disqualify a team.
  - A two (2) point penalty deduction will be given for slowing down the flow of the competition by doing the following but not limited to: Not having music at the sound table in time, approaching judges on the floor or in the stands, not having your team ready to go after you have been brought down to the floor.
  - **Minor safety infractions:** A (0.5) penalty will be assessed for each of the following:
    - ✓ Boundary violations
    - ✓ Stepping on signs or poms
    - ✓ Wardrobe malfunctions
  - A two (2) point deduction will be assessed for each Utah Cheer Club Sport rules violation.
  - Every effort must be made to gently set down a sign or pom in a routine, but in the event the judges feel it is excessive, a (0.5) deduction will be given.

- There will be no video review or protest of scores or deductions given. We are making every effort to train our judges and we need to support their calls.
- ***A 0.5 deduction per violation for going over your showcasing allowance will be deducted from your caption scoresheet per violation that applies.***

10. "RC Competes" will be send out host school information (entrances, exits, parking, etc.) as soon as they are available and registration materials have been received.

11. SEE ALL REGISTRATION FORMS AND FEE INFORMATION ON THE WEBSITE!

**Directed by:**

Please contact with questions: [lori@utahcheerclubsport.com](mailto:lori@utahcheerclubsport.com)

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*for more information  
visit  
[www.rccompetes.com](http://www.rccompetes.com)*

