

# Utah State 2022 Invitational/Region/State CHEER CLUB SPORT COMPETITIONS

Shaded areas are major changes.

**MISSION STATEMENT:** To produce quality cheer competitions for students. The focus of the 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 sport competitions.

**ELIGIBILITY:** All participants must be registered students at the Utah high schools or Jr Highs for which they will be competing. All Utah high schools, Jr. highs and middle school cheer teams may choose to compete at either the *Northern* or *Central* Region. Those teams that qualify at either the Northern or Central region competitions will be eligible to compete at the Utah State Cheer Championship. You may only pick one region to compete at to qualify for state. If you qualify for state and do not compete at state, you will be ineligible to compete in the following school years region and state competition. If this occurs we reserve the right to move a team up to compete at state in your place.

**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 and Utah State Risk Management Cheer Restrictions. All Cheer Teams competing must be NFHS safety certified. No exceptions! "RC Competes" may disqualify teams that blatantly do not adhere to these rules. Each team is required to use the correct number of spotters while stunting. The competition will provide additional spotters as needed for safety. All participating Jr High/Middle and High School cheer team members and coaches must be 2021/2022 safety certified by Utah State Risk Management, safety credentials must be worn at the competition.

## DATES:

**Central Region Competition** – January 8, 2022, at Westlake High School

**Northern Region Competition** – January 15, 2022, at Corner Canyon High School

**State Championship Competition** – January 21, 2022, at Salt Lake Community College

We are very excited that this is the 10<sup>th</sup> Year for the Utah Cheer Club Sport State Competition. Teams that qualify for state and do not compete at state without a valid reason such as excessive injuries, etc. will not be allowed to compete the following year at region. Our goal is to make our Utah Region and State Competitions the most important and valued competition our schools compete in and something to be proud of. As a school you can decide which region (1) you would like to compete at (until it is full) to qualify for State.

**CLASIFICATIONS:** 1A 2A 3A 4A 5A 6A and Jr. High/Middle School

## CATEGORIES: High School

- Varsity (All Girl or Co-Ed): Show Cheer, \*Non-Tumbling Show Cheer
- JV (All Girl or Co-Ed): Show Cheer, \*Non-Tumbling Show Cheer
- \*\*\*Game Time (**no separation of all girl and co-ed teams**):
  - Sideline/Timeout Cheer
  - Sideline/Timeout Dance
  - Sideline/Timeout School/Fight Song
  - Sideline/Timeout Freestyle

### **Jr. High/Middle School (no separation of all girl and co-ed teams)**

- Show Cheer
- \*\*\*Game Time
  - Sideline/Timeout Cheer
  - Sideline/Timeout Dance
  - Sideline/Timeout School/Fight Song
  - Sideline/Timeout Freestyle

### **Auxiliary**

- Songleading/Pom

**SCORESHEETS FOR 2022:** The coaches advisory board met this summer and helped make some changes to the difficulty scoring system that I think you will all like. Based on the judges request there will only be one audio critique given from the Cheer and Overall Judge. PLEASE MAKE SURE YOU LOOK AT THE NEW SCORESHEETS. WE WILL AGAIN BE DOING CAPTION SCORING WHICH. ALL SCORE SHEETS CAN BE FOUND ON the website at [www.rccompets.com](http://www.rccompets.com) Jr Highs/Middle Schools has a new scoresheet so please make sure that you review it.

**NEW Scoresheet Training:** The head coach of all competing cheer teams need to complete the Scoresheet Training that we are providing for you. This will help you understand the scoring system and answer any questions you might have. The link to the training will be sent to you in an email.

## **CAPTION SCORING SHOW CATEGORY CLARIFICATION**

**TEAM MAJORITY:**

1. Show Non-Tumbling category will now be using the caption scoresheets.
2. Non-Stunting will not be offered this year because no one has entered it in the past.
3. Majority Clarification: Majority is 50% of your team doing the skills. This will mean that 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. For 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.

**Final scores will be determined using TOTAL POINTS:** Three (3) scoresheets 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.

**Pyramids/Stunts (two judges, one scoresheet):** These judges will be scoring all your team's stunts and pyramids in your routine EXCEPT for those that are in your cheer section. To earn points on the Stunts/Pyramid score sheet you must perform them in your music section. They will be giving you a score for the difficulty of your stunts/pyramids as well as an execution score for your stunts/pyramids.

**Cheer and Overall (two judges, one scoresheet):** This judge will be scoring your stunts (DIFFICULTY) in your cheer and technique (*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 score sheet NOT YOUR STUNTS AND PYRAMIDS SCORESHEET! Another example: If you do a pyramid in your cheer, there are no difficulty points available for that on your cheer score sheet so you would not get difficulty credit for a pyramid unless it is in your music section NOT YOUR CHEER.** The judge for the cheer caption score sheet would also judge your team on their performance/execution of the overall cheer and

crowd leading. This judge will also score your overall effect throughout the routine such as, facial expressions, audience appeal, flow of transitions e.g. and any extra choreography that enhances the overall routine.

**Jumps, Tumbling, Dance (one judge, one scoresheet):** This judge will be judging, jumps, tumbling and dance throughout your routine. *Example: If you do running tumbling during your music section, this judge will score it. Example: if you do jumps or tumbling in your cheer this judge will score it.* **IMPORTANT:** 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.** This judge will also score your execution for all jumps, tumbling, dance.

**Co-ed Difficulty: Same as above.** Co-ed Division consists of 1 or more male athletes.

**Show Cheer Non-Tumbling: Same as above minus tumbling score.**

**\*Non-Tumbling Divisions:** All tumbling with feet over head rotation will be prohibited in this Show Cheer division. Legal inversions into or from stunts will not be considered tumbling and are allowed.

**SCORESHEET CLARIFICATIONS and SITUATIONS:** We have changed some of the wording on the scoresheets to make it a little easier to understand, the rule has not changed but we feel the clarifications will help with choreographer understanding and judges understanding.

#### **DEFINITIONS:**

*“Running”* means a forward motion- a round off, either a power hurdle or running a few steps.

*“Tumbling”* means an additional skill(s) such as a handspring, multiple handsprings, whip, etc. performed before the handspring or tuck.

In the group running tumbling section, under the **Standard** caption *Running backhand springs* has been changed to *Running roundoff back handspring*.

1. In the group running tumbling section, under the **Standard** caption *Round off tuck* has been changed to *Running Round off tuck*.
2. In the group running tumbling section, under the **Superior** caption refer to definitions
3. 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.
4. In the **Elite** caption it now reads *Standing Fulls, Standing Tumbling into Fulls* both worth 5 difficulty points.
5. 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:**

**STRUCTURE:** A structure is the connected stunt skill from the STUNT section boxes on the Stunts & Pyramids scoresheet, executed during the pyramid.

**TRANSITIONS:** A transition is a transitional skill performed before or after a structure. Transitions do not need to be connected.

1. 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.
2. 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.
3. Elite pyramid is required to have at least two elite structures and elite transitions using the majority of top girls.
4. Superior pyramid is required to have at least two superior structures and superior transitions using the minimum number of top girls.
5. 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. If 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.

**Deductions Scoring: Stunt Fall:** Everyone is safely caught, Athletes don't hit 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 (a structure falling and a pyramid collapse) will not be given.**

**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.

**All other categories will use the existing score sheets.**

**\*\*Game Time:** See descriptions and rules on the next page.

**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).
6. Non-airborne skills are allowed and are limited to three connected skills. For example, three consecutive 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., chainé 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 category.*

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

*Sideline/Time-Out Cheer, Sideline Dance, and School/Fight Song, Sideline/Time-Out Free Style. (no separation of all girl and co-ed teams): Majority will not apply in these categories.*

**SIDELINE/TIMEOUT CHEER:** *Your best sideline, crowd-leading material. The use of signs, poms, flags, and megaphones are allowed.*

- ✓ Forty-five (45) seconds to one (1) minute **time limit**
- ✓ Emphasis on crowd involvement
- ✓ At least two components required from the following: cheers, chants, traditional yells, and/or drum cadences
- ✓ No music permitted. Single drummer allowed
- ✓ No baskets, sponge, elevator, or similar type tosses permitted
- ✓ No inversions or twisting into and out of stunts
- ✓ No single leg stunts
- ✓ Maximum difficulty in tumbling is limited to back handsprings
- ✓ Running tumbling is permitted only during team entrance
- ✓ Performed on a Mat

**SIDELINE/TIME-OUT DANCE:** *Perform your favorite time-out dance, scoresheets have changed for 2022.*

- ✓ Forty-five (45) seconds to one (1) minute **time limit**
- ✓ Traditional sideline uniforms required, (i.e., skirt and top)
- ✓ Emphasis on crowd entertainment
- ✓ No stunts or tumbling permitted
- ✓ Performed on the hardwood floor
- ✓ Formation changes allowed.
- ✓ Only Recorded Music is permitted

**SCHOOL/FIGHT SONG:** *Perform your school/fight song.*

- ✓ One (1) minute 15 seconds max **time limit**
- ✓ Up to **four eight counts** may be incorporated with stunts, tumbling, and/or jumps. Eight count rule begins on the first prep of a skill.
- ✓ Same skill restrictions as listed in Sideline/Time-Out Cheer
- ✓ Performed on a Mat
- ✓ Only Recorded Music is permitted

**SIDELINE/TIME-OUT FREE STYLE:** *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

## **GENERAL RULES:**

- In the Show categories, schools may compete with a combined Varsity and JV team in any of the Varsity categories. However, Varsity team members may not compete at the JV level. JV teams may compete in the JV categories if they are not competing with their varsity team. Game Time Routines may also be a combination of JV and Varsity teams. Schools may not compete against themselves in any category.
- Jr. High/Middle School will compete as all-inclusive teams (all-girl and co-ed), will compete against each other in this category.
- Any Medical accommodation's such as Daithe piercings etc. must have a medical Dr. letter approved by the competition director **BEFORE THE DAY OF THE COMPETITION!** Failure to get approval for that athlete will prohibit them from performing.
- 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.*

- In categories where allowed, teams may use signs, megaphones, cheer flags and poms, but no other props will be allowed.
- Before teams compete, they 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 chant off to the side of the floor in place before moving onto the floor, please make it clear it is not part of the competition routine.)
- **SPORTSMANSHIP:** A participant, coach, substitute, trainer or another team attendant must not commit an unsporting act. They must not disrespect or contact an official and indicate resentment. They must not use profane or inappropriate language, music, or gestures.
- **TIME LIMITS:** All routines (*with the exception of Game Time routines – see above fore 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! If you choose to enter the show cheer category and perform straight through with music, you still must have a cheer section or you will lose those points!
- A representative of each team must be present at the announcer's table when their team is performing to cue the music. No responsibility is taken by sound crew if a team representative is not present (penalty is two points for disrupting flow of competition). This person must remain at the sound table for the duration of the performance. Music should be recorded on a good quality CD (with a backup) or MP3 player with a CD backup in case of incompatibility or lack of battery power. (Many of you used your phones last year and calls came in right as your team needed to perform and kicked your song out of the que. I strongly suggest you make sure that you set your phone (if using it) in a manner that that does not happen.) **No live music is allowed.**
  - Inappropriate content or vulgar music lyrics are not allowed, and the point deduction will be left to the discretion of the routine judges. **(Maximum is disqualification)**
  - Appropriate cheer shoes are required and all NFHS uniform requirements must be followed. No costuming will be allowed.

- **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. (NFHS offers a free copyright short training if you have questions at [www.nfhslearn.org](http://www.nfhslearn.org))*
  - There will be a two (2) point penalty deduction for every ten seconds over the time limits or ten seconds under the time limit. This will be assessed by the penalty judge (i.e. 2:33= 2 points penalty, 2:41 = 4 points penalty). Teams should give themselves a timing leeway because of the variability in sound systems. (starting 2021 we will be allowing a 3 second leeway before a penalty is given)
  - There will be a two (2) point penalty deduction for any team or coach that disrupts the flow of the competition due to but not limited to: teams that have long fingernails that have to be clipped or jewelry that has to be removed, coaches that approach floor judges during the competition.
  - A two (2) point penalty deduction will be given for each safety infraction. If the penalty judge feels that a team does not have a clear understanding of the safety rules due to excessive rule infractions, they can disqualify a team.
  - Minor safety infractions: A (.5) penalty for each of the following: boundary violations, stepping on signs or poms. Wardrobe malfunctions.
  - Every effort must be made to gently set down a sign or pom in a routine but in the event the judges fill it is excessive a (.5) deduction will be given. (Follow new NFHS prop discard rule)
  - A two (2) point deduction for Utah Cheer Club Sport Rules Violation.
  - **VIDEO REVIEW:** There will be no protest of scores or deductions given. We will allow a video review of SAFETY RULES VIOLATION ONLY. If you request a video review the following could happen: 1. If after the review was successful, then the scoresheet will be adjusted. 2. If other (non-recorded) violations are seen during review, they will be added to the scoresheet. 3. The judge's final decision will stand. We are making every effort to train our judges and we need to support their calls.
- "RC Competes" will be sending out host school information (such as entrances, exits, parking, etc.) as soon as they receive the required registration materials.
- **SEE THE REGISTRATION FORMS FOR ENTRY FEES AND WAIVER REQUIREMENTS!**

Directed by: 

Please contact with questions: [lori@utahcheerclubsport.com](mailto:lori@utahcheerclubsport.com) or (801) 910-4557

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*For more information*

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

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