

CONNECTICUT ASSOCIATION OF SCHOOLS  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

2013 CHEERLEADING CHAMPIONSHIPS  
**ALERT**

The Connecticut Association of Schools (CAS) along with the Connecticut Student Activities Conference (CSAC) Cheerleading Committee are committed to having all spirit teams, coaches, parents and spectators act in a sportsmanlike manner at all times during games and competitions.

A participant, coach, substitute, trainer or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or gestures.
- c. **Baiting or taunting an opponent.**

**NOTE:** In accordance with the National Federation of State High School Associations, the CAS and CSAC Cheerleading Committee disapprove of Any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.@

**The CSAC Cheerleading Committee has decided that should in the event that any of the above occurs, from the time a team enters the competition site to the time the team exits the competition site, that a 25 point penalty will be assessed by the competition officials. This may result in the team placing in a different position and plaques and medals being returned after the results have been announced.**

**PLEASE NOTE:** Coaches are respectfully reminded that the decisions of the competition judges and officials are final when rendered and not subject for discussion or change. Questions or concerns may be addressed to the CSAC Committee in writing. Harassment of any kind, verbal or written will not be tolerated and may result in sanctions against a school or coach. Coaches are asked to remind their team, parents and fans to cheer for their team and not against another team.

A cheerleader will not be allowed to perform if she/he does not appear on the entry form. **Only 22 cheerleaders and three (3) coaches will be allowed to enter via the cheerleaders entrance.** All other team members and coaches must enter through the main spectator entrance and pay the entrance fee. They will not be allowed to enter the Floyd Little Athletic Center at the same time as the competing cheerleaders. They must wait for the doors to open for the spectators.

**\*\*\*\*\* INTERRUPTION OF PERFORMANCE:** THE SAFETY JUDGE OR HEAD JUDGE HAS THE RIGHT TO STOP A ROUTINE DUE TO AN OBVIOUS INJURY. In the event that an injury causes the team=s routine to be interrupted, that team will be given time to regroup before performing their routine from the beginning. Judging will resume from the point in the routine which the head judge determines. The routine must be performed full out from the beginning. Any safety deduction that has been assessed will carry over. If the team=s coach decides that they will not be able to perform the routine again then they will receive the score that they have received up to that point where the injury occurred. If they have not performed a skill they will receive a A0" in that category. All other circumstances in which there is an interruption of routine or if an injury occurs during the warm-up, the head judge or tournament directors will confer with the on-site medical personnel and decide the time that the team will perform. In all cases, the team will perform their routine from the beginning and must perform it full out.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

TO: Cheerleading Coach/Advisor  
FROM: Cheerleading Committee  
DATE: February 2013  
RE: **2013 CHEERLEADING CHAMPIONSHIPS**

**PLEASE BE SURE YOUR CHEERLEADING COACH RECEIVES THIS INFORMATION.**

Your school has filed a cheerleading Intent-to-Enter Form and has been scheduled to perform in the championship on Friday, March 8, 2013 or Saturday, March 9, 2013. This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

**PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW. IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.**

**IF YOU MUST WITHDRAW AFTER 2:00 P.M. ON FRIDAY, MARCH 8, 2013, PLEASE NOTIFY SHERRIE ZEMBRZUSKI AT (203) 233-0881.**

Five classes of competition have been formed. Your school has been placed in one of these classes based on girl enrollment or having both genders on the squad.

- |    |          |                                  |
|----|----------|----------------------------------|
| 1) | Class LL | Enrollment B 621 and above       |
| 2) | Class L  | Enrollment B 620 - 484           |
| 3) | Class M  | Enrollment B 483 - 336           |
| 4) | Class S  | Enrollment B 335 and below       |
| 5) | Co-ed    | (Both genders make up the squad) |

Three separate and distinct Championships will be held at

***FLOYD LITTLE FIELD HOUSE, NEW HAVEN  
on Friday, March 8, 2013  
or Saturday, March 9, 2013***

The first championship on **Friday will involve the Class S schools and Class L schools.** The second championship on **Saturday morning will involve Co-ed teams and Class M schools.** The third championship on **Saturday afternoon will involve Class LL schools.** **NOTE:** The gym will be cleared between the second and third competition. There is a **SEPARATE** charge for **EACH** Championship.

**Do not arrive prior to the gym opening for your session. Time is needed to make sure that the gym and lobby areas are set up and clean for each session. You will be asked to remain on your bus until the designated time. We ask for your cooperation in this matter.**

Every attempt has been made to schedule the cheerleading competition so that it will not conflict with the boys and girls state basketball tournament games. **If a team needs to go earlier than their assigned time in order to attend a school sporting event they need to call Sherrie Zembrzuski to make arrangements for a change of order.**

**Friday, March 8, 2013**

**1st Championship -- Class S and Class L**

4:30 p.m. Gym opens for participants  
5:15 p.m. Gym opens for spectators  
5:30 p.m. Coaches= Meeting  
5:40 p.m. Practice begins  
6:15 p.m. Announcements  
6:30 p.m. Competition begins  
9:30 p.m. Competition ends

**Saturday, March 9, 2013**

**2nd Championship -- Class M and Co-ed**

8:30 a.m. Gym opens for participants  
9:15 a.m. Gym opens for spectators  
9:30 a.m. Coaches= Meeting  
9:45 a.m. Practice begins  
10:15 a.m. Announcements  
10:30 a.m. Competition begins  
1:30 p.m. Competition ends

**3rd Championship -- Class LL and Unified**

2:00 p.m. Gym opens for participants  
2:45 p.m. Gym opens for spectators  
3:00 p.m. Coaches= Meeting  
3:15 p.m. Practice begins  
3:45 p.m. Announcements  
4:00 p.m. Competition begins  
6:00 p.m. Competition ends

**Sunday, March 10, 2013 is the snow date. If the competition on Friday, March 8, 2013 is cancelled the time schedule will be as follows:**

**1st Championship -- Class S and Class L**

11:00 a.m. Gym opens for participants  
11:45 a.m. Gym opens for spectators  
12:00 p.m. Coaches= Meeting  
12:15 p.m. Practice begins  
12:45 p.m. Announcements  
1:00 p.m. Competition begins  
4:00 p.m. Competition ends

**Sunday, March 10, 2013 is the snow date. If the competition on Saturday, March 9, 2013 is cancelled, the time schedule will be as follows:**

**2nd Championship -- Class M and Co-ed**

9:30 a.m. Gym opens for participants  
10:15 a.m. Gym opens for spectators  
10:30 a.m. Coaches= Meeting  
11:00 a.m. Practice begins  
11:15 a.m. Announcements  
11:30 a.m. Competition begins  
2:30 p.m. Competition ends

**3rd Championship -- Class LL and Unified**

3:30 p.m. Gym opens for participants  
4:15 p.m. Gym opens for spectators  
4:30 p.m. Coaches= Meeting  
5:00 p.m. Practice begins  
5:15 p.m. Announcements  
5:30 p.m. Competition begins  
7:30 p.m. Competition ends

**In the event of inclement weather local radio and TV stations will be notified. A decision will be made by noon for the competition on March 8, 2013. A decision will be made very early on the morning of March 9, 2013 for the Saturday competition. In addition you can check the CAS web site, [www.ciacsports.com](http://www.ciacsports.com) for any changes to the schedule.**

## **SPECIFIC RULES RELATIVE TO THE COMPETITION**

1. Schools will perform according to the order of performance listed within this information packet. Please note: ABumping up@ by Class (division) will occur in each and every case for Ano shows@. For example -- if your school is slated to perform in Class L in the sixth position and the Class L school ahead of you doesn=t show up, then your squad will perform in the spot ahead and all schools in the Class will Abump up@ one Class position.
2. In the first session the first two Class S teams will perform followed by a Class L team. In the second session the first three Class M teams will perform followed by a Co-ed team and in the third session all the Unified teams will perform followed by the Class LL teams.
3. Practice times will be assigned as squads arrive at the Floyd Little Athletic Center. Each team will be allotted four (4) minutes to warm-up. Warm-ups for full routines will be allowed. Warm-ups will take place just before a team goes on the mat. **WARM-UPS WILL BE IN THE ORDER OF PERFORMANCE AND APPROXIMATELY THIRTY MINUTES BEFORE YOUR PERFORMANCE TIME. PLEASE BE ON TIME AND DO NOT MISS YOUR ASSIGNED WARM-UP TIME.** A safety judge **WILL NOT** be present at this time. A CD player/boom box will be available in the warm-up area. Penalty points will be deducted for any infraction that occurs during the competition. (See enclosed Penalty Sheet) If you are in doubt about the legality of a stunt or pyramid submit a picture or video tape at least two weeks prior to the competition. A decision will be made within three days of the receipt of the video or picture. Mail to Sherrie Zembrzusi, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825.
4. **Interruption of Performance:** The Safety Judge or Head Judge has the right to stop a routine due to an obvious injury. In the event that an injury causes the team=s routine to be interrupted, that team will be given time to regroup before performing their routine from the beginning. Judging will resume from the point in the routine which the Head Judge determines. The routine must be performed full out from the beginning. Any safety deduction that has been assessed will carry over. If the team=s coach decides that they will not be able to perform the routine again then they will receive the score that they have received up to that point where the injury occurred. If they have not performed a skill they will receive a A0" in that category. All other circumstances in which there is an interruption of routine or if an injury occurs during the warm-up, the Head Judge or Tournament Directors will confer with the on-site medical personnel and decide the time that the team will perform. In all cases, the team will perform their routine from the beginning and must perform it full out.
5. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
6. When the teams arrive at the Floyd Little Athletic Center, the coach/advisor is asked to enter with the team and with a copy of their roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the entry form that has been submitted. **ALL CHEERLEADERS MUST HAVE BEEN ACTIVELY CHEERING FOR A MAJORITY OF THE GAMES FOR THE WINTER SEASON. A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON THE ENTRY FORM. ONLY 22 CHEERLEADERS AND THREE (3) COACHES WILL BE ALLOWED TO ENTER VIA THE CHEERLEADERS= ENTRANCE. ALL OTHER TEAM MEMBERS AND COACHES MUST ENTER THROUGH THE MAIN SPECTATOR ENTRANCE AND PAY THE ENTRANCE FEE.**
7. The site at the Floyd Little Athletic Center has several locker rooms with locker space available for your use. We ask that your gym bags be placed under the bleachers, or in the locker rooms. They may not be placed in front of doors or in the walkways. These areas need to be left free of obstructions so that participants and spectators can move about and also are accessible in the event of an emergency. You are advised that CAS-CIAC and the Floyd Little Athletic Center are not responsible for items lost or stolen.

8. Spectators will not be allowed on the competition floor. Only cheerleaders and coaches with sneakers on will be allowed on the matted surface. Shoes will not be allowed on the competition area.
9. Please remind all spectators that the Floyd Little Athletic Center is a smoke free facility. Smoking is not allowed inside or outside of the building. There is absolutely **NO SMOKING** at the Floyd Little Athletic Center.
10. No food or drinks are permitted in the Floyd Little Athletic Center. Only cheerleaders will be allowed to have plastic water bottles inside the field house.
11. A trainer will be available for injuries that occur at the competition. Please bring your own tape if you need to be taped or have a prior injury.
12. Squads given permission to enter after this notice will perform first in the order of performance.
13. **CONDUCT AND GOOD SPORTSMANSHIP** -- For the most part, we have been exceedingly proud of our high school students and their following of adult fans. We especially request that all school personnel -- administrators, faculty and coaches -- give definite emphasis to the subject of good sportsmanship so that your students will conduct themselves in a manner that will reflect nothing but credit upon your school and its fine team. Any seemly or unsportsmanlike conduct on the part of students or adults is a direct reflection on the school. Please remember that you are the guests of the site school, as guests you may want to be invited back next year.

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14. **PERFORMANCE AREA** B See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court. The performing surface will be a 42' by 42' (seven (7) panels) mat. Stepping off the mat will NOT result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a 10 point deduction.**
15. Seating at the Floyd Little Athletic Center is on a first come, first serve basis. Seats cannot be saved for spectators.

16. **SIGNS, NOISEMAKERS AND BANNERS FORBIDDEN** -- Please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards, and streamers are **DEFINITELY NOT ALLOWED**. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as the cheerleaders. **THEY WILL NOT BE PERMITTED, AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE COMPETITION.** We also ask that you **DO NOT** bring balloons into the New Haven City-Wide Athletic Field House. They are forbidden.
17. ***Tee shirts, team pictures and a professional video tape of the competition will be available for purchase on the day of the competition.***
18. Included in this mailing are five (5) complimentary tickets (only if entry check has been received) which are to be used for faculty, spouses or administrators. **THEY ARE NOT TO BE GIVEN TO PARENTS.**
19. Admission prices for the competition are: Children five (5) and under are free; Senior Citizens (age 65 and older) \$5.00; Students (grades 1-12) \$5.00; Adults (All others not in the above categories) \$10.00.
20. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter unless another entry fee is paid.
21. Check the Connecticut Association of Schools web site on Monday, March 4, 2013 for an updated order of performance.

### **NEW ENGLAND REGIONAL CHEERLEADING COMPETITION**

Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition. The New England Competition is Saturday, March 16, 2013 at the Lawrence High School, Lawrence, MA. It has not yet been determined at what times each division will be competing. Information for the New England Regional are at the end of this information packet.

In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championship, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:

- II The points awarded from each judge in the category for Aoverall effect/overall appeal@ will be totaled and the team with the highest score in that category will be eligible to advance.
- II If a tie remains, the highest and lowest score from each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

### **DIRECTIONS TO THE FLOYD LITTLE ATHLETIC CENTER**

480 Sherman Parkway, New Haven, CT 06511

**From I-95 North and South** -- Take Exit 47 to Rt. 34 to where the highway ends, go straight for 3/4 of a mile to Sherman Avenue. Take the right onto Sherman Avenue, go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then into the main parking lot.

**From I-91 South** -- Take Rt. 34 exit. Follow Rt. 34 to where the highway ends, go straight for 3/4 of a mile to Sherman Avenue. Take the right onto Sherman Avenue, go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then make your first left into the main parking lot.

**From Rt 15 (Wilbur Cross Parkway)** -- Take Exit 59, take a right onto Whalley Avenue (toward New Haven). Then turn left onto Ella Grasso Boulevard. Continue straight until the end and then make a right onto Crescent Street. Field House will be 2 mile down on your left. As you proceed towards the field house, make your first left onto Munson Street and then make your first left into the main parking lot.

**From Rt 15 South** -- Take Exit 60, take a right onto Dixwell Avenue. Continue on Dixwell Avenue until you see Burger King on the left and Dunkin Donuts on your right. \* At the light (St. Ann=s Church) make a right onto Arch Street. At first light take a left onto Bowen Street -- continue on Bowen -- street name will change to Sherman Avenue, then Sherman Parkway -- after baseball field on right -- take a right onto Munson Street then make your first right into the main parking lot.

\* When you make the right onto Arch Street you may also follow to the second light -- take a left onto Fitch Street -- pass Southern

Connecticut State University (left) cemetery (right) -- follow Fitch Street until you go under overpass -- after overpass take a left at light -- Crescent Street -- follow Crescent Street which will bring you to New Haven Athletic Field House on your left.

**ORDER OF PERFORMANCE**

**Friday, March 8, 2013**

**Class L and Class S**

- 1) University (Class S)
- 2) Wamogo (Class S)
- 3) Wilton (Class L)
- 4) Griswold (Class S)
- 5) Fitch (Class L)
- 6) Morgan (Class S)
- 7) Berlin (Class L)
- 8) Hale Ray (Class S)
- 9) Woodstock Ac (Class L)
- 10) East Hampton (Class S)
- 11) Branford (Class L)
- 12) Litchfield (Class S)
- 13) Sacred Heart Ac (Class L)
- 14) Derby (Class S)
- 15) New Fairfield (Class L)
- 16) Seymour (Class S)
- 17) Bunnell (Class L)
- 18) Oxford (Class S)
- 19) Joel Barlow (Class L)
- 20) Holy Cross (Class S)
- 21) RHAM (Class L)
- 22) Vinal Tech. (Class S)
- 23) East Lyme (Class L)
- 24) Windsor Locks (Class S)
- 25) Windsor (Class L)
- 26) St. Bernard (Class S)
- 27) Foran (Class L)
- 28) Shepaug Valley (Class S)
- 29) Bacon Academy (Class L)
- 30) Coginchaug (Class S)
- 31) Rockville (Class L)
- 32) Portland (Class S)
- 33) Stratford (Class L)
- 34) Trinity Catholic (Class S)
- 35) Brookfield (Class L)
- 36) Notre Dame (Class S)
- 37) Watertown (Class L)
- 38) Bolton (Class S)
- 39) Ledyard (Class L)
- 40) Coventry (Class S)
- 41) Wheeler (Class S)
- 42) Cromwell (Class S)

**AM Saturday, March 9, 2013**

**Co-ed and Class M**

- 1) Ellington (Class M)
- 2) Montville (Class M)
- 3) Hillhouse (Class M)
- 4) Putnam (Co-ed)
- 5) Lauralton Hall (Class M)
- 6) Trumbull (Co-ed)
- 7) Plainville (Class M)
- 8) Southington (Co-ed)
- 9) Bethel (Class M)
- 10) Middletown (Co-ed)
- 11) Rocky Hill (Class M)
- 12) Norwich Free Ac (Co-ed)
- 13) Nonnewaug (Class M)
- 14) Shelton (Co-ed)
- 15) Stonington (Class M)
- 16) New London (Co-ed)
- 17) Waterford (Class M)
- 18) Gilbert (Co-ed)
- 19) N.W. Reg. (Class M)
- 20) Wilbur Cross (Co-ed)
- 21) Weston (Class M)
- 22) Sacred Heart (Co-ed)
- 23) Woodland (Class M)
- 24) Brien McMahon (Co-ed)
- 25) Ansonia (Class M)
- 26) Granby (Co-ed)
- 27) St. Joseph (Class M)
- 28) Torrington (Co-ed)
- 29) Jonathan Law (Class M)
- 30) Manchester (Co-ed)
- 31) Killingly (Class M)
- 32) Stamford (Co-ed)
- 33) East Haven (Class M)
- 34) Naugatuck (Co-ed)
- 35) No. Branford (Class M)
- 36) Wolcott (Class M)
- 37) Tolland (Class M)

**PM Saturday, March 9, 2013**

**Class LL and Unified**

- 1) Unified
- 2) Unified
- 3) Unified
- 4) Unified
- 5) East Hartford (Class LL)
- 6) Newtown (Class LL)
- 7) Masuk (Class LL)
- 8) Danbury (Class LL)
- 9) Lyman Hall (Class LL)
- 10) Fairfield Warde (Class LL)
- 11) Staples (Class LL)
- 12) Cheshire (Class LL)
- 13) Hamden (Class LL)
- 14) Ridgefield (Class LL)
- 15) Darien (Class LL)
- 16) Fairfield Ludlowe (Class LL)
- 17) New Britain (Class LL)
- 18) Newington (Class LL)
- 19) Pomperaug (Class LL)
- 20) New Canaan (Class LL)
- 21) Mercy (Class LL)
- 22) New Milford (Class LL)
- 23) Daniel Hand (Class LL)
- 24) North Haven (Class LL)
- 25) West Haven (Class LL)
- 26) Greenwich (Class LL)
- 27) Westhill (Class LL)



**2013 CHEERLEADING ROSTER**

***Coaches: Please Bring this COMPLETED to the Floyd Little Athletic Center  
(Please Print or Type)***

Team Name \_\_\_\_\_

# Team members on competition mat today \_\_\_\_\_

Members of the Team:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_
- 15) \_\_\_\_\_
- 16) \_\_\_\_\_
- 17) \_\_\_\_\_
- 18) \_\_\_\_\_
- 19) \_\_\_\_\_
- 20) \_\_\_\_\_

- Coaches:
- 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_

CONNECTICUT ASSOCIATION OF SCHOOLS

CHEERLEADING PENALTY SHEET

School \_\_\_\_\_ Division \_\_\_\_\_ Judge=s Initials \_\_\_\_\_

Violation

Penalty Points

1) **Apparel** -- wearing jewelry, long fingernails, unsafe hair devices, improperly covered braces (10 points per violation)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2) **Performance Mistakes** -- stepping on poms or signs, inattentive spotter, improperly performed legal stunts (10 points)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) **Safety Violations** (25 points)

Rule Infraction

Page #

Category

Rule #

<u>Rule Infraction</u>	<u>Page #</u>	<u>Category</u>	<u>Rule #</u>	
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

4) **Time**

Time of Music \_\_\_\_\_  
(Maximum time is 1 minute 30 seconds or 90 seconds)

\_\_\_\_\_

Time of Routine \_\_\_\_\_  
(Minimum time is 2 minutes (120 seconds) and  
Maximum time is 2 minutes, 30 seconds (150 seconds))

\_\_\_\_\_

- 1 - 5 seconds over or under deduct 2 points
- 6 - 10 seconds over or under deduct 4 points
- 11 - 15 seconds over or under deduct 6 points
- 16 - 20 seconds over or under deduct 8 points
- 21 - 25 seconds over or under deduct 10 points

TOTAL PENALTY POINTS

\_\_\_\_\_

CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING SCORE SHEET

Team \_\_\_\_\_

Number of Cheerleaders \_\_\_\_\_ Division \_\_\_\_\_ Judge Number \_\_\_\_\_

<u>Deduction Judge</u>	<u>Explanation</u>	<u>Deduction/ Occurrence</u>	<u>Number Occurrences</u>	<u>Total Deduction</u>
Bobbles/mistakes in routine/touchdowns in tumbling	<input type="checkbox"/> Stunts/pyramids that almost drop/fall but are saved.	0.5		_____
	<input type="checkbox"/> Early dismount from stunts.			
	<input type="checkbox"/> Incomplete twisting cradles.			
	<input type="checkbox"/> Memory mistakes involving obvious execution of incorrect moves.			
	<input type="checkbox"/> Tripping on the floor while transitioning.			
	<input type="checkbox"/> Severe balance checks.			
	<input type="checkbox"/> Severe timing issues.			
	<input type="checkbox"/> Hands down on tumbling.			
	<input type="checkbox"/> Missed jump.			
	<input type="checkbox"/> Bumping during transition.			
<hr/>				
Falls (Major)	<input type="checkbox"/> Fall from individual to the ground during routine (with exception to hands down in tumbling see above)	1.0		_____
<hr/>				
Collapse	<input type="checkbox"/> Entire pyramid falls/collapses.	2.0		_____
				No single pyramid can have more than a 2 point deduction
<hr/>				
Total Deduction				_____

CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING SCORE SHEET

Team \_\_\_\_\_  
 Number of Cheerleaders \_\_\_\_\_ Division \_\_\_\_\_ Judge Number \_\_\_\_\_

<b>Judge 1 &amp; Judge 5</b>	<b>Scoring Range / Categories</b>	<b>Score/ Max Score</b>	<b>Comments</b>
<b>Voice</b> Volume, tone, pitch, clarity appropriate inflections, appropriate use of words.	___ 1-2: Poor enunciation, weak voices, minimal team cheering ___ 3-4: Good enunciation, average voices, partial team cheering ___ 5: Excellent enunciation, strong voices, full team cheering.	_____ 5	_____ <b>Comments:</b> _ Strong voices      _ Be louder _ Good expression    _ Keep volume _ Difficult to understand _ Clear/consistent    _ Not all cheering
<b>Expression and Enthusiasm</b> Smiles, spirit, naturalness.  Showmanship maintained throughout entire routine.	___ 1-2: Limited smiles, eye contact & facial expression. Enthusiasm unsustained throughout routine. ___ 3-4: Good smiles, eye contact & facial expression. Enthusiasm sustained through majority of routine. ___ 5: Excellent smiles, eye contact & facial expression. Spirit & enthusiasm sustained through entire routine.	_____ 5	_____ <b>Comments:</b> _ Excellent spirit      _ Maintain spirit _ Good expression    _ Keep energy up _ Everyone needs to smile _ Nice natural smiles – Good showmanship _ Avoid expression overkill
<b>Formation &amp; Spacing</b> Use of floor, varied, interesting, properly aligned & symmetrical (when appropriate).	___ 1-2: Poor spacing 1-2 varied formations. ___ 3-4: Some spacing off. Some formation changes. At least 3-4 varied formations. ___ 5: Good/perfect spacing. Great variety of formations. 4+ varied formations.	_____ 5	_____ <b>Comments:</b> _ Good formations    _ Include more levels _ Good variety        _ Need variety _ Good use of floor    _ Watch spacing _ Good visual effect/incorp _ Limited use of floor
<b>Transitions</b> Cheerleaders move smoothly & cleanly from one segment of the routine to the next avoiding bumping & unnecessary crossing. Skills are incorporated into transitions .	___ 1-2: No variety in transitions, sloppy, poor use of floor ___ 3-4: Limited variety in transitions, some confusion, average use of floor ___ 5: Multiple variations of transitions, clean, good flow, good use of floor.	_____ 5	_____ <b>Comments:</b> _ Good transitions    _ Sloppy transitions _ Good flow            _ Avoid bumping _ Chippy/doesn't flow
<b>Overall Effect / Overall Appeal</b> Exciting, entertaining, dynamic, confident, visually effective.	Overall effect that voice, enthusiasm, spacing, formations & transitions contributed to the routine. Consider variety & execution throughout routine.	_____ 5	

**Total** \_\_\_\_\_  
 25

CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING SCORE SHEET

Team \_\_\_\_\_  
 Number of Cheerleaders \_\_\_\_\_ Division \_\_\_\_\_ Judge Number \_\_\_\_\_

<b>Judge 2 &amp; Judge 6</b>	<u>Scoring Range / Categories</u>	<u>Score/ Max Score</u>	<u>Comments</u>												
<p><b>Partner Stunts</b>            Skill level, % of team involved, timing, variety, technique, dismounts</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;"><u># Members</u></td> <td style="width: 15%;"><u># Stunts</u></td> </tr> <tr> <td>20</td> <td>5</td> </tr> <tr> <td>16-19</td> <td>4</td> </tr> <tr> <td>12-15</td> <td>3</td> </tr> <tr> <td>8-11</td> <td>2</td> </tr> <tr> <td>4-7</td> <td>1</td> </tr> </table> <p>If technique and/or non-adherence to the number of stunt guidelines above, the scoring range can move down to the next scoring range.</p>	<u># Members</u>	<u># Stunts</u>	20	5	16-19	4	12-15	3	8-11	2	4-7	1	<p>____ 0: No partner stunts            ____ 1-3: Shoulder height stunts or below, straight cradles, chairs  <i>If applicable:</i> No co-ed stunts            ____ 4-7: Extensions, single body position/single trick basket tosses. liberty, torch, heel stretches. 1 body position in single leg stunts. Basic transitional stunts, inversions. Single twisting dismounts from single leg stunts.  <i>If applicable:</i> Co-ed stunts at shoulder Height or extended.            ____ 8-10: 2+ body positions (bow &amp; arrows, arabesque, scale, scorpion) in single leg stunts. Twisting dismounts from single leg stunts. Advanced transitional stunts, inversions, release partner stunts, basket tosses with more than 1 body position or trick. Single based single leg stunts.</p>	<p>_____</p> <p>10</p>	<p>Comments:</p> <p>_ Solid students      _ Stunts not steady            _ Good incorporation      _ Need polish            _ Clean dismounts      _ Shaky dismounts            _ Proper technique      _ Improper technique</p>
<u># Members</u>	<u># Stunts</u>														
20	5														
16-19	4														
12-15	3														
8-11	2														
4-7	1														

<p><b>Pyramids</b>            Skill level, % of team involved, timing, variety, technique, clean dismounts</p> <p>Majority = 1 over 50%</p>	<p>____ 0: No pyramids.            ____ 1-3: Shoulder height stunts or below.            ____ 4-7: Extended, liberty, torch, heel stretch, flat back transitions, ball ups, splits, etc. 1 body position in single leg stunt. Intermediate release transition (example: tick tocks).            ____ 8-10: Arabesque, scorpion, single base stunts, 2+ body positions in single leg stunts. Advanced release transitions (example: star overs, tuck through, inversions, etc.).</p>	<p>_____</p> <p>10</p>	<p>Comments:</p> <p>_ Solid stunts      _ Stunts not steady            _ Good incorporation      _ Needs polish            _ Clean dismounts      _ Shaky dismounts            _ Proper technique      _ Improper technique</p>
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<p><b>Overall Effect / Overall Appeal</b>            Existing, entertaining, dynamic, confident, visually effective.</p> <p>Consider execution of all skills performed and how they were incorporated.</p>	<p>Overall work on partner stunts and pyramids. Consider the execution, variety and difficulty of the partner stunts and pyramids performed and the overall effect they had in the routine.</p>	<p>_____</p> <p>5</p>	
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**Total** \_\_\_\_\_

25

CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING SCORE SHEET

Team \_\_\_\_\_

Number of Cheerleaders \_\_\_\_\_ Division \_\_\_\_\_ Judge Number \_\_\_\_\_

<b>Judge 3 &amp; Judge 7</b>	<b>Scoring Range / Categories</b>	<b>Score/ Max Score</b>	<b>Comments</b>
<b>Standing Tumbling</b> Skill level, % of team involved, timing, technique, execution	___ 0: No tumbling performed ___ 1-2: Basic – Forward/back rolls, splits, cartwheels, front/back walkovers ___ 2-3: Intermediate – Backhand springs performed by majority of team ___ 3-4: Advanced: Back tucks, layouts, jump/back handspring combination or combination of intermediate and advanced skills performed by majority of team. ___ 5: Elite – X-outs, full twists, Arabians, jump/back tuck combinations, advanced skills performed at a superior level of technique by majority of team.	5	_____ Comments: ___ Good incorporation ___ ___ Good use of skills ___ Synch off ___ Strong tumbling ___ Legs/Toes ___ Good timing ___ Need to perfect skills ___ Good synchronization
Touchdowns/Falls Most advanced skill level is starting scoring range. Execution sloppy and/or majority of participants can move scoring range up or down to next range.			
Majority = 1 over 50%			
<b>Running Tumbling</b> Skill level, % of team involved timing, technique, execution	___ 0: No tumbling performed. ___ 1-2: Basic – Cartwheels, round offs ___ 2-3: Intermediate – Backhand springs aerials, or combination of basic & intermediate skills performed by majority of team ___ 3-4: Advanced: Back tucks, layouts, or combination of intermediate & advanced skills performed by majority of team ___ 5: Elite – X-outs, full twists, Arabians, punch fronts, advanced skills performed at superior level of technique by the majority of team	5	_____ Comments: ___ Good incorporation ___ ___ Good use of skills ___ Synch off ___ Strong tumbling ___ Legs/toes sloppy ___ Good timing ___ Good ___ Need to perfect skills
Most advanced skill level is starting scoring range. Execution Touchdowns/Falls and/or majority of participation can move scoring range up or down to next range synchronization			
Majority = 1 over 50%			
<b>Jumps</b> Skills level, % of team involved, timing, technique height, execution	___ 0: No jumps ___ 1-3: Basic – 1 jump performed by majority of team, tuck, straddle, eagle jumps ___ 4-6: Intermediate – 1-2 jumps performed by majority of team. Herkie, toe touch, front hurdler, side hurdler, or a combination of 2 or more intermediate and/or basic jumps ___ 7-8: Advanced – 2-3 jumps performed by majority of team. Pike, double nine, or a combination of 2 or more advanced and/or intermediate jumps ___ 9-10: Elite – Around the world, 3 or more jumps with at least 2 intermediate or advanced connected jumps, and at least 1 other intermediate or advanced jump performed by majority of team with a superior level of technique.	10	_____ Comments: ___ Strong jumps ___ Jumps need ___ Good height ___ Need variety ___ Good incorporation ___ Point toes ___ Good variety ___ Knees bent ___ Sloppy landings ___ Watch arms ___ Timing off ___ Heads/chests
If technique and/or execution is less than height standard, the scoring range can move down to the next scoring range			
Majority = 1 over 50% down			
<b>Overall Effect/ Overall Appeal</b> Exciting, entertaining, dynamic confident, visually effective.	Overall work on tumbling and jumps. Consider the degree of difficulty, the execution of skills, the combining of jump and tumbling skills, and the overall effect of these elements in the	5	

Consider execution of all skills routine.  
 Performed and how they were  
 Incorporated.

**Total**

/ 25

13

CONNECTICUT ASSOCIATION OF SCHOOLS  
 CHEERLEADING SCORE SHEET

Team \_\_\_\_\_  
 Number of Cheerleaders \_\_\_\_\_ Division \_\_\_\_\_ Judge Number \_\_\_\_\_

**Judge 4 & Judge 8**

**Motions in Cheer/Stunts**

Technique, controlled, timing, sharp, tight, varied speed

Motions = V's, T's

Touchdowns, or variations off

arms

If technique and/or variety motions

is less than standard, the scoring range can move down to the next scoring range.

Scoring Range / Categories

\_\_\_ 0: No motions  
 \_\_\_ 1-3: 1-3 motions performed by majority of the team. Motions not together. Poor precision, not sharp. Levels off. Lack of technique. Slow. No variation.

\_\_\_ 4-6: 4-5 motions performed by majority of team. Average sharpness and precision. Majority of motions and motion levels together/could be better. Motions exhibit good technique. Limited speed.

\_\_\_ 7-8: 6-7 motions performed by majority of team. Good speed. Good sharpness and precision. Good synchronization. Levels together. Good technique.

\_\_\_ 9-10: 8+ motions performed by majority of team. Good speed. Very sharp and precise. Extremely strong motions. Great synchronization. Great levels. Motions exhibit superior technique.

Score/  
Max Score

10

Comments

Comments:

- Good precision       Synchronization
- Good variety               Flying
- Good motion placement     Sharp
- Good levels                   Bent wrists
- Good synchronization     Timing off
- Motion placement off

**Dance**

These items are to be Considered along with scoring range: % of team involved, innovative, fast paced, exciting, timing, rhythm, appropriate selection and use of music/movement, visually effective, execution.

If technique and/or variety is less than standard, the scoring range can move down to the next scoring range.

8-count of dance = physical movement of arms and feet

\_\_\_ 0: No dance  
 \_\_\_ 1-3: Only 1 8-count/less than majority of team incorporated. Low energy. Slow. Synch rhythm, and timing off. No footwork. No levels used.

\_\_\_ 4-6: 1-2 8-counts/less than majority of team incorporated. Limited energy level. Speed, synch, rhythm and timing off. Limited footwork. Some levels used.

\_\_\_ 7-8: 2-3 8-counts/majority of team incorporated. Good energy and speed. Good synch, rhythm and timing. Good footwork. Good and varied levels.

\_\_\_ 9-10: 4+ 8-counts/majority of team incorporated. Superior energy and speed. Great synch, rhythm and timing. Great footwork. Great and varied levels.

10

Comments:

- Good precision       Timing off
- Good variety               Not age appropriate
- Good choreography
- More floor work needed
- Good floor work
- Inappropriate music selection
- Good synchronization
- Improve team synchronization
- Good rhythm

Majority – 1 over 50%

*Co-ed teams: Male participants do not have to dance but should be utilized during the dance.*

**Overall Effect /** Overall effect that motions and dance contributed  
**Overall Appeal** to the routine. Consider the types of motions, speed  
Exciting, entertaining, dynamic, difficulty and variety  
Confident, visually effective. \_\_\_\_\_  
Consider execution of all skills 5  
Performed and how they were incorporated.

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**Total** / 25

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**7<sup>th</sup> Annual New England Interscholastic Spirit Championship**

Saturday, March 16, 2013

Lawrence High School, 70-71 North Parish Road, Braintree, MA

Presented by the Council of New England Secondary School Principals' Association

President: Paul Hoey, Connecticut Interscholastic Athletic Conference

Executive Director: Donn Friedman, (860) 416-1884, [donn@cnesspa.org](mailto:donn@cnesspa.org)

The meet will be held regardless of weather conditions.

**Time:** Registration begins at 8:30 a.m.  
Competition begins at 10:30 a.m.

**Meet Director:** Jennifer Cloutier  
(978) 729-1126 [jcloutier@mssaa.org](mailto:jcloutier@mssaa.org)

**Entry Limits:** A maximum of 20 competitors will be allowed per team. There will be 5 competitions throughout the day. NH, RI, and VT will be allowed to enter two teams and CT, MA and ME will be allowed to enter three teams in the following divisions: I, II, III, IV. All states will be allowed to enter three teams in the Co-ed division.

**Filing of Entries:** All entries and competitor names must be emailed by Monday, March 11, 2013 to Jennifer Cloutier at [jcloutier@mssaa.org](mailto:jcloutier@mssaa.org).

**Registration/Packet  
Pick-up:**

The facility will open for athletes and coaches two hours prior to the start of each session. Teams should check in at the pass gate. The CNESSPA web site will provide session, warm-up, and competition times at a later date. Packets will contain CNESSPA pins and certificates for all competitors.

**Arrival:** Busses should follow signs for the gymnasium upon arrival to Lawrence High School. Event staff will be on-site to direct each bus to the proper drop off area.

**Entry Fee:** \$150.00 per team. There will be no refunds and **no purchase orders** will be accepted, check or cash only. Checks should be made payable to the **CNESSPA** and paid at registration on the day of the meet. (Note: Only team members listed on the entry submission and two coaches will be allowed through the competitor gate. \$10.00 per person can be added to the entry check for additional team members, who are not on the entry form, or additional coaches.) All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission. Only competitors and coaches with the proper credentials will be allowed in the warm-up area.

**General Admission:** \$10.00 for everyone at the spectator entrance, which will open at 8:30 a.m.

**Awards:** Plaques will be awarded to the first, second, and third place teams in each division. Individual medals will also be awarded to those teams.

**Schedule:** There will be multiple sessions being conducted throughout the day. The first session will begin at 10:30 a.m. The final schedule with each division will be determined once all the entries have been



collected. A coaches meeting will take place 60 minutes prior to the start of the competition for each session. An optional tour will follow the meeting to familiarize people with the facility if necessary. Teams will be allowed to check in starting two hours prior to the start of their session. Please note, that starting times may be adjusted due to the number of teams entered in each session. Make sure you check the CNESSPA web site for a finalized draw and starting times for each session.

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- Coaches:** Coaches are reminded that they are not to approach any official during or after the competition concerning a rule's violation or score. At no point should a coach approach the judges' hospitality room. Should you have an issue please contact Jennifer Cloutier with the CNESSPA. All results are final and no changes will occur in the scoring.
- Information for Teams:** Each team will be assigned one (1) table in the designated team area and will be responsible for keeping their area clean. The CNESSPA and Lawrence High School are not responsible for lost or stolen items or valuables.
- Stunting outside the warm-up area is prohibited. No stunting on the grass, parking lot, or concrete outside the facility.
- No glitter application is allowed inside Lawrence High School.
- Teams needing taping for non-emergency situations should provide their own tape for the on-site trainer.
- Sportsmanship:** Student-athletes, coaches, administrators, spectators, contest officials and all other persons connected directly or indirectly with a member school shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all interscholastic events in which they participate and/or attend. Any violation of these principles will be addressed by the CNESSPA. Participants are subject to removal should an incident occur.
- Concessions:** Concessions will be available.
- T-shirts:** Official New England Spirit Championship apparel will be sold at the meet.
- Internet Address:** Information and results will be posted at [www.cnesspa.com](http://www.cnesspa.com)
- Other Information:** Horns, posters, noisemakers, confetti and balloons are not permitted at Lawrence High School. Attaching items to the gym wall is strictly prohibited – including team banners.
- FLASH PHOTOGRAPHY AND VIDEOTAPING IS PROHIBITED AT ALL TIMES.**
- Cheerleaders and spectators are reminded that they may not sit in the aisles. This is a fire hazard as well as a safety hazard. The competition can be shut down by a fire marshall for non-compliance.
- Hotels:** Participants and parents should tell hotel they are with the New England Cheerleading Championship to get the group rate.
- |   |  |
|---|--|
| Wyndham Boston/Andover Hotel<br>123 Old River Road<br>Andover, MA 01810 | Full breakfast<br>Rate \$95.00 plus taxes<br>Telephone (978) 975-3600        |
| LaQuinta Inn and Suites<br>131 River Road<br>Andover, MA 01810          | Continental Breakfast<br>Rate \$67.50 plus taxes<br>Telephone (978) 685-6200 |
| Holiday Inn Express<br>224 Winthrop Avenue                              | Continental Breakfast<br>Rate \$75.00 plus taxes                             |

Lawrence, MA 01843

Telephone (978) 975-4050 ask for Joe at ext 702

SpringHill Suites Marriott  
550 Minuteman Road  
Andover, MA 01810

Free continental breakfast  
Rate \$94.00 plus taxes  
Telephone (800) 287-9400 or (978) 688-8200

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Directions: Route 495 North or South to Exit 42 B, Route 114, South Lawrence. Bear right after the football stadium onto Osgood Street. At first stop sign, take a right onto North Parish Road.

**Detailed coaches instructions will be posted at a later date.**

