

CALAIS RECREATION DEPARTMENT
2013 MAINE STATE JHS/ELEMENTARY CHEERING CHAMPIONSHIPS
P.O. Box 413, Calais, ME. 04619

Event Date: March 9, 2013

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Thank you for your response to the 17TH Annual Maine State JHS/Elementary Cheering Invitational to be held on Saturday, March 9, 2013 at 10:00AM at the Bangor Auditorium. This special cheering event is organized and directed by the Calais Recreation Department. In this year's format, the coach is able to select the class & division that are most appropriate for their team. Within each class there are limitations in what can be performed within the 3-minute routine. These guidelines are attached and must be carefully followed to avoid deductions & possibly dangerous stunts.

Enclosed you will find the competition rules. For your reference, you should try to obtain a copy of the "Spirit Rule Book" (Federation - used by state high schools), for more specific rules. Enclosed you will also find an entry form. The entry fee for each squad is \$50, and should be returned with the completed entry form no later than **February 23, 2013**. The final schedule (order of events & further information) will be e-mailed to all teams no later than March 2nd.

This season we plan to limit the event to the first 45 registered teams. Entries will be accepted as received. With enough interest, teams that are not connected to a single high school, and are "all-star" (combination of several schools, combined towns, or youngsters from many different towns) will be added to their own JHS All-Star/Elite division. **Because many teams and event staff arrive in Bangor on Friday, we attempt to have no storm cancellation; please be sure to make early travel and/or overnight accommodation arrangements as needed!**

Once again, we thank you for your interest in this year's competition and we look forward to your participation. Let's make our final year in the current Auditorium one to remember!

Sincerely,



Toby Cole
Calais Rec Director

COMPETITION RULES:

1. We use National Federation Safety Rules, so please be familiar with the NF Spirit Rule Book and guidelines for your Divisions. ***Be cautious to strictly follow the rule book and guidelines, as infractions could cost your team up to a 10-point penalty. We do administer pre-event routine safety check to assist teams.***
2. A set of qualified judges will judge the 3-minute routines that may feature cheers, dance, partner stunts, pyramids, jumps and crowd involvement/entertainment. There are no callbacks – just one scored performance.
3. A certified trainer will be in attendance.
4. Squads will be limited up to 20 cheerleaders in all divisions.
5. The only permitted props are pom-poms.
6. For safety the performance surface will be a 42' x 42' gymnastics mat & the safety check/warm-up area will have an 18' x 42' mat.
7. Each team will be announced and will be given a “que” when they should begin their routine. Do not begin before the “que.”

Example: “_____ may take the floor”

“Getting ready is _____”

“On deck is _____”

Que to Start: “Now performing is _____”

8. The timing (3-minutes) begins on the first sound or movement after being announced.
9. Teams do not have to start with their hands at their sides this season, but one foot has to be on the mat. After being announced (“que”) the routine may start with music, a cheer, or by building a pyramid. These actions will all start the time (3 minutes).
10. 1CD’s should be ready to go before the start of the competition. (We would request that each squad make two **quality CD’s** in case one doesn’t work.)
11. The twelve classes & divisions for the 2013 competition are listed below and once submitted there will be no changes in a team’s division, unless approved by the event supervisor and the head judge. There are two All-Star or Elite classes for those teams that have participants representing a number of schools.

<u>STATE CLASS</u>	<u>MYCCA CLASS</u>	<u>GRADES</u>	<u>DIVISIONS</u>
JHS Elite	NA	Grades 6-8	Division 1
JHS 1	Super Stars	Grades 6-8	Division 1
JHS 2	Super Stars	Grades 6-8	Division 2
JHS 3	Super Stars	Grades 6-8	Division 3
Mixed 1	Northern Stars	Grades 3-8	Division 1
Mixed 2	Northern Stars	Grades 3-8	Division 2
Elite	NA	Grades 3-6	Division 1
Pee Wee 1	Shining Stars	Grades 4-6	Division 1
Pee Wee 2	Shining Stars	Grades 4-6	Division 2
Mini 1	Shooting Stars	Grades 2-4	Division 1
Mini 2	Shooting Stars	Grades 2-4	Division 2
Dolls	Rising Stars	Grades Pre-k-2	Division 1

12. The coach will select the level from above that best represents the abilities of their team. Examine the attached guidelines regarding each class/division, and note your selection on the registration form. **Be cautious to strictly follow the Federation rules and the guidelines as infractions could cost your team up to a 10-point penalty. We do administer pre-event routine safety checks to assist teams.**
13. Confirmations will be mailed as they are received, and starting times will be mailed to accepted teams within one week following the close of registrations on February 23rd (or until the 45-team limit is full). If a team registers after the forty-five team limit, they will be notified at once. There are no refunds, unless a team is refused entry.
14. Competing squads must use the right rear side doors to enter the auditorium starting at 8:00. All teams must be in the Auditorium at least 1 hour prior to the start of the competition that will begin at 10:00. Only two coaches and squad members will be admitted at the right side doors located near the rear of the auditorium. Everyone else will be required to enter from the front doors starting at 9:00. A final order of events with check in times, warm-up schedule and coaches meeting times will be emailed to coaches within one week following the close of registrations on February 23rd.
15. Spectators will use the front doors that will open at 9:00. Admission to the event - adults \$7.00 and students \$3.00.
16. A brief coach's (head coach) meeting will be held upstairs in the mezzanine prior to the start of the Competition.
17. Competition results will be made available to all coaches at the end of the event.
18. State Cheerleading Championship shirts will be on sale for \$12.00 each. During the past two years we have run out of all sizes before the competition even began, so if you would like to have your shirts packaged & ready for you Saturday morning, just send the numbers of sizes needed; you may pay when you pick them up (Youth sizes S, M, L & Adult sizes S, M, L, XL).
19. Midcoast Photo will be taking individual/team pictures at the event. You will be contacted well ahead of the event with the needed information.

2013 MAINE STATE JHS/ELEMENTARY CHEERING CHAMPIONSHIPS

REGISTRATION FORM

SCHOOL NAME _____ TEAM NAME (Devils, Tigers, etc.) _____

STATE CLASS _____ GRADES _____ DIVISION _____

COACH _____ CONTACT PHONE # _____

COACH MAILING ADDRESS _____

COACH E-MAIL _____

ASSISTANT COACH _____ CONTACT PHONE # _____

**Please make \$50 checks payable to Calais Recreation Department
Registration forms and fees are due by February 23, 2013
Please fill out this form and mail it along with registration fee to:
CALAIS REC DEPT, P.O. BOX 413 CALAIS, ME. 04619**

1. Name _____ Grade _____

2. Name _____ Grade _____

3. Name _____ Grade _____

4. Name _____ Grade _____

5. Name _____ Grade _____

6. Name _____ Grade _____

7. Name _____ Grade _____

8. Name _____ Grade _____

9. Name _____ Grade _____

10. Name _____ Grade _____

11. Name _____ Grade _____

12. Name _____ Grade _____

13. Name _____ Grade _____

14. Name _____ Grade _____

15. Name _____ Grade _____

16. Name _____ Grade _____

17. Name _____ Grade _____

18. Name _____ Grade _____

19. Name _____ Grade _____

20. Name _____ Grade _____

2013 STATE COMPETITION GUIDELINES

FOR SAFETY WE USE THESE GUIDELINES:

- All divisions state the highest degree of difficulty permitted.
- Not all stunts mentioned are required.
- If a team does not comply with the guidelines, they will be subject to deductions.
- Each organization is required to follow these guidelines and the National Federation Spirit Rules.

Doll Teams - Pre k-Grade 2

- 20 Participants Maximum.
- There is one division for all teams at this level. Teams in this division will be scored and receive awards.

Stunts Allowed:

- Thigh Stands and variations of Thigh Stands.
- Kneeling Thigh Stands and variations of Kneeling Thigh Stands.
- Basic dismounts only. Intermediate and advanced dismounts not permitted.

1. Back Spotters are required on all stunts.
2. Stunts must remain stationary.
3. Every stunt must stay at Thigh Stand level or below.
4. Spotters must have physical contact at all times.
5. As long as the flyer has one foot on the ground a back spotter is not required.
6. Dismounts to the performing surface shall have assisted landings.

Mini Teams - Grades 2-4

- 20 Participants Maximum.
- There are two divisions at this level. Teams in both divisions will be scored and receive awards.

Division 1 Stunts Allowed:

- Prep level stunts with basic dismounts only, intermediate and advanced dismounts are not permitted.
- One-legged stunts at prep level are not permitted.

Division 2 Stunts Allowed:

- Thigh Stand variations, one leg must remain at thigh level or lower at all times.
- Basic dismounts only, intermediate and advanced dismounts are not permitted.

1. Back Spotters are required for all stunts.
2. Stunts must remain stationary.
3. Front Spotters are strongly recommended on all prep level stunts.
4. As long as the flyer has one foot on the ground a back spotter is not required.
5. Dismounts to the performing surface shall have assisted landings.

Pee-Wee Teams - Grades 4-6

- 20 Participants Maximum
- There are two divisions at this level. Teams in both divisions will be scored and receive awards.

Division 1 Stunts Allowed:

- Extension and prep level stunts with basic & intermediate dismounts only, advanced dismounts not permitted.
- May perform one-legged stunts at prep level.
- Stunts not permitted include: basket tosses and launches.

Division 2 Stunts Allowed:

- Prep level stunts with basic & intermediate dismounts only, advanced dismounts not permitted.
- Stunts that are not permitted include: one-legged stunts, basket tosses, launches, extension level stunts.

1. Back Spotters are required for all stunts.
2. Front Spotters are strongly recommended for safety, but not required.
3. As long as the flyer has one foot on the ground a back spotter is not required.
4. Dismounts to the performing surface shall have assisted landings.

Mixed Teams - Grades 3-8

- 20 Participants Maximum.

Division 1 Stunts Allowed:

- Extension and prep level one-legged stunts are permitted with basic and intermediate dismounts only.
- Advanced dismounts not permitted at extension level. May perform advanced dismounts at prep level only.
- Stunts not permitted include; basket tosses and launches.

Division 2 Stunts Allowed:

- Prep level stunts with basic and intermediate dismounts only, advanced dismounts not permitted.
- Stunts not permitted include: one-legged stunts, basket tosses, launches, and extension level stunts.

1. Back Spotters are required for all stunts in Div 2 & 3.
2. Front Spotters are strongly recommended for safety, but not required.
3. As long as the flyer has one foot on the ground a back spotter is not required.

Dismount Definitions:

- Basic - Hand to Hand, Shrug, Shove Wrap, Pencil Down
- Intermediate - Cradle
- Advanced - Twist, Double Twist, Tuck Out, Toe Touch, Scissor Kick, X Out, Double Nine, Lib Kick Out

J.H.S. Teams - Grades 6-8

- 20 Participants Maximum.

Division 1 Stunts Allowed:

- Advanced stunts at extension level, launches and basket tosses are not permitted.
- Back spotters are required for all stunts in which the supporting arms of the bases are fully extended above the head, except for: Chair, Russian Lift, Torch, Double Base Split Catch, Triple Base Dead Man Lift, Triple Base Extended Suspended Splits and Double Base Vertical T-lift.

Division 2 Stunts Allowed:

- Extension and prep level one-legged stunts are permitted with basic and intermediate dismounts; advanced dismounts are permitted at prep level only.
- Stunts not permitted include: basket tosses and launches.

Division 3 Stunts Allowed:

- Extension & Prep level stunts with basic and intermediate dismounts only, advanced dismounts not permitted.
- One legged stunts are permitted only at the prep level,
- Stunts not permitted include: basket tosses and launches.

1. Back Spotters are required for all stunts in Div 2 & 3.
2. Front Spotters are strongly recommended for safety, but not required.
3. As long as the flyer has one foot on the ground a back spotter is not required.

All-Star/Elite Teams - Grades 3-6

- No maximum number of participants.
- There is one division for all teams at this level. Teams in this division will be scored and receive awards.

Stunts Allowed:

- Extension and prep level stunts with basic & intermediate dismounts only, advanced dismounts not permitted.
- May perform one-legged stunts at prep level.
- Stunts not permitted include: basket tosses and launches.

All-Star/Elite Teams - Grades 6-8

- No maximum number of participants.

Stunts Allowed:

- Advanced stunts at extension level, advanced dismounts, basket tosses and launches are permitted.
- Back spotters are required for all stunts in which the supporting arms of the bases are fully extended above the head, except for: Chair, Russian Lift, Torch, Double Base Split Catch, Triple Base Dead Man Lift, Triple Base Extended Suspended Splits and Double Base Vertical T-lift.