

# 2010-2011 COMPETITION INFORMATION

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## INTRODUCTION

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The purpose of this information is to provide explanation of the safety and competition rules for WACPC events, **the official Wisconsin State Cheer and Dance Championships**, endorsed by WIAA. To eliminate confusion for spectators, the WACPC Board of Directors has set limitations in both the cheer and dance divisions. This is done with the intent that the divisions will have their own unique styles. Please be familiar with all aspects of this information and contact the site director with any questions.

**COMPETITIONS WILL NOT BE CANCELED DUE TO BAD WEATHER.**

## PURPOSE

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WACPC believes competitions can provide opportunities for networking, developing new ideas and raise the performance level of teams. Other objectives of WACPC are:

- To educate coaches and students about safety in our sport
- To provide learning and character-building experiences for students in our programs
- To promote our sport on a community and state level
- To provide appropriate athletic challenges through competition, which lead to team improvement
- To provide a sense of accomplishment for self, not just as a support group for other teams

## COACHING ETHICS

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The term ethics is defined as “conforming to professional standards or moral conduct.” While it is impossible for site directors or judges to monitor all teams on ethical behavior, these rules exist on an honor system. Please refer to the WACPC Sportsmanship Statement below.

Examples of unethical coaching may be, but are not limited to:

- Using a routine from a camp or video in its entirety or in large sections
- Displaying poor sportsmanship during or after the competition or awards
- Using members from a higher-level team (i.e. varsity) in a lower level competition (i.e. junior varsity)
- Failure to show proper respect during National Anthem or Pledge of Allegiance

## SPORTSMANSHIP STATEMENT

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WACPC promotes good sportsmanship at all events. Athletes, coaches, and spectators are expected to show consideration for others through their actions at all times. This includes during award ceremonies.

- Demonstrate self control; your behavior reflects on your team, school, and community.
- Display humility and courtesy regardless of placing.
- Support and recognize performances by all teams. This includes remaining in your seats until all awards are distributed.
- Respect the decisions of performance and technical judges.

**Repercussions for unsportsmanlike conduct may include, but are not limited to, point deductions and/or disqualification at current and/or futures WACPC, Inc. events.**

## COMPETITION RULES

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- It is the coach's responsibility for completing and passing the rules interpretation test.
- Medical liability waivers and authorized registration forms must be **mailed** by the specified deadline.
- Late fees will be assessed and must be paid before teams will be allowed to compete.
- Teams must be comprised of eligible, active cheerleaders or dancers for the current school year, and all individuals must be currently enrolled in their respective school or organization.
- An athlete may participate on only **one** school team. The same athlete, however, could also perform at the All Star Championships on a second, non-school affiliated team.
- Teams may not throw anything out to the audience during their performance.
- All routines, uniforms, costumes, and music should be appropriate for family viewing. Please review the NFHS rules for appropriate uniforms.
- Repairs for any damages caused to the facility are the responsibility of the performing organization.
- **Classroom behavior:** Not all sites allow teams to have a classroom to store equipment and belongings. This is a privilege and a responsibility of each coach to make sure the rooms are left in the condition they were in at check in. If damage is found or items are found to be missing from the rooms, notification to the school and to the coach will be made, along with a statement for coverage of the damage or stolen property.
- Participation in or knowledge of theft by a member of a school or organization may result in athlete being banned from competing at future WACPC events.
- **NO carry-ins** will be allowed. Sites have been asked to provide a balance of healthy food items for our teams.
- **Special time/performance order requests will not be accommodated.**

## GENERAL SAFETY RULES

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Every school receives a copy of the National Federation Spirit Rules Book from the WIAA. An individual copy is also provided to every WACPC coach with her/his membership.

**Please read the rule book carefully.** General Safety Rules are found on pages 14-15 of the NFHS Rules Book (rules listed below can be found in Sections 2 and 3). Refer to the USASF web site ([www.usasf.net](http://www.usasf.net)) for all star rules and regulations. Contact Technical Judge Coordinators, Alyssa Theobald at [alyssa.theobald@yahoo.com](mailto:alyssa.theobald@yahoo.com) or Amber Lawry at [amber.lawry@yahoo.com](mailto:amber.lawry@yahoo.com), with any questions or concerns.

Rule Interpretation meetings are held in each district at the beginning of the school year and at the WACPC Fall Conference. **It is your responsibility as a coach to understand these rules, complete, and pass the Rules Interpretation test by January 3, 2011.**

**NFHS - Glitter** - Glitter that **does not readily adhere** to the hair, face, uniform, costume, or body is illegal. Glitter is allowed on signs if laminated.

**NFHS - Jewelry** - No jewelry allowed. This includes all piercings (tongue, belly button, etc.). Religious or medical medals worn are taped to the chest (without the chain) under the uniform. Judges register penalties at the "in the hole" area. **Make sure your team has removed these items before they report to avoid a violation.** Please review the rules on "**Safety Pins.**"

**USASF - Jewelry** - Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are not allowed when adhered to the skin as opposed to a uniform. Temporary tattoos are allowed. Jewelry as a part of a dance costume is allowed. All costuming should be age appropriate and acceptable for family viewing.

**NFHS - Hair** - Hair must be fastened with soft holders and clips that close flat to the head. Spring action barrettes are illegal. Hair ribbons, scrunches, etc. should be fastened securely. Any hair fastener or decoration on the floor, which becomes a safety hazard, will result in a **Safety Hazard** per infraction. Hair on the shoulders or in the face can become a situational hazard. (Unsafe Hair – NFHS Rule 2-2-3)

**NFHS - Footwear** - Athletes must wear appropriate footwear at all times. As a suggestion, tuck bows and laces inside the shoe. It prevents someone from accidentally untying his/her shoe during the performance, which can result in a performance hazard ruling. In the event that a participant loses a shoe(s), they may remove the missing shoe and self from the competition area to replace the missing shoe before returning to the performance area. Athletes must wear appropriate footwear at all times.

Dance and pom teams must wear athletic shoes or appropriate shoes that cover the toes and entire sole of the foot. **EXCEPTION:** Dance paws and Pedini-style dance shoes that have heels of sufficient height to raise the bottom of the foot off of the floor. See NFHS Rule 3-1-6.

At no time can any athlete perform barefoot.

**USASF- Cheer Team Footwear** - Soft-soled shoes must be worn while competing. No dance shoes/boots and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.

**NFHS - Fingernails** - Length of nails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers).

**NFHS - Poms** - Poms may not be altered from their original manufactured form. Manufactured handles may be held over the fingers, but not the wrist. Elastic or other handles may not be added to poms for the purpose of securing a bond to performer's hands.

**USASF - Props** - Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way. Throwing hard signs across the mat from a stunt would be illegal. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

**NFHS - Performance Hazards** - If pom, sign, laces, or hair decoration is in a position on the performance area, no point deduction will occur if a team member picks it up or removes it **before it becomes a hazard** (a hazard – trips, slips, or falls due to an object on the mat or floor). **NFHS Rule 2-1-4: when discarding props (signs etc.) that are made of solid material or have corners or sharp edges, team members must gently toss or place the props.**

The deliberate placement of a pom or sign on the floor or mat as part of the routine is not a violation, if it does not present a hazard, because the performers have knowledge of its existence, and these acts are expected and practiced. If a performer steps on a pom or sign, it potentially becomes a hazard and could result in a point deduction.

**NFHS - Stunting** – All stunts and pyramids are limited to two persons high. Top person receives primary support from base(s) that is/are in direct, weight bearing contact with the cheering surface. While WACPC provides additional spotters for added protection, required spotters must be incorporated into pyramids with performing squad members only. View every angle of a stunt; even **one** person executing a stunt illegally will result in a team penalty for each occurrence.

**USASF – Stunting** - Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface. **Please refer to Levels 1-5 for all stunting regulations.**

**NFHS – Braces/Supports** – Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow recovery foam padding no less than one-half inch thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/productions do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt or tumbling. (NFHS Rule 2-2-8)

**NFHS – Concussions** – An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problem) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional (NFHS Rule 2-1-15). See Page 73 of your NFHS Spirit Rules Book for more information on concussions.

### **APPAREL SUMMARY**

#### **Cheerleaders may wear:**

- Bobby pins, flat gymnastic barrettes
- Ribbons and bows in their hair
- Glitter and/or small adhesive stickers that adheres to their face
- Religious medal or medical medal taped to the chest under a costume
- Safety pins on the INSIDE of a uniform
- Artificial nails at the proper length
- Diabetic pumps
- Artificial limbs
- Properly covered cast (*performer may not perform any stunting or tumbling unless it is a properly covered air cast*)

#### **Dancers may wear:**

- Bobby pins, flat gymnastic barrettes
- Small rhinestones on soft fabric chokers
- Beads/rhinestones woven into the hair or on a soft fabric headband
- Religious medal or medical medal taped to the chest under a costume
- Safety pins on the INSIDE of a costume
- Artificial nails at the proper length
- Diabetic pumps
- Artificial limbs
- Artificial eyelashes
- Properly covered cast (*performer may not perform any tumbling unless it is a properly covered air cast*)
- Small adhesive stickers on the face that readily adhere

#### **Cheerleaders and Dancers MAY NOT wear:**

- Hard jewelry bracelets
- Pants so long that they could be stepped and/or slipped on
- Jewels glued on the face, ears, belly, tongue, teeth
- Hair bands around wrists
- Gloves without a non-slip material while performing tumbling or tricks using the hands
- Glitter that does not adhere
- Bare midriff costumes for high school teams

### **PLEASE NOTE:**

WACPC does not write the rules for spirit teams. The NFHS and the USASF/IASF Rules Committees are in charge of all rules and regulations. It is the policy of WACPC to uphold the rules and regulations of the NFHS and the USASF/IASF to ensure every aspect of safety for the teams, coaches, organizations, and event facilities.

## PENALTIES AND VIOLATIONS INFORMATION

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- Any team that displays a flagrant violation in safety will be disqualified from the competition.
- Any team member refusing to remove jewelry, glitter, or make any other corrections “in the hole” may not enter onto the performing area.
- Performance deductions and judging philosophy sheets are included in handbook for review.
- In-Hole violations will be given per team.
- Performance Violations may be given per-infraction with a maximum of 20 points per occurrence of an infraction.

<b>VIOLATION-WACPC</b>	<b>PENALTY</b>
Ineligible participant	Disqualification
Missing liability or medical forms	Disqualification
Failure to meet 50% requirement (cheer dance)	Disqualification
Failure to meet 75% requirement (2 <sup>nd</sup> dance routine)	Disqualification
Failure to report to “in the hole”	5 points
Timing +/- 5 seconds	5 points
Unsportsmanlike conduct	5 points
<b>IN HOLE VIOLATION – NFHS</b>	<b>PENALTY</b>
Jewelry – must be removed	5 team points
Unsafe hair – must be corrected	5 team points
Fingernail length – must be corrected to perform	5 team points
Glitter that does not adhere – must be corrected to perform	5 team points
Apparel/props – must be corrected to perform	5 team points

## MUSIC

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While the only requirements on music selection are timing and appropriateness, WACPC offers the following hints:

- Use READ only CD's with single-track songs on each. Make sure you add 3-5 seconds of airtime on the beginning and the end of CD.
- Have a back-up CD **in hand** at the time of performance.
- Test CD's on amplified system before the competition begins.
- Make sure both CD's are at the correct starting position. Failure to queue may result in a penalty.
- Avoid using a practice CD that has been played a large number of times.
- Inform your team about what a “**time-out**” involves. Anything can happen with a CD and/or sound system.
- If error is determined to be the fault of the site, your team will be placed back in rotation at a later time.
- Invest in having a professional tape CD made. It's usually worth the expense!
- It is recommended that coaches research lyrics carefully. One source is [www.songlyrics.com](http://www.songlyrics.com).
- **MP3 players will not be accommodated.**

## TIMING ROUTINES

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When first called for performance, it is referred to as “in the hole”, which means there are two performances before you. The second call is referred to as “on deck”, which means there is one performance ahead of you.

For cheer teams, quickly set poms and signs and wait **at the edge of the mat** until introduced by the announcer. For dance teams, as soon as a team has exited the performance area, the next team should line up off the floor in preparation for its entrance. Do not wait to be announced. The announcer will formally introduce the team once they entering the performance area or are set in their starting formation.

At WACPC competitions, the clock starts with the first beat of music, sound, or movement and stops with the final sound. Entrances and exits are not timed or judged and should not be choreographed. Please quickly enter and leave the floor. Total performances times maybe found in the description of each individual category found in the Divisions section of this handbook. Timing violations will result in a **5-point deduction**.

**Hint:** Time an entire routine on several stopwatches. Execute routine at 5 to 10 seconds under the time limit at practice to allow for margin of error at competition.

## TIME-OUT

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A coach may call a time-out by **walking onto the performance area** and signaling to one of the timers or judges under the following circumstances:

- An unsafe situation detected by coach or team member(s)
- An injured athlete
- Technical difficulties with music

Procedures for dealing with a time-out will be determined by the situation. Minor adjustments in music and/or props will be corrected immediately, and the team will start performance over. In case of an injury, the coach will remove the team from the performance area, so the next team can perform. The trainer and coach will assess the injury to determine if the injured member can still perform. A competition official and the coach will then consult to reassign placement in the competition line-up. The team will be allowed to perform its entire routine without penalty or deduction.

**A TIME-OUT SHOULD BE VIEWED AS AN EMERGENCY MEASURE ONLY.**

## JUDGING

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Every effort is made to provide qualified and objective judges. Each judge completes a Conflict of Interest Form, which has information about any affiliation with a team or coach, which will help the judges' coordinator when assigning the judging panel. All judges' scores are included with no high or low score thrown out.

### **DECISIONS OF THE TECHNICAL AND PERFORMANCE JUDGES ARE FINAL.**

Inappropriate lyrics must be clearly heard by the technical judge(s). To receive a penalty, inappropriate lyrics must be blatant, NOT implied (the lyrics would clearly state that alcohol/drug use occurred or was promoted in the song and/or expletives were used). Performance judges from the same division/category may bring inappropriate lyrics to a technical judges' attention. A warning/penalty may be assessed to make the coach aware of the lyrics in question.

Please review all NFHS safety rules. Please keep in mind that performances vary from competition to competition.

## DAY OF COMPETITION

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**Weather** – Competition **will not** be cancelled due to inclement weather. Refunds will not be issued.

**Payment** – Payments for membership and competition entry fees must be received prior to the day of competition. No team with an outstanding balance will be allowed to perform.

**Medical and Authorized Registration Forms** – All forms are to be mailed with your payment. Make sure all forms have required signatures by athletes, parent, coach, and program supervisor. Failure to have Medical Forms will result in a disqualification. No forms will be accepted the day of the event. **No adding of team members will be allowed the day of the event.**

**Floor Time – Dance** – Main floor time will be available on a limited bases at regional sites. See announcer for availability. At state, the main floor will only be used for team performances.

**Mat Time – Cheer** - Limited mat time will be available at regional sites. See announcer for availability. At state, the main mat will only be used for team performances.

**Coaches' Meeting** – There will be a coaches meeting on the day of competition. Last minute changes and rule enforcement information will be shared. **It is a coach's responsibility to attend this meeting.**

**Athletic Trainer** – A qualified athletic trainer is always present at the competition site for medical/physical concerns. Please bring your own first aid kit for taping and minor injuries.

**Admission – Regional Events:** \$5.00 per person, Children under 5 – Free

**Admission – State Events:** \$8.00 per person to include a state program, Children under 5 – Free

**Items for Sale** – Concessions will be available throughout the day. Please see [www.wacpc.com](http://www.wacpc.com) for preordering apparel. A limited amount of clothing will be available for purchase on the day of the event.

**Videotaping** – Coaches are reminded that parents and/or spectators may videotape **ONLY** their team. No videotaping will be allowed in front of or behind judges. DVD's are available for purchase for all events.