

2011-2012 COMPETITION INFORMATION

INTRODUCTION

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. Contact the site director with any questions. Contact the site director with any questions.

COMPETITIONS WILL NOT BE CANCELED DUE TO BAD WEATHER.

PURPOSE

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

Coaching ethics means 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

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.

COMPLETE RULES QUIZ

Quizzes need to be submitted no later than December 15, 2011 11:59pm CST

- All Star coaches are not required to take WACPC quiz.
- The head coach is required to take online rules quiz and pass with a score of 85% or higher prior to competing at WACPC events.
- Programs with multiple teams competing should have the head coach at EACH level complete quiz.
- The rules quiz will be testing coaches' knowledge of the NFHS Rules for Spirit Groups.
- The quiz link can be found on the Rules Interpretation page of the WACPC website.
- Quizzes will be also administered at district meetings.

COMPETITION RULES

- It is the coach's responsibility for completing and passing the rules interpretation test.
- Team Liability form 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.
- **Special time/performance order requests will not be accommodated.**

GENERAL SAFETY RULES

All WACPC members receive a copy of the National Federation Spirit Rules Book. All scholastic and rec teams competing with WACPC MUST follow all NFHS rules.

Please read the rule book carefully. Contact Technical Judge Coordinators, Alyssa Theobald at alyssa.theobald@yahoo.com or Amber Lawry at 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 the coach's responsibility as a coach to understand these rules, complete, and pass the Rules Interpretation test by December 15, 2012.**

NEW NFHS RULES FOR 2012

2011-12 Spirit Rules Changes

2-4-9d; 3-3-5c: Add d.

d. Hold objects in her/his hand(s). Rationale: If a spotter's hands are not free, the ability to spot safely is greatly diminished.

2-5-5g: Delete (c) Delete last phrase in (g) "therefore, all full pendulums require two bases."

Rationale: Eliminating (c) will allow the top person to land on her/his side. Removing the last phrase of (g) will allow a single-base full pendulum in which the top person drops to the side. These allowances do not present a greater risk than dropping face up or face down.

2-5-13c: Add EXCEPTION: A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary. Rationale: This stunt presents minimal risk to participants if adequate restrictions are in place.

2-6-2: Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat. Rationale: Prohibiting these tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-6-4c: Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.

a. same

b. same

c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat. Rationale: Prohibiting airborne twists during quick/load-in tosses from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-7-7c: Add c. and add Note

c. The top person begins from a cradle or the performing surface.

Note: A slight downward swing to prepare for an upward swing is permitted.

Rationale: Allowing a downward swing from a stunt higher than a cradle presents increased risk to the top person.

2-8-9b: A twist to a cradle is permitted only on grass (real or artificial) or a mat.

Rationale: Prohibiting all twisting cradle dismounts from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-9-5: Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of round-offs and aerial cartwheels. Rationale: Prohibiting twisting tumbling skills from being performed on hard surfaces is consistent with the NFHS focus on risk minimization.

2-14: Remove rule pertaining to vaults. Rationale: Rules pertaining to vaults are now covered in the Non-Release Stunts Section.

3-1-5: Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot. Rationale: Allowing additional styles of modern dance footwear does not present a significant risk. Dancing barefoot on a floor cover is considered appropriate.

3-2-10: When a prop used as a base has wheels, rounded surfaces (e.g., balls, barrels, etc.) or a flat bottom covered with fabric and is moving, a spotter is required.

Rationale: Flat-bottom props covered in fabric are often pushed or pulled around the floor and the top person on such props is at as much risk as those on props with wheels or rounded surfaces

NFHS PARTICIPANT APPAREL/ACCESSORIES GUIDELINES

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 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 to ensure every aspect of safety for the teams, coaches, organizations, and event facilities.

PENALTIES AND VIOLATIONS INFORMATION

- 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.

VIOLATION-WACPC	PENALTY
Ineligible participant	Disqualification
Missing Team Liability Form	Disqualification
Failure to meet 50% requirement (cheer dance)	Disqualification
Failure to meet 75% requirement (2 nd dance routine)	Disqualification
Failure to report to “in the hole”	5 points
Timing +/- 5 seconds	5 points
Unsportsmanlike conduct	5 points
IN HOLE VIOLATION – NFHS	PENALTY
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

JUDGING

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 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.

MUSIC

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, to avoid any penalties for delays.
- 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.
- **MP3 players maybe be accommodated at some sites, please contact site director PRIOR to the event.**

TIMING ROUTINES

When first called for performance, it is referred to as "in the hole", which means there are two prior performances. The second call is referred to as "on deck", which means there is one prior performance.

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.

***NEW IN 2012 – Dance teams will have a limit of 1 minute to take the floor (+/- 5 seconds for timing error). Timing will begin when the first athlete crosses the regulation court and will end when the team hits their beginning pose. Warnings will be given at regionals, with the 5 point deduction enforced at the state competition.**

Timing will begin with the first beat of music, sound, or choreographed movement and stops with the final sound. Entrances and exits are not judged and need 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

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.

DAY OF COMPETITION

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.

Team Liability Forms – All forms are to be mailed with your payment. Make sure all forms have required signatures. Failure to have Team Liability 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 - Mat time will be available on a limited bases 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-\$10.00 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 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.