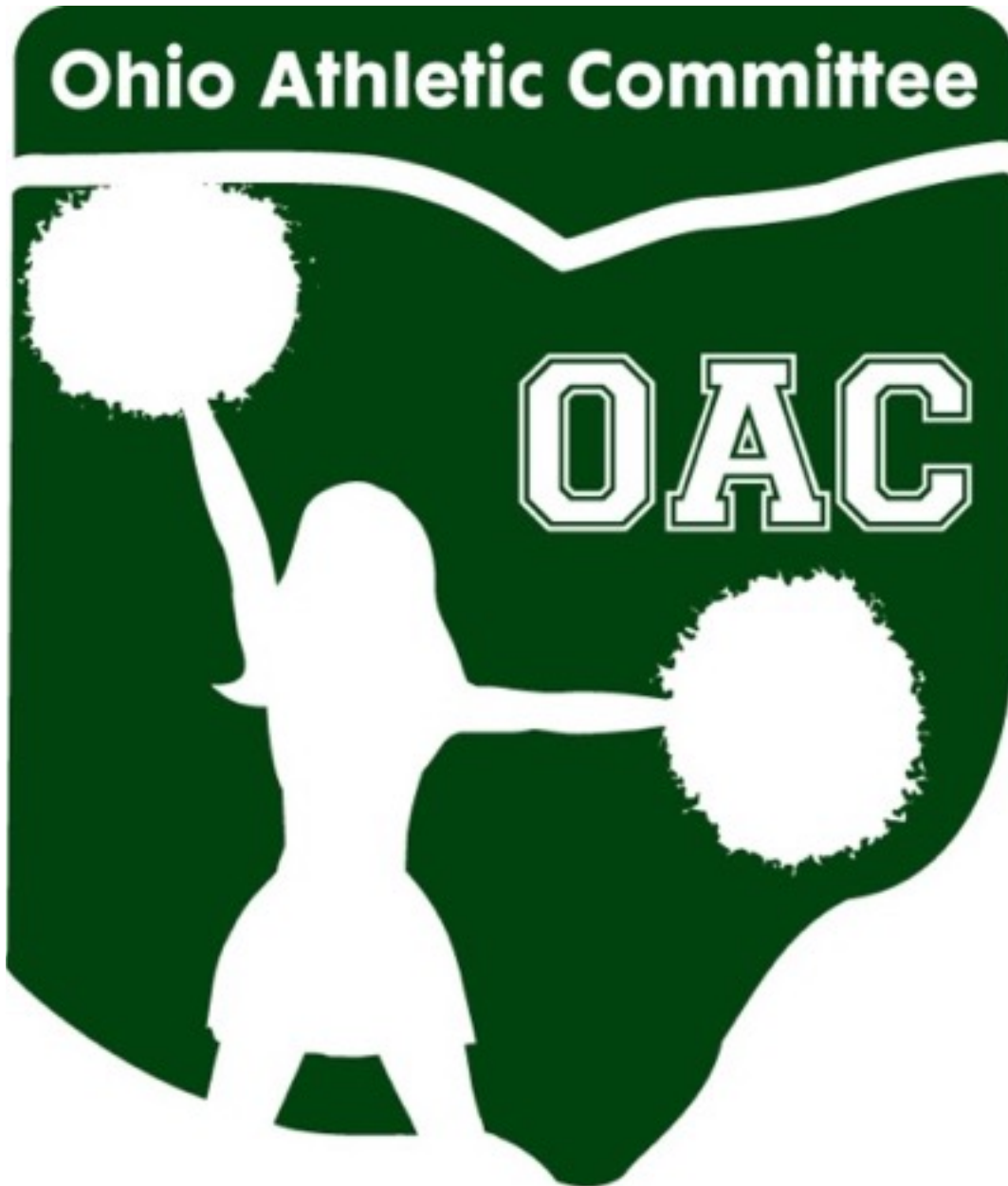
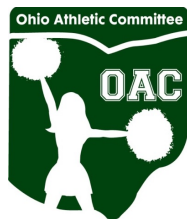


**2019 OHIO ATHLETIC COMMITTEE
CHEERLEADING STATE CHAMPIONSHIP
INFORMATIONAL BOOK**



**Ohio Athletic Committee Cheerleading State Championship
Worthington Kilbourne High School
1499 Hard Road
Worthington, OH 43235**



These pages contain OAC's information regarding classifications, categories, rules, regulations, and safety guidelines. For additional information and details, please contact Chelsea Golden, the event coordinator at cheer@ohioathletics.com.

SCHEDULE OF EVENTS

EVENT: Ohio Athletic Committee Cheerleading State Championship

LOCATION: Worthington Kilbourne High School

DATE: January 13, 2019

EVENT DIRECTORS

Welcome to the 10th annual Middle School and High School Cheerleading State Championships, hosted by the Ohio Athletic Committee. We're proud of all of Ohio's cheerleaders, especially these athletes who have decided to compete at this year's event. We hope that you enjoy this year's event, and while doing so, remain respectful of all of the competition staff, athletes, coaches, and fans.

We are always searching for ways to improve our OAC events, and welcome your respectful comments and suggestions. Your feedback is critical to our continuing efforts to offer top value competitive events for these athletes. The feedback survey is available anytime by email at info@ohioathletics.com.

On behalf of the Ohio Athletic Committee, I'd like to thank you for your continued support of Ohio cheerleading.

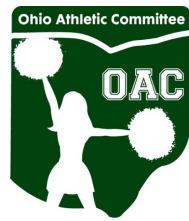
James Guerra
President, Ohio Athletic Committee Board of Trustees

I'd like to thank you for participating in the 10th Annual OAC Cheerleading State Championship! We are looking forward to another exciting event. OAC strives to make this championship memorable for everyone. We'd like to thank Worthington Kilbourne for hosting our 2019 event. We would also like to thank Varsity and UCA for promoting the event.

Competition t-shirts, bags, sweatshirts, and many other items will be available to purchase from Game Day Sportswear. Don't forget to buy your athlete their own State Championship t-shirt.

Good luck to all of the athletes that are competing today! Have fun, and do your best!

Kathy Noble
Event Director, Ohio Athletic Committee Cheerleading



Event Participation & Entrance Requirements

EVENT PARTICIPATION

The Ohio Athletic Committee's Cheerleading State Championships is an open competition, requiring no qualifier to participate. This event is open to all Ohio schools and youth recreational cheerleading teams.

ENTRY FORMS

Completed registration forms must be sent in by Friday, January 4, 2019. Upon signing the entry form, you have agreed that you have read, understood, and agreed to the competition rules and regulations, awards, penalties, and accept its content.

All new entries, additions or changes must be received in our office no later than 5:00 pm on Sunday, January 6, 2019. This is not a post marked due date, it is an in our office due date. NOTE: Entries are **not** official until all entry forms and fees have been received in our office.

FEES

Registration: \$20.00/athlete due by December 12, 2018.

Late Registration: \$30.00/athlete December 13, 2018 - January 4, 2019.

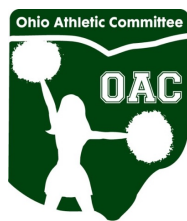
CANCELLATION POLICY, CHANGES & REFUNDS

The following cancellation policies shall apply:

- Cancellations prior to December 12, 2018 will receive a Full Refund.
- Cancellations between December 13 and December 31: Funds will be applied to OAC 2020 Event.
- There is absolutely No Refund after December 31. There will be no exceptions.
- There are absolutely No Refunds for teams or participants that no-show to the event.

INCLEMENT WEATHER POLICY

If OAC chooses to cancel an event due to inclement weather, and it is not rescheduled, you will receive a full refund. Otherwise, if the facility is open, the event will proceed. No refunds will be made for teams that choose not to attend.



SCHOOL DIVISIONS & LEVELS

There is a 36-member limit on all Middle School and High School teams. No cheerleader may represent more than one school team. Ohio Athletic Committee (OAC) reserves the right to separate, combine, or close divisions at any point prior to the event.

SCHOOL DIVISIONS

High School- Large: 197+ females registered in grades 9-11 (As of June 8, 2017. Division divided on OHSAA Girls Basketball).

High School- Small: 196 females and under registered in grades 9-11 (As of June 8, 2017. Division divided on OHSAA Girls Basketball).

Middle School: 8th grade and below. (Note: 9th grade athletes are only allowed if the 9th grade class is housed in the school the team is representing and only a minority of the team are 9th graders. If a majority of the team are 9th graders, then the team must compete in the High School Small or High School Large division).

LEVELS

NON-MOUNT NOVICE

- **Tumbling Allowed:** Forward and backward rolls, cartwheels, handstands, front and back walkovers, and round-offs. *The listed skills are permitted, but not required in this division.*

NON-MOUNT INTERMEDIATE

- **Standing Tumbling Allowed:** standing back handspring, standing back handspring series, jump to back handspring(s).
- **Running Tumbling Allowed:** Cartwheel back handspring, Round-off back handspring, round-off back handspring series, specialty passes beginning with front walkovers or back handspring step-outs, round-off back handspring tuck, round-off tuck.

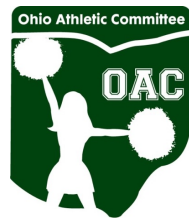
NON-MOUNT ADVANCED

- **Standing Tumbling Allowed:** Standing back handspring back tuck, jump to back handspring back tuck, standing back tuck, jump to back tuck, standing specialty pass to layout or full, standing full.
- **Running Tumbling Allowed:** Cartwheel back tuck, Round-off pike/layout, round-off back handspring layout, round-off back handspring series to layout, round-off back handspring full, and speciality pass to full. Front tucks, Arabians, and half twist step-out are permitted. **Double full twists are not permitted.**

SELECT TUMBLING AND STUNTING

- All tumbling and stunting allowed following AACCA safety rules and regulations.

ALL TUMBLING AND STUNTING MUST FOLLOW AACCA SCHOOL SAFETY RULES, AND MAY BE FOUND ON THEIR WEBSITE: www.AACCA.org.



GUIDELINES FOR COMBINING/SPLITTING TEAMS

OAC provides guidelines for COMBINING and/or SPLITTING teams in the best interest of providing a competitive environment. Whenever possible, there should be at least two teams in any given division or level. However, where there are not permissible combinations thus having a level that may only have one team.

When To Combine Divisions/Levels

- A combination may be applied if there is one High School- Large and/or one High School-Small team in the same level.
- After the level is combined, OAC must follow the mandatory split guidelines if applicable.
- If there is only ONE High School-Large team competing, then the High School-Small teams and one High School-Large team must be combined into one High School division (i.e. Three High School-Small Intermediate teams and one High School-Large Intermediate team = Four High School Intermediate teams for the competition).

Prohibited Combinations:

- **Teams of different levels may not** be combined into one division (i.e. Intermediate vs. Advanced)
- **High School and Middle School teams may not** be combined into one division.

When To Split Divisions/Levels

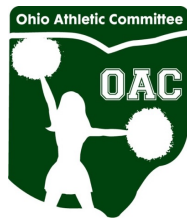
- If there are 10 or more teams in any of the levels, then the level **may** be split further by team size within the previous splits. OAC may use a name such as “Group A” or “Group B” to denote the split and must clearly define the number of competitors permitted on the team for each of these particular levels.
 - Group A: 5-14 athletes
 - Group B: 15-22 athletes
 - Group C: 23-30+ athletes
- If the level is unable to be split into Group A and Group B because there is one team with 23-30 athletes but there are enough teams to split the level into Group A and Group B, OAC **may** split according to the following team sizes:
 - Group A: 5-14 athletes
 - Group B/C: 15-30+ athletes

CHEERLEADING SAFETY/ USASF GUIDELINES

TIME LIMITS

School Teams 2:30

Teams may elect to perform any of all of their routine to music. Timing does not include entering positioning or exiting the performance floor. Time will begin with the first beat of the music or the first word of the teams cheer.



PERFORMANCE ORDER

The tentative general schedule will be sent via e-mail approximately 10 days prior to the event by the event coordinator. The tentative performance order will be sent via e-mail approximately 7 days prior to the event by the event coordinator. The final performance order will be sent via e-mail 3 days prior to the event by the event coordinator. We encourage you to not print or post any schedules to your program until the word "FINAL" appears on the performance order.

PERFORMANCE FLOOR

All teams will perform on a 42 feet deep by 54 feet wide non-spring floor.

WARM-UP

Each team will receive an official warm-up time. Teams are encouraged to report to the practice area no sooner than 10 minutes prior to this time. All teams will receive a six minute warm-up on a 42 feet deep by 54 feet wide non-spring floor. Teams will also receive a six minute warm-up on a non-spring tumble strip.

PROPS/HAZARDOUS MATERIALS

The only props that are permitted are poms, megaphones, flags, banners, and signs. The use of mini trampolines, springboards, bells, hats, or any other props are not permitted.

MASCOTS AND CHARACTER COSTUMES

The use of mascots and character costumes are permitted for performances at the OAC Cheerleading State Championship.

ROUTINE CHOREOGRAPHY

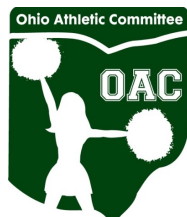
Suggestive, offensive, or vulgar choreography that is deemed inappropriate for family audiences will be penalized. Choreography be appropriate for all ages. Vulgar or suggestive material is defined as any movement or choreography that is implying something improper or indecent, sexual in context or utilizes profane gestures. Costuming should be appropriate for all performers.

MUSIC REQUIREMENTS

- **All cheerleading music routines MUST be properly licensed. Each team must submit a Music Certification document.**
- **Under U.S. copyright law, no teams are permitted to create a re-mix, mash-up or medley without proper written authorization from copyright owners.**
- **These guidelines are as of June 16, 2016. If you have any questions, coaches should email info@usacheer.net. Please check their "Preferred Provider" list for updates and changes.**

All music should be recorded on a high quality CD **and** mp3. Coaches should have a back up version of music as well. Music should be appropriate for all ages, and free from inappropriate language and context. The music should be cued and clearly marked with your teams name.

A sound technician will control the system, however, a team representative will be required to operate your music. This person must stay at the music table throughout the teams entire performance.



SCORING AND SCORE SHEETS

A four-member panel of experienced and qualified judges will serve as the judging panel for this event. These judges are not employees of OAC nor do they hold any permanent affiliations to OAC. Scores may vary slightly between events, but our judges are reminded to retain objectivity. **Please note**, due to the fast pace of today's routines, it may be possible that some deductions or safety violations during our OAC event may be missed. We do our best to prevent this from occurring. This does not mean that they are legal, and that your team will not be called for them during another event.

The four scores from our judges will be added together and then divided by four to find the average score. Then, deductions will be added in to determine the final score. Score sheets will be available following the awards ceremony in the judges room

One coach is permitted to review and potentially discuss scores and/or deductions following receiving score sheets. You will have no more than 5 minutes to discuss your team's scoring ranges and/or deductions with a judge. After this time, no further changes in scores will be made.

AWARDS CEREMONY

The awards ceremony will take place once all teams in the middle school and high school divisions compete. The second and third place teams in each division will receive a championship plaque, and the first place team will receive a championship trophy. The team with the highest score in Middle School, High School- Small, and High School- Large will be awarded a high point banner and high point jackets.

USASF

As a coach, it is your responsibility to be knowledgeable of and to adhere to the Ohio Athletic Committee Safety Guidelines. You may email any questions concerning safety guidelines, rules, and regulations to the Event Co-Director, Chelsea Golden at cheer@ohioathletics.com. Spotters will NOT be provided by the Ohio Athletic Committee. Your routines should be self-spotting. The Ohio Athletic Committee **WILL NOT** be responsible for any injury as a result of a performance.

USASF SAFETY GUIDELINES can be found at www.usasf.net