

**2022 OHIO ATHLETIC COMMITTEE
CHEERLEADING STATE CHAMPIONSHIP
RULES AND REGULATIONS**



**Ohio Athletic Committee Cheerleading State Championship
Marysville High School
800 Amrine Mill Road
Marysville, OH 43040**



Information for the OAC Cheerleading State Championship is derived from the OHSCCA Best in the State. For questions, please contact Chelsea Golden at Cheer@ohioathletics.com.

SCHEDULE OF EVENTS

EVENT: Ohio Athletic Committee Cheerleading State Championship

LOCATION: Marysville High School

DATE: January 9, 2022

EVENT DIRECTORS

Welcome to OAC's Junior High 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 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 Marysville High School for hosting our 2022 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 Junior High and High Schools.

- Athletes must be a current student of the official school spirit squad.
- Athletes must attend the school they are representing.
- All High School teams are eligible to compete. Varsity team members may include any participants from your sideline school team including, freshman, JV, or Varsity members.
- Teams must abide by the Division and/or squad size (see Divisions).
- No All-Star teams are eligible to compete.
- Participants may compete with up to three (3) teams at OAC. Athletes may not be listed on more than three rosters.

ENTRY FORMS

Completed registration forms must be sent in no later than Monday, January 3, 2022. 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.

Please make checks payable to Ohio Athletic Committee and sent to:

**PO Box 1153
Sandusky, OH 44871**

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.

REGISTRATION FEES

Game Day Routine

- \$15.00/athlete

Traditional Routine

- Early Registration: \$20.00/athlete due by December 10, 2021.
- Late Registration: \$30.00/athlete December 11, 2021 - January 3, 2022.

CANCELLATION POLICY, CHANGES & REFUNDS

The following cancellation policies shall apply:

- Cancellations prior to December 10, 2021 will receive a Full Refund.
- Cancellations between December 11 and December 31: Funds will be applied to OAC 2023 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 Junior High 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 based on registrations.

SCHOOL DIVISIONS

High School- Large: 194+ females registered in grades 9-11 (As of June 3, 2019. Division divided on OHSAA Girls Basketball).

High School- Small: 193 females and under registered in grades 9-11 (As of June 3, 2019. Division divided on OHSAA Girls Basketball).

Junior High- Large: 13 participants or more.

Junior High- Small: 12 participants or less.

These divisions will be further split into A or B if there are 10 or more in a division. OAC reserves the right to combine appropriate divisions.

LEVELS

- Building
- Non-Building
- Non-Tumble/Non-Building
- Game Day

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 School- Large and/or 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 School-Large team competing, then the School-Small teams and one School-Large team must be combined into one School division (i.e. Three High School-Small Building teams and one High School-Large Building team = Four High School Building teams for the competition).

Prohibited Combinations:

- **Teams of different levels may not** be combined into one division (i.e. Building vs. Non-Building)
- **High School and Junior High teams may not** be combined into one division.

When To Split Divisions/Levels

- If there are 10+ teams in any of the levels, then the level will 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: 12 participants or less.
 - Group B: 13 participants or more.



- If a level has 9 teams or less, it will not split Group A and Group B. If any drops or adds affect the numbers the week prior to the event, the levels will stay combined or split. This will cause too much change for everyone.

OAC EVENT INFORMATION

Any questions concerning the rules or procedures of the competition will be managed exclusively by the teams coach and will be directed to the competition director. These questions should be made prior to the teams competition performance.

MUSIC REQUIREMENTS

- **All cheerleading music routines MUST be properly licensed. Each team must submit a Music Certification document or Proof of Purchase.**
- **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.**
- **Visit the “Music Copyright Educational Initiative” website at www.usacheer.org/music for more information.**

Each team is required to have a responsible adult remain at the music station that knows the routine and music. Athletes/alternates are not permitted.

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.

Devices should have a headphone jack to connect to the sound system, should be fully charged, volume turned up, and place on airplane mode.

PERFORMANCE ORDER

A general schedule will be emailed to all coaches approximately 7-10 days prior to the event. A tentative performance order will also be emailed to all coaches approximately 5-7 days prior to the event. The final performance order will be emailed to all coaches 3 days prior to the event. We encourage you to not print or post any schedules to your program until the word “FINAL” appears on the performance order.

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 6-minute warm-up on three different sections.

PERFORMANCE AREA

- All teams will perform on a 42 feet deep by 54 feet wide non-spring floor (9 strips).
- Participants must start on the competition floor with at least one foot on the ground.
- Stepping outside or touching outside of the mat will cause the team to receive a **0.5 deduction per occurrence**.
- Props may be placed off the mat. These include poms, megaphones, flags, banners, and signs.



TIME LIMITATIONS

Each routine must include a cheer section that may include a cheer and/or chant or combination of both. **The music portion must not exceed 1:30.**

- **Total time limit is 2:30.**

Time will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement

If a team exceeds the time limit, a penalty will be assessed for each violation. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time.

- **1 Point Deduction:** 1-2 seconds over
- **2 Point Deduction:** 3-5 seconds over
- **3 Point Deduction:** 5-7 seconds over
- **5 Point Deduction:** 8 seconds or more over

SCORING AND SCORE SHEETS

A 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.

Judges will score teams using criteria on the OAC score sheet. These score sheets are derived from the OHSCCA Best in the State. Deductions or violations will be taken off the score sheet to come up with the final score.

Score sheets will be available for coaches following the awards ceremony in the judges room. Final rankings will be emailed to all coaches on Monday following the competition.

AWARDS CEREMONY

The awards ceremony will take place once all teams in the Session 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 Junior High, High School Small, High School Large, and Game Day (Junior High and High School will be combined for 2022) will be awarded a high point banner and team gift.



RULES AND VIOLATIONS

SAFETY GUIDELINES

As a coach, it is your responsibility to be knowledgeable of and to adhere to the Safety Guidelines.

- Teams must comply with NFHS rules (www.nfhs.org/activities-sports/spirit).
- All coaches for building teams must be USA Cheer (AACCA) certified and follow USA Cheer (AACCA) guidelines. Visit their website for more information (www.usacheer.org/safety/rules).
- **15 Point Deduction:** Tumbling over/under/over legal rotations/dive rolls/knee drop.
- **1 Point Deduction:** Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. Props may not be thrown (become airborne).
- **0.5 Point Deduction:** Stepping outside or touching outside of the mat.

The Ohio Athletic Committee **WILL NOT** be responsible for any injury as a result of a performance.

UNIFORMS

Violation of any will result in a 10 point deduction.

- Uniforms must cover the midriff when standing.
- Must have an element that is identifiable to your school - colors, logo, letters, mascot, etc.
- No jewelry.
- No face or body glitter.

SPORTSMANSHIP

Violation of any will result in a 10 point deduction.

- Participants agree to conduct themselves in a manner displaying good sportsmanships throughout the competition with positive presentation upon entry and exit from the performance area, as well as throughout the routine.
- The coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly.
 - Routine choreography should be appropriate and entertaining for all audience members. Suggestive, offensive, or vulgar choreography is not allowed.
 - Inappropriate choreography, uniforms, makeup and/or music may affect the judges overall impression and/or score of the routine.

INTERRUPTION OF PERFORMANCE

UNFORSEEN CIRCUMSTANCES

- If, in the opinion of the competition officials, a teams routine is interrupted because of failure of competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
- The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

FAULT OF TEAM

- In the event a team's routine is interrupted because of the failure of teams own equipment, the team must either continue the routine or withdraw from competition.
- The competition officials will determine if the team will be allowed to perform at a later time.
- If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point of where the interruption occurred.



INJURY

- The only person that may stop a routine for the injury are any of the following:
 - Competition officials OR
 - The coach from the team performing OR
 - The injured individual
- Competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again and its entirety but will it be evaluated **ONLY** from the point of where the interruption occurred.
- The injured participant that wishes to perform may not return to the competition floor unless:
 - Competition officials receive clearance from, first, the medical personnel, the parent (if present), THEN the head coach of the competing team.
 - If the medical personnel does not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs and return to participation waiver.
 - Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athletes should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

GAME DAY

GAME DAY ROUTINES: THIS IS SPECIFICALLY TO SHOWCASE YOUR GAME DAY SPIRIT AND CROWD LEADING SKILLS. THERE ARE NO RUBRICS FOR GAME DAY ROUTINES.

Teams may add up to one (1) mascot in their Game Day Routine. The mascot must enter the floor with the team and should be used to raise crowd energy and participation. The mascot is not allowed to be involved in any stunts/technical skills and/or tumbling and should position themselves away from skills being performed. The mascot will not count towards the total number of participants allowed.

GAME DAY INFORMATION

1. The Game Day Championship showcases what traditional cheerleading is all about- leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper Game Day skill incorporations/ performance, motion/dance, and overall routine.
2. The performance will follow this order: Band Chant, Situational Sideline, Cheer, followed by the Fight Song.
3. The use of crowd leading tools such as signs, poms, flags and/or megaphones is required.
4. The incorporation of stunts and tumbling are only allowed during the fight song, sideline, and cheer and any time prior to starting the performance. Stunts are not allowed as a transition before or between sections. This would include the team's entry to the floor, between the sideline and cheer, and any time prior to starting the performance.



5. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the Fight Song repeats, the incorporation will only be allowed both times if it is repeated the same both times. Counting will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count.
6. The Band Chant should have an emphasis on crowd appeal and practicality- No stunting or tumbling is permitted, however jumps and kicks are allowed. The incorporation of stunts and tumbling are only allowed during Fight Song, Sideline, and Cheer.
7. All team breaks, rituals and traditions need to take place prior to entering the mat.
8. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance. Example: stunts, running of the flags, chest bumps, hugs, handshakes, etc.
9. There should not be any organized exits or other activities after the official ending of the routine.
10. In between elements, teams must always return to the performance surface. Teams may kick, jump, or tumble but may NOT stunt. *I.e.: Teams can begin tumbling during spirit AFTER the Band Chant, and between elements (Band Chant to Sideline, Sideline to Cheer, Cheer to Fight Song). We do not recommend tumbling before the Band Chant because if the coach starts the music as someone is tumbling, it could count as tumbling during the band chant which is not allowed.*
11. Following completion of the Band Chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
12. Each section will be combined for the final score.
13. Each section should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the Game Day feel. Stunts are not allowed as a tradition before/between sections, this would include the teams entry to the floor and any time prior to starting the performance.
14. Traditional Game Day uniform is required.

GAME DAY SKILL(S) RESTRICTION

- No tosses (basket, sponge, or elevator) are allowed.
- No inversions are allowed.
- No twisting released dismounts are allowed.
- No running tumbling is allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled single back handsprings would be allowed. Jump tumble (single skill) would be allowed.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. (Example: running of the flags, chest bumps, intricate handshakes). Stunts are not allowed during the teams entry to the floor or any time prior to starting the performance.



- In between elements, teams must always return to the performance surface. Teams may kick, jump, or tumble but may NOT stunt.
- During the Band Chant, only kicks and jumps are permitted.

For any clarification or interpretation of the above safety guidelines, please email OHSCCA@gmail.com and state that you are attending the OAC 2022 Cheer State Championship.

**ALL TEAMS ARE REQUIRED TO SIGN, DETACH, AND RETURN
THE BOTTOM SECTION OF THIS FORM.**

We have reviewed the Rules and Regulations with the entire team and we hereby accept the Rules and Regulations as a fair and integral part of the competition and agree to adhere to the rules, policies, and procedures contained herein.

SCHOOL

DATE

DIVISION

CITY/STATE

COACH SIGNATURE

ADVISOR/PRINCIPLE SIGNATURE