

## **SECTION 18 – GUIDELINES FOR *SPIRIT TEAMS*** ***(Cheer/Pom/Dance)***

- A. Spirit Teams must be designated by each school as a member of their Spirit Team squad.
- B. Spirit Teams will follow the school athletic codes and Southern Lakes Conference rules and regulations.
- C. Spirit Teams shall be present and stand at attention during the Star Spangled Banner.
- D. Spirit Teams are not to be on the floor during warm-ups, but organized cheers are allowed on the sidelines.
- E. Duties of Spirit Teams:
  - a. Promote sportsmanship
  - b. Display courtesy to the visitors
  - c. Promote crowd control.
  - d. Lead cheers for student and spectator response:
    - i. Cheers should be in good taste.
    - ii. Cheers should not be directed to other teams or individuals.
- F. Spirit Team advisors shall hold a meeting in November to coincide with the fall coaches' meeting. Minutes shall be taken and given to the chairman of the Athletic Directors. Conference by-laws and guidelines shall be reviewed at the meeting.
- G. Spirit Team advisors shall review team rules and regulations. During the games, Spirit Teams shall follow W.I.A.A. regulations for floor position.
- H. Mascots are considered to be part of the Spirit Team.

### **SLC Cheer/Dance Competition Bylaws**

**Location:** Location of the conference Competition will be rotated between each school in the Conference. Rotation will be determined by the SLC Host Rotation Sheet.

Every school should have an opportunity to host the Conference Meet.

If the host school does not have a venue appropriate for this type of competition, the host school may "host: the competition at another conference school that is more conducive to this type of event.

The host school needs to provide two full 9-panel cheer floors for the conference meet.

**Dates:** The Conference Competition will be held on either the first or second Saturday in January based on the host school's availability. The competition will begin at 9:00 a.m.

**Rules/Regulations:** The Conference Competition will follow NFHS Spirit Rules and will abide by WACPC guideline for time limits and scoring procedures.

**Judges:** Judges will be booked by the host school through WACPC.

There will be a panel of 8 judges. The judging breakdown is: 4 Cheer Judges, 3 Dance Judges, and 1 Tech/deduction Judge.

Each Judge will receive a \$120.00 flat fee. There will be no pay for mileage. *(This is an increase from \$75.00 in 2014-2015)*

Judges will decide the best place to sit when judging the competition.

Judges will provide copies of their scoring sheets for coach's review. The host school will provide an individual to assist with the tallying. The tallying will be completed somewhere in the gym but in full view of the coaches and fans. The final tally sheets given to the coaches will be a "clean" copy.

Announcement of individual and team winners will be limited to the top 3 in each division. The host school will provide a spreadsheet of the scores and judging sheets available to the coaches immediately following the competition.

**Financial Responsibility:**

After competing the competition and total the costs of the DJ, judges, and other miscellaneous cost, the host school will divide the expenses equally among the eight schools and send an invoice for that amount to the schools.

**Awards:**

JV Team Cheer: First Place only will receive a certificate.

JV Team Dance: First Place only will receive a certificate.

Note: Host school will provide the certificates.

Varsity Cheer Team: First Place Only: Conference Trophy.

Varsity Dance Team: First Place Only: Conference Trophy

Cheer Stunt Group: First Place Only

Dance Small Group: First Place Only

All-Conference Individual (Cheer and Dance): 3 Places (gold, silver, bronze)

**General Information:**

Tentative participants in each event will be sent two weeks before the Conference Meet to the host school.

The type of DJ provided for the Conference Meet will be determined by the host school.

No scheduling changes will be allowed after the Wednesday before the competition unless it is an emergency.

Each performance will be given a scheduled warm-up time (small group and stunt group limited to three minutes) and performance time. If a team does not show up to assigned warm-up time at the assigned time, teams will not be given extended time or moved to a different time.

Whenever possible a larger area for stunt warm-up will be provided by the host school.

Competition performance order will be determined by random drawing by the host coaches.

Following the Cheer portion of the competition, the floor will be picked up with a short intermission and the competition will continue with no break for lunch.

Awards for both the Cheerleading and Dance will be awarded in one ceremony following the final Dance performance of the day.

Scoring sheets will be provided for all competitions. This will include team, stunt and individual.

The host school will perform last in the team division only.

**Team Cheer Layout:**

Competition will be held on a 9-mat cheer floor. A wrestling mat does not serve as the performance floor. The warm-up floor for cheer needs to be a cheer mat.

The routine is limited to 2:30 minutes.

### **Cheer Stunt Group:**

All girl stunt groups will be limited to 4 athletes. Co-ed Stunt groups will be limited to 2 athletes and a spotter.

There will be no separate divisions. The highest scoring stunt group of the day will be the champions.

All cheer teams will be judged on the All-Girl Score Sheet regardless of non-stunting or co-ed status.

Time limit will be 1:00 minute.

Stunt groups will be limited to 2 groups per school.

Accommodate a larger for stunt warm-ups when ever possible.

### **All-Conference Cheer:**

Each coach may nominate up to 3 athletes to represent their team.

Requirements include one cheer that leads the crowd, 2 jumps (one required toes touch and one choice) a dance, and tumbling.

Time limit is 1:30 minutes.

### **Dance Team Layout:**

Host school must provide a regulation basketball court for the dance team competition.

The team dance must be a traditional Pom routine per WACPC guidelines.

### **Small Group Dance:**

Each group may consist of 2-5 members.

Each group should specify the appropriate score sheet (kick, jazz, funk or pom) to be used.

There will be no separate division. The highest small group score of the day will be the Champion.

Time limit will be 1:30 minutes.

Small group dance will be limited to 2 groups per school.

**All-Conference Dance:**

Each coach may nominate up to 3 athletes to represent their team.

The athlete may wear any apparel that suits the type of routine they are performing. Apparel must fall within approved NFHS and WACPC guidelines. A team uniform is not required.

Time limit is 1:30 minutes.

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