

CALAIS RECREATION DEPARTMENT
2022 MAINE STATE JHS/ELEMENTARY CHEERING CHAMPIONSHIPS
P.O. Box 413, Calais, ME. 04619

Event Date: March 5th, 2022

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You are cordially invited to the 26th Annual Maine State JHS/Elementary Cheering Championships to be held on SUNDAY, **March 5, 2022** at 10:00AM at the Cross-Insurance Center in Bangor. This special cheering event is organized and directed by the Calais Recreation Department. In this year's format, the coach is able to select the class & division that are most appropriate for their team. Each team is required to perform skilled elements in each officiated category and within the limitations of the class/division in which they are competing. Routines should not exceed 3 minutes in duration. The guidelines for each division are attached and must be carefully followed to avoid possible deductions. **ONCE THE PERFORMANCE SCHEDULE HAS BEEN FINIALIZED, THERE WILL BE NO CHANGING CLASSES.**

The competition rules are enclosed and we follow all National Federation Spirit rules. For your reference, you may wish to obtain the 2022-2023 National Federation "Spirit Rule Book" or you can download the NFHS Spirit App for your phone – <https://nfhs.org/sports-resource-content/nfhs-rules-app-information/>.

Enclosed is the entry form that you will need to complete for this competition. The entry fee for each squad is **\$75**, and should be returned with the completed entry form no later than **Friday, February 17th, 2023**. **A \$25 late fee will be applied for registration forms received after February 17th.** The final schedule (order of events & further information) will be e-mailed to all teams no later than **Monday, February 27th.**

This season we plan to limit the event to the first 60 registered teams. Entries will be accepted as received. At the Maine State Competition, we offer divisions for all types of cheerleading teams...town recreational teams, school teams, club teams. See the explanation of divisions and levels in the Competition rules below to determine your teams' correct division. If you have any questions regarding your division, contact Craig Morrison at the Calais Rec Department for clarification.

Because many teams and event staff arrive in Bangor the night prior to the competition, we attempt to have no storm cancellation. Please be sure to make early travel and/or overnight accommodation arrangements as needed!

Once again, we thank you for your interest in this year's competition and we look forward to your participation.

Sincerely,

Craig Morrison
Calais Rec Director

COMPETITION INFORMATION AND RULES:

1. We follow NFHS Safety Rules for both male and female athletes, including but not limited to Rule 2.1 General Risk Management (ex: hair must be tied up) AND Rule 3.1 Cheerleader Apparel / Accessories (ex: apparel must be appropriate, midriff must be covered, etc.). All divisions younger than the Junior High have additional guidelines. ***Please adhere to the rule book and competition guidelines, as infractions could cost your team penalty points.***
2. A set of certified officials will judge the Maine State JHS/Elementary Cheering Championships. Each team will compete in one scored performance. All decisions of the officials are final.
3. A certified trainer will be in attendance.
4. Teams may include up to 20 members.
5. Each coach will be responsible for completing the "Coaches Sign-in Sheet" at the Registration Table upon arrival at the competition.
6. For safety, the performance surface will be a 42' x 42' carpeted gymnastics mat. There will also be a safety check/warm-up area that will have an additional 42' x 42' carpeted mat. The tapelines will be vertical with one centerline down the mat and across horizontally in the center to form a +.
7. Routine must include a cheer (long enough to effectively judge voice), team dance, team jumps, partner stunts / pyramids (according to guidelines attached) and tumbling.
8. Teams may perform a choreographed routine not exceeding three minutes. The timing begins on the first sound or movement after being announced. Routines will be scored from the moment the routine begins until the last timed motion. The penalty officials will review a routine from the moment the team steps onto the mat until the team exits the mat. This will include dismounts of stunts or stunts in the routine that are not timed and anything else that may occur during this time.
9. Basket tosses and launches are **NOT PERMITTED** for any youth/middle school team **AND double twist dismounts are illegal**. The total number of twists from dismounts may NOT exceed more than 1 - 1 1/4 rotations.
10. SPOTTERS MUST have direct, weight-bearing contact with the performing surface and be in the proper location to protect a top person's head, neck and shoulders. **The spotter must remain visually focused on their top person.** Please train to this! This is the largest deduction given for youth teams.
11. Team members may start the routine from any position but must have at least one foot on the mat.
12. CD's should be ready to go before the start of the competition. (We would request that each squad make two **quality CD's** in case one doesn't work.)
13. Team music must comply with US Copywrite Laws.
14. Routine music should not contain inappropriate lyrics and should be suitable for family audiences.
15. NEW: If your music does not start at the beginning of the routine, a coach / assistant coach MUST be near the DJ to cue them as to when to start your music.

16. Reminder: There will be no pre-cheers allowed on the mat. IF a team wants to do this, it must be done out back before they line up on the back of the mat. Ex: "3-2-1 Team Name!" This must be done BEFORE taking the mat for your performance. NEW: There will be a 3-point deduction for teams that do pre-cheers on the mat.
17. After being announced ("que") the routine may start with music, a cheer, or by another scored element. Any of these actions will start the time.
18. Each team will be announced and can start their routine or music as soon as they receive their que to start. Do not begin before the "que." Each team will be announced as follows:

Example: " _____ may take the floor"
 "Getting ready is _____"
 "On deck is _____"
 "And next to perform is _____"

Que to Start: "Now performing is _____"

19. A Coaches' Box will be provided for Coaches ONLY that is situated on the left corner of the mat. Coaches must remain in the designated Coaches Box. Exception: Only coaches for the Rising and Tiny divisions will be able to sit/kneel at the front of the mat, if needed. Coaches MUST be low enough so officials can see the full routine. Teams from same facilities will not be allowed to cheer teams on from the side of the mat and should remain in their seats to support their fellow athletes.
20. A routine will be stopped due to physical OR technical hazards. NOTE: If a physical hazard (bodily fluids, injury, etc.) or technical hazard (mat separation, music issues, etc.) occurs, the routine will be stopped immediately and the hazard /injured athlete will be addressed. Team will immediately leave the mat and then perform their entire routine at the end of the round. Officials will begin scoring from the original point of interruption. Note: Officials do not know your music or always know if an athlete is injured. Please let the safety official know if there are any issues so we can stop the routine or in the event of injury, encourage injured athletes to 'take a knee' or stop performing.
21. Scores are based on performances at that day's event compared to other teams in the division. Teams will notice a variance in scores from event to event.
22. NEW: Teams will have six (6) minutes for warm ups at all competitions.
23. Tie Breaker – Least number of deductions to break the tie. IF a tie still exists, the team with the highest Execution Scores (combined) from the four (4) categories (tumbling, stunts, pyramids, jumps) to break it.
24. The penalty for exceeding the time limit is -1 point for every second up to 5 seconds. -10 points will be applied for any routine exceeding 3:05.
25. Coaches should **arrange, in advance, a location for athletes to meet up with parents** at the end of the morning session to pick up their children. No one other than competing coaches, cheerleaders and official will be allowed behind the dividing curtain which separates the competition floor from the warm-up and locker room area.

REGISTRATION AND EVENT INFORMATION

The fifteen classes and divisions for the 2023 competition are listed below. The coach will select the class that best represents the grade level and abilities of their team. Examine the attached guidelines regarding each class/division, and note your selection on the registration form. The class selected should reflect the grade of your oldest participant. **Once submitted, there will be no changes in a team's division, unless approved by the event supervisor and the head judge. The Calais Rec Dept. reserves the right to place teams where we see fit.**

There will be **two divisions** at the Maine State Cheerleading Competition in 2023. One will be for **Rec/School** teams and the other will be for **Gym/Club** teams. The **Gym/Club** Division was created to allow cheer gyms and cheer clubs an opportunity to compete in the Maine State Cheering Championships. A **"Gym/Club" team is one that is composed of athletes, often from different towns, that pay a fee to be member of the team and typically practice year-round.** In fairness to all, be sure to sign your team up in the correct division. If you have any questions regarding your division, contact Craig Morrison at the Calais Rec Department for clarification.

NOTE: For the Northern Mixed divisions, you must have representation of at least three (3) of the six (6) grades on your team in order to compete in this division. This division is for the small schools who need to take athletes from multiple grades in order to field a team.

NOTE: Cheerleaders may no longer cheer up a division.

<u>CLASS</u>	<u>GRADES</u>	<u>DIVISION</u>
Rising Stars	Pre-K -2	1
Shooting Stars	Grades 2-4	2
Shooting Stars	Grades 2-4	1
Shining Stars	Grades 4-6	2
Shining Stars	Grades 4-6	1
Northern Stars Mixed	Grades K-5	1
Northern Stars Mixed	Grades 3-8	2
Northern Stars Mixed	Grades 3-8	1
JHS/Middle School	Grades 6-8	2
JHS/Middle School	Grades 6-8	1

<u>GYM / CLUB DIVISIONS</u>	<u>AGES</u>	<u>DIVISION</u>
Tiny Division	Ages 5 & U	1
Mini Division	Ages 8 & U	1
Youth Division	Ages 11 & U	1, 2
Junior Division	Ages 14 & U	1, 2
Senior Division	Ages 18 & U	1

Confirmations will be mailed as they are received and starting times will be mailed to accepted teams within one week following the close of registrations on **February 21st** (or until the 60-team limit is full). If a team registers after the sixty- team limit, they will be notified at once. There are no refunds, unless a team is refused entry.

All teams must be in the Cross-Insurance Center at least 1 hour prior to the start of the competition that will begin at 10:00 AM. Only two coaches and their squad members will be admitted through the team entrance. Everyone else will be required to enter from the front doors starting at 8:30 AM. A final order of events with check in times, warm-up schedule and coaches meeting times will be emailed to coaches within one week following the close of registrations on **February 21st**.

Spectators will use the front doors that will open at 8:30 AM. Admission to the event - adults \$10.00 and students \$6.00.

Competition results and score sheets will be made available to all coaches at the end of the event.

State Cheerleading Championship shirts will be on sale for \$15.00 each. Preorders are available by emailing your order to calaisrec@calaismaine.org. During the past two years we have run out of all sizes before the competition even began, so if you would like to have your shirts packaged & ready for you Saturday morning, just send the numbers of sizes needed; you may pay when you pick them up (Youth sizes S, M, L & Adult sizes S, M, L, XL, XXL).

Midcoast Photo will be taking individual/team pictures at the event. You will be contacted well ahead of the event with the needed information.

GOOD LUCK AND HAVE FUN!!!

2023 MAINE STATE JHS/ELEMENTARY CHEERING CHAMPIONSHIPS

REGISTRATION FORM

SCHOOL NAME _____ TEAM NAME (Devils, Tigers, etc.) _____

STATE CLASS (Rising, Shooting, etc.) _____ GRADES _____ DIVISION _____

COACH _____ CONTACT PHONE # _____

COACH MAILING ADDRESS _____

COACH E-MAIL _____

SCHOOL/CLUB CONTACT _____ CONTACT PHONE # _____

Please make **\$75** checks payable to Calais Recreation Department
Registration forms and fees are due by **February 20th, 2023**
Please fill out this form and mail it along with registration fee to:
CALAIS REC DEPT, P.O. BOX 413 CALAIS, ME. 04619

1. Name _____ Age _____ Grade _____ School _____

2. Name _____ Age _____ Grade _____ School _____

3. Name _____ Age _____ Grade _____ School _____

4. Name _____ Age _____ Grade _____ School _____

5. Name _____ Age _____ Grade _____ School _____

6. Name _____ Age _____ Grade _____ School _____

7. Name _____ Age _____ Grade _____ School _____

8. Name _____ Age _____ Grade _____ School _____

9. Name _____ Age _____ Grade _____ School _____

10. Name _____ Age _____ Grade _____ School _____

11. Name _____ Age _____ Grade _____ School _____

12. Name _____ Age _____ Grade _____ School _____

13. Name _____ Age _____ Grade _____ School _____

14. Name _____ Age _____ Grade _____ School _____

15. Name _____ Age _____ Grade _____ School _____

16. Name _____ Age _____ Grade _____ School _____

17. Name _____ Age _____ Grade _____ School _____

18. Name _____ Age _____ Grade _____ School _____

19. Name _____ Age _____ Grade _____ School _____

20. Name _____ Age _____ Grade _____ School _____