



CYO Cheerleading Showcase Manual

4th Edition

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CYO's mission is: To offer all youth sports and recreation programs emphasizing friendly competition through good sportsmanship modeled by adult participants. To invite all participants, catholic and otherwise, youth and adults, to share in the life of their faith community.

CHEER DIVISIONS

DIVISION	LEAGUE	CATEGORY	SKILL LEVEL
BLUE	<u>TOT & TINY</u> <u>PW - Junior</u>	CYO "time out" CHEER	STANDARD
PINK	<u>TOT & TINY</u> <u>PW - Junior</u>	CYO "time out" DANCE	STANDARD
PURPLE	<u>TOT & TINY</u> <u>PW - Junior</u>	COMBINED CHEER/DANCE ROUTINE	STANDARD

*See skill restrictions for each

CHEER CATEGORIES TIME LIMITS

CYO "time out" CHEER	CYO "time out" Dance	COMBINED CHEER/DANCE ROUTINE
1:00 MAX	1:30 MAX	1:30 MAX

TOURNAMENT AWARDS

1ST – 2nd place awards will be given out in each division for each category unless there is not a sufficient number of entries.

CATEGORY	DIVISION	LEAGUE	SKILL LEVEL	AWARDS		
CYO "time out" CHEER	BLUE	<u>TOT & TINY</u> <u>PW - Junior</u>	STANDARD	1 ST	2 ND	3 RD
CYO "time out" DANCE	PINK	<u>TOT & TINY</u> <u>PW - Junior</u>	STANDARD	1 ST	2 ND	3 RD
COMBINED CHEER/DANCE ROUTINE	PURPLE	<u>TOT & TINY</u> <u>PW - Junior</u>	STANDARD	1 ST	2 ND	3 RD

TENTATIVE CONTEST SCHEDULE

Registration / Warm-up		8:00 a.m.
BLUE	CYO "time out" CHEER	9:00 a.m.
Awards	CYO "time out" CHEER	9:50 a.m.
PINK	CYO "time out" DANCE	10:00 a.m.
Awards	CYO "time out" DANCE	10:50 a.m.
PURPLE	COMBINED CHEER/DANCE ROUTINE	11:00 a.m.
Awards	COMBINED CHEER/DANCE ROUTINE	11:50 a.m.
**RELIGIOUS CHEER SHOWCASE & MOST TEAM SPIRIT AWARD		12:00 p.m.

*Schedule is subject to change based on number of teams participating.

**Religious Cheer Showcase will be time dependent.

GAME TIME ROUTINES

CYO "time out" CHEER RULES AND RESTRICTIONS	<p><i>Showcase your best sideline crowd-leading material The use of signs, poms, and/or megaphones is encouraged</i></p> <ul style="list-style-type: none"> • 1 minute time limit • Time will begin and end with Buzzer sound, similar to Time Out at a game • Emphasis on crowd involvement • At least 2 components required from the following: cheers, chants, and/or traditional yells • No music permitted • No tosses or stunts permitted • No running tumbling or flips permitted • Maximum difficulty in tumbling is limited to <u>1 standing back handspring and 1 cartwheel</u> (*feet on ground tumbling will only be allowed if we have the appropriate mat floor).
CYO "time out" DANCE RULES AND RESTRICTIONS	<p><i>Perform your favorite Time-Out dance</i></p> <ul style="list-style-type: none"> • 1 minute 30 seconds time limit • Any dance style that is appropriate for a time-out situation within a sideline cheering setting is acceptable (i.e. jazz, pom, hip hop, etc.) • Emphasis on crowd entertainment • Poms are the only props permitted. • No stunts, No tumbling and No signs are permitted
COMBINED CHEER/DANCE RULES AND RESTRICTIONS	<p><i>Perform your combined routine</i></p> <ul style="list-style-type: none"> • 1 minute 30 seconds time limit • Emphasis on smooth transitions between cheers and dances • No running or tumbling flips permitted • At least 2 components required from the following: cheers, chants, and/or traditional yells • Any dance style that is appropriate for a time-out situation within a sideline cheering setting is acceptable • <u>No tosses or stunts permitted</u> • <u>No running tumbling or flips permitted</u> • <u>Maximum difficulty in tumbling is limited to 1 standing back handspring and 1 cartwheel</u> (*feet on ground tumbling will only be allowed if we have the appropriate mat floor)

STANDARD RULES FOR GAME TIME ROUTINES

- All cheerleading skills including “feet on ground” tumbling and jumps (if permitted) must follow the CYO Cheer Rule Book. All skills should be carefully reviewed and supervised by a qualified adult coach. *See specific skill restrictions for each category.
- Teams may not set up props in advance of any category. All introductions (entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. Each team will perform a routine not to exceed 1 minute (for Cheer) and 1 minute and 30 seconds (for Dance and Combined Routines).
- There should not be any organized exits or other activities after the official ending of the routine.

COMPETITION AREA

- Participants may stand or enter outside the competition area.
- All permitted skills (tumbling, jumps, etc.) must be performed on the competition floor.
- Objects cannot be thrown outside the competition floor.
- Poms, signs, and/or megaphones may be placed or dropped outside the competition area by a team member.

CYO “time out” CHEER

Judging will be based on the following criteria on a 1-10 scale (10=Superior):

1. Crowd communication, including: crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, and/or megaphones.
2. Placement, synchronization and strength of motions.
3. Overall impression and crowd appeal.
4. Emphasis on crowd involvement and practicality. All material should be suitable for a CYO game.

SPECIFIC SKILL RESTRICTIONS

- No tosses or stunts permitted
- No running tumbling or flips permitted
- Maximum difficulty in tumbling is limited to 1 standing back handspring and cartwheel (*feet on ground tumbling will only be allowed if we have the appropriate mat floor – right now that has not been confirmed)

CYO “time out” DANCE

Judging will be based on the following criteria on a 1-10 scale (10=Superior):

1. Creativity and musicality, variety and the execution of transitions and formations.
2. Placement, synchronization and strength of motions/movement.
3. Visual effect and spacing.
4. Overall impression and crowd appeal.
5. Emphasis will be on audience appropriateness and appeal. This is a performance-based Category. Crowd leading components will not be judged.

SPECIFIC SKILL RESTRICTIONS

Tumbling and/or stunting of any kind is prohibited, including during entrances and exits.
Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.

CHEER SCORING PROCESS

The scoring process for CYO Cheer Competition will be on a 10 point scale. Scores for each category will range from 1-10. These scores will be added. All point deductions and/or penalties will be deducted from the subtotal to get the FINAL SCORE.

DEDUCTION SYSTEM

ATHLETE FALL - .25 (if competition floor permits tumbling)

Examples:

- Hands down in tumbling or jumps
- Knees down in tumbling or jumps
- Multiple body parts touch the floor in tumbling or jumps
- Drops to the floor during individual skills

MAXIMUM - 1.0

When multiple deductions should be assessed during an individual tumble or jump (by a single cheerleader), then the sum of those deductions will not be greater than 1.0.

TIME LIMIT VIOLATIONS

Teams that exceed the time limit will be subject to the following deduction:

- 1 - 5 seconds over time will result in a .5 deduction
- 6 or more seconds over time will result in a 1.0 deduction

SAFETY VIOLATIONS

Tumbling skills performed out of level and violation of any other General Safety Guidelines will be issued a .50 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a 2.0 deduction, removal of coach, or disqualification.

BOUNDARY VIOLATIONS

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

INAPPROPRIATE CHOREOGRAPHY / MUSIC / OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), **MUST be suitable for family viewing, listening, and in line with Catholic values.** Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the CYO Board to which the team belongs.

A squad will be disqualified for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. A squad will be disqualified for using music containing words unsuitable for family listening, which includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and squad will be penalized.

➔ **When standing at attention, apparel must cover the midriff.**

INTERRUPTION OF PERFORMANCE

INJURY

The Safety Judge, Head Judge, coach, athlete or competition official reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a Competition, the team should regroup and start where they left off. If the injured athlete cannot continue, she will be escorted off the competition floor. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category.

UNIFORM DISTRACTIONS

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

MUSIC

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance. Once the issue is resolved, the team will perform immediately. ***It is recommended that coaches contact Monica Rodriguez (see Music section on next page).*** Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

PERFORMANCE AREA

CYO shall provide a gym floor for competition at the very least. Every effort to have a Competition Area measuring 42' deep by 54' wide carpet-bonded foam floor will be made. (If we cannot procure a carpet-bonded foam floor, tumbling will not be permitted).

MUSIC INFORMATION

Music should be on a Thumb drive. Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit to ensure that the team does not go over time. Judges' decisions on timing of total routine and music portion of routines are final. If utilizing digital music player, be sure to follow these steps below prior to your performance:

- Set up a playlist for each routine
- Turn OFF any equalizer, sound check and/or volume limit
- Turn your volume up to 100%
- If using a phone, make sure it is in airplane mode to avoid incoming calls during performance
- Depending on the number of teams that will be participating in the Dance or Combo categories, a music meeting may be called 1-2 weeks prior to the competition to make sure there will be no issues with your music. Monica Rodriguez will set this up. Her contact email is cyocheersa@gmail.com.

JUDGING PANELS

HEAD JUDGE: The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Safety Judge, and Point Deduction Judge. The Head Judge will also fill out his/her own score sheet for each performance.

PANEL JUDGES: Panel Judges are responsible for scoring each team's performance based on the CYO Score Sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges score technical ability and the overall routine, but they do not determine or score deductions or safety violations.

SAFETY JUDGE: The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations as well as assessing deductions in each routine.

➔ **ALL JUDGES' DECISIONS ARE FINAL. THERE WILL BE NO PROTESTS ALLOWED.**

REGISTRATION

The structure of the competition will depend on the number of teams registered per category. Each team may choose up to 2 of the 3 categories to compete in. The entry fee per team will be \$150.00.

Teams must have a minimum of 4 girls to compete. Cheerleaders may not cheer on more than 1 team at the competition.

Coaches will be able to register their teams for the competition via email on the CYO Cheer Competition Form that will be sent out via email. Competition registration will close Friday, February 8, 2019. Based on registration, CYO programs will be invoiced for the Team Entry Fee which needs to be paid prior to the Competition. **LATE ENTRIES WILL NOT BE ACCEPTED.**

Upon arrival on day of competition, Cheer Coaches must check-in with Monica at the Judges table. Authorized registration personnel will confirm team member total and verify that each participant is eligible to compete. A schedule of competition order will be sent to each squad prior to the competition. Competition Day Registration will close at 8:30am. All registration must be completed by the deadline.

CODE OF CONDUCT

To ensure the most positive experience for all attendees, CYO asks that the following Code of Conduct be adhered to during all CYO Cheer Competitions:

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Competition Information Table. The appropriate CYO representative will then be called to discuss the situation with the coach.
- Participants, coaches or spectators are prohibited from making contact with the Judges during the competition.
- CYO Zero Tolerance Act will be in effect.
- **Judges' rulings are final. There will be no protests allowed.**
- All squad members must remain under the supervision of the Cheer Coach at all times.
- Practice of routine must only be done in the designated practice area for safety purposes.

SPECTATOR RULES & INFORMATION

- Spectator admission **may be charged if rental cost are required to secure the venue.** Seating is VERY limited. A schedule will be sent to the Cheer Coaches prior to the competition date so parents can plan accordingly.
- Concessions will be offered by the host facility. Restrooms are available in the gym lobby.
- CYO Zero Tolerance Act will be in effect.
- We ask for all spectators to uphold the highest Christian standards in competitive fellowship.

- **Noise Makers** – air horns, cowbells, whistles and other similar noise makers are not allowed to be used during any CYO events. 1st offensive – warning; 2nd offensive – individual will be ejected from the facility.

AWARD PRESENTATION

Each team will sit together on the gym floor before awards begin. If a team is named to receive an award, two team representatives can approach trophy table to accept it.

RELIGIOUS CHEER “SHOW OFF” PRESENTATION

Cheer teams that have a religious cheers are invited participate in a “show off” category. This category will be entirely dependent on how much time we have left at the end of the competition. These cheers will not be judged, this will just be for fun. Right after this presentation, the CYO Spirit Stick will be awarded to the team that shows the most “spirit” during our competition. *If we run short on time, the CYO Spirit Stick will be awarded right after the final Combination Cheer/Dance Routine Awards.