

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

TO: CAS/CSAC Member Secondary School Cheerleading Coaches
FROM: CAS/CSAC Cheerleading Committee
RE: 21st Annual CAS-CIAC/CSAC Cheerleading Championships

The information in this packet covers in detail the 2011 CAS-CIAC/CSAC Cheerleading Championships.

Your school is encouraged to participate in this activity which has been well received in the last twenty years. If you intend to enter, please do the following:

1. Complete the **Entry Form** and submit via the password-protected online eligibility center by **Friday, January 7, 2011**. Mail the \$75 entry fee, payable to CAS, to CAS-CIAC office, 30 Realty Drive, Cheshire, CT 06410.

NOTE: An intent-to-enter form is no longer required. Place all cheerleaders in your cheerleading program, varsity, junior varsity or freshmen on the entry form. There is no limit to the number of cheerleaders who may be on the entry form, but, only twenty (20) of those listed will be able to compete on the day of the competition

The CAS-CIAC/CSAC Cheerleading Committee encourages your school to participate and support this program. These championships are a worthwhile activity for all high school youth.

2010-11 NFHS SPIRIT RULES CHANGES

2-1-15 An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

2-2-8 Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow recovery foam padding no less than one-half inch thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt.

2-6-7 Add exception: 1 1/4 twists are permitted from side-facing stunts.

New 2-8-14 Suspended splits (**involving bracer(s)**) that originate at any height and drop to any level are legal provided all the following conditions are met.

- The flyer has both hands in contact with the bracer(s).
- The flyer does not become inverted.
- The flyer has at least two bases.
- The flyer and bracer(s) each have a separate spotter. (Exception: Bracers in shoulder sits or thigh stands.)
- In suspended splits when the flyer is not released by the bases, the bracer(s) must maintain hand/arm contact with the flyer until she/he is no longer in a split position.
- In suspended splits when the flyer is released by the bases, the release must be a continuous, vertical up-and-down movement in which the flyer remains over the base(s). The bracers must maintain hand/arm contact with the flyer during the entire loss of contact with the bases.

Comment: Bracers are frequently used in many types of stunts. This rule allows a flyer in suspended splits to have contact with bracer(s) rather than with base(s).

3-1-6 Exception: Dance paws and pedini-style dance shoes that have heels of sufficient height to raise the bottom of the foot off the floor.

Comment: Dance paws allow movement of the foot without compromising the look and feel of barefoot dancing. Dance paws also help protect the foot by preventing friction burns and skin tears.

New 3-7 Assisted Inverted Floor Stunts (New Section)
Assisted Inverted floor stunts are legal provided both the following conditions are met:

- The inverted participant is in direct, weight-bearing contact with the performing surface and provides primary self-support throughout the stunt.
- The assisting non-inverted participant is in direct, weight-bearing contact with the performing surface and provides only partial support for the inverted participant.

Comment: Assisted floor stunts are becoming common, especially in hip hop routines. Previously the only reference to this type of stunt was a situation/ruling for Rule 2.

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30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203)250-1111 / Fax (203)250-1345

TO: CIAC Member Schools
FROM: Connecticut Interscholastic Athletic Conference
RE: CAS-CIAC/CSAC Cheerleading Competition

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the twenty-first time conduct an Association cheerleading competition. In order to more accurately estimate the number of schools competing, the CAS-CIAC/CSAC requests that you complete the enclosed **Entry Form**, if you intend to enter.

Please submit the **Entry Form** to CAS-CIAC, via the password-protected online eligibility center by **January 7, 2011**. Your promptness is appreciated.

The competition that is planned will be as follows:

- A. ***State Championship*** -- Friday, March 11, 2011 and Saturday, March 12, 2011
Site - New Haven Citywide Field House
480 Sherman Parkway
New Haven, CT 06511
(Snow date -- Sunday, March 13, 2011)
- B. ***Entry fee:*** \$75 per team will be charged. Make checks payable to CAS.
- C. Each squad of not more than **20 cheerleaders** will be required to ***PERFORM A 2 TO 2½ MINUTE ROUTINE***. Music will be allowed. There will be, in addition to the all girl divisions, a co-ed division.
- D. 2010-2011 National Federation Rules will be followed.
- E. The number of classes such as Co-ed, LL, L, M, and S will be determined based upon the number of schools that enter the competition.
- F. Teams entering will perform once. Regional competitions **will not** be held.
- G. Appropriate awards similar to CIAC awards will be presented to the champion, first and second runner-up teams in each Class.

Questions or concerns may be addressed to the CAS-CIAC office - telephone (203) 250-1111 or Fax (203) 250-1345.

**** Please share this information with your cheerleader coach/advisor. ****

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410

21st ANNUAL CAS-CIAC/CSAC CHEERLEADING CHAMPIONSHIP 2011

Sponsored by IGA

1. **AUTHORITY**

The decisions of the CAS-CIAC/CSAC Cheerleading Committee and/or Meet Directors relative to the operation of the competition shall be final.

2. **AWARDS**

In each class a plaque and 22 individual medals will be awarded to each of the champion, 1st, and 2nd runner-up teams.

3. **DATE OF COMPETITION / SITE / STARTING TIMES**

DATE: State Championship -- **Friday, March 12, 2010 & Saturday, March 13, 2010**

Snow Date -- Sunday, March 14, 2010

TIME: To be announced with a follow-up communication

SITE: **New Haven Citywide Field House**

The CAS/CSAC Cheerleading Committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **DIVISIONS**

The 2011 Cheerleading Championship divisions will be determined when the entry forms are submitted to the CAS office.

5. **ENTRY FEE / ENTRY FORM**

Each cheerleading team entering the Championships will be assessed an entry fee of \$75 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. The entry form and fee must be in the CAS office not later than January 7, 2011. Entry forms are to be submitted via the CAS web site.

6. **LATE ENTRY POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

7. **MEET REGULATIONS**

- A. Only member schools of CAS/CSAC may enter these championships.
- B. **EACH CHEERLEADING SQUAD MUST PERFORM FOR AT LEAST 2.0 MINUTES BUT NOT MORE THAN 2.5 MINUTES.** Performing less than the required time or performing more than the required time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. **TIME OF PERFORMANCE FOR EACH TEAM WILL START WHEN THE COACH OR HIS/HER DESIGNEE SIGNALS THE TIMER THAT THEY ARE READY TO PERFORM AFTER BEING ANNOUNCED. TIMING WILL STOP WHEN THE COACH OR HIS/HER DESIGNEE HAND SIGNALS THE TIMER THAT THEY HAVE COMPLETED THEIR ROUTINE.**
- C. Dance will be permitted in the routine. The dance portion of the routine may not exceed more than **one minute and thirty seconds (90 seconds)**. A disc jockey equipped with a tape and CD player will be provided at the site, however, a team may use their own tape player if they so choose. *It is highly recommended that each squad bring a back up copy of their music.*
- D. Eight performance judges and two safety judges will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges.
- Sherrie Zembruski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825 is the Tournament Official Coordinator -- Home phone (203) 574-5639 (after 5:00 p.m.) / Work phone (203) 372-6521 (6:45 a.m. - 3:00 p.m.) / e-mail: missz14@sbcglobal.net Sherrie will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Cheerleading Committee. Safety judges **will not** preview the squads.
- E. The 2010-11 National Federation Rules for Spirit squads must be followed. Team stunts or actions judged to be illegal by the National Federation Rules **will result in penalty points assessed**. If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape to Sherrie Zembruski **at least two weeks before the competition**. A decision will be made within three days of receipt of the picture or video.
- F. **"Props" which are permitted in this competition are megaphones, pom poms, signs, flags, banners, etc.**
- G. Judges decisions on scoring will be final and binding on all entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Cheerleading Committee will determine the "order of performance" for the championship prior to the competition and will mail this order to those member schools entered.
- I. Only one squad per member school may enter the competition.
- J. All competitors must be enrolled in grade 9, 10, 11 or 12.

- K. Each team will receive five complimentary tickets (**only if the entry fee has been paid**). These complimentary tickets are to be used for school personnel and spouses, **NOT parents**.

There will be no pre-sale tickets. Ticket prices will be: Children five (5) and under are free; Senior Citizens (age 65 and older) \$5.00; Students (Grades 1-12) \$5.00; Adults (All others not in the above categories) \$8.00.

- L. Cheerleading coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.
- M. Competitors will not be permitted to compete without the presence of their cheerleading coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.
- N. Coaches are to bring a large plastic bag so that what their team "packs in" may be packed out.
- O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
- P. Scoring will be done in the accordance with the score sheet. A detailed score sheet will be mailed to those entered in January 2011.

8. **TEAM COMPOSITION**

Each team may have up to but not more than **twenty (20) cheerleaders** performing. No alternates. **Schools must be represented by a squad of winter cheerleading members as long as each member of the competition team is actively cheering at current winter athletic events.**

9. **TRAVELING EXPENSES**

Competing schools must provide their own transportation at their expense.

10. **WARM-UP AREA**

A warm-up area will be provided at the competition site for use by the teams prior to the start of competition. A 42' by 42' (seven panels) mat will be provided in the practice and competition areas.

11. **DRESSING FACILITIES**

Facilities will be available at the site.

12. **PERFORMANCE AREA**

See attached gym floor plan which indicates the area of the basketball court that will be the performance area. It will be half court. The performing surface will be a 42' by 42' mat (seven (7) panels) mat. Stepping off the mat will **NOT** result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a point deduction.**

13. **MEDICAL SERVICE**

Medical personnel will be on site at the competition to attend to emergency needs of competitors, coaches and spectators. Each coach is responsible for his/her own team .

14. **NEW ENGLAND REGIONAL CHEERLEADING COMPETITION**

- Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition.
- In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championships, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:
 - A. The points awarded from each judge in the category for “overall effect / overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
 - B. If a tie remains, the highest and lowest score from each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT STUDENT ACTIVITIES CONFERENCE

2011 Cheerleading Entry Form

1. The entry form must be submitted to the CAS-CIAC via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 7, 2011. The \$75 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 7, 2011.
2. Only twenty (20) competitors may be admitted to perform during the competition.
3. If schools require a P.O. for fee payment, indicate that payment of the entry will be forthcoming.

Please fill in the school information requested on the entry form and submit via the password protected online eligibility center by January 7, 2011.

List ALL THE MEMBERS of your cheerleading squad on this entry form (including JV and freshmen members). Only twenty (20) competitors may compete during the performance.

REMINDER: In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at current winter athletic events.

The principal certifies that the individuals listed on this official entry form have satisfied the State health Statutes and local regulations regarding physical examinations and are physically fit to participate in this competition.

School _____ City/Town _____

Principal _____ Principal's School Phone () _____

Principal's Home Phone () _____

Athletic Director _____ Ath. Director's School Phone () _____

Ath. Director's Home Phone () _____ AD's E-mail _____

Coach/Advisor _____ Coach/Advisor School Phone () _____

Coach/Advisor Home Address _____

City _____ State _____ Zip Code _____

Coach/Advisor Home Phone () _____ E-mail _____

Coach/Advisor Cell Phone () _____

Please list area code with all telephone numbers.

() ALL GIRL SQUAD

() CO-ED SQUAD

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BASKETBALL COURT

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Table Officials

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8 judges, timer, and disqualification judge

RISERS →

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===== center court line =====

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performance area

BASKET

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CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

- **Signs of a concussion may include (what the athlete looks like):**
 - Confusion / disorientation / irritability
 - Trouble resting / getting comfortable
 - Lack of concentration
 - Slow response / drowsiness
 - Incoherent / slurred speech
 - Slow / clumsy movements
 - Loss of consciousness
 - Amnesia / memory problems
 - Act silly / combative / aggressive
 - Repeatedly ask same questions
 - Dazed appearance
 - Restless / irritable
 - Constant attempts to return to play
 - Constant motion
 - Disproportionate / inappropriate reactions
 - Balance problems
- **Symptoms of a concussion may include (what the athlete reports):**
 - Headache or dizziness
 - Nausea or vomiting
 - Blurred or double vision
 - Over sensitivity to sound / light / touch
 - Ringing in ears
 - Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.

4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

References:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200
http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010.
[Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.