

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

To: CIAC Member Schools
From: CAS/CIAC Office
Re: **CAS/CIAC/CSAC Cheerleading Competition**

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

Please submit the Entry Form to CAS via the password-protected online eligibility center by **January 5, 2018**. Place all cheerleaders in your cheerleading program – varsity, junior varsity or freshman 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 and only a maximum of twenty-two (22) will be allowed into the competition via the team entrance.**

The information in this packet covers in detail the 2018 CAS/CIAC/CSAC Cheerleading Championships.

The competition that is planned will be as follows:

- A. **State Championship** – Friday, March 2, 2018 and Saturday, March 3, 2018
Site – Floyd Little Athletic Center, 480 Sherman Parkway, New Haven, CT 06511
Snow date – Sunday, March 4, 2018
- B. **Entry fee** of \$85 per team will be charged. Entry fee should be made payable to CAS and mailed to 30 Realty Drive, Cheshire, CT 06410.
- C. Each squad of **not more than twenty (20)** cheerleaders will be required to **PERFORM A 2 TO 2 ½ MINUTE ROUTINE. THERE IS NO LIMIT TO THE AMOUNT OF MUSIC THAT CAN BE USED.** There will be in addition to the all-girl divisions, a co-ed division. **All music used must have the proper licensing and squads will be asked to provide a copy of their license. Please see the USA Cheer website for a list of approved music providers.**
- D. 2017-18 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 office (203) 250-1111 or fax (203) 250-1345.

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

Please share this information with your cheerleading coach/advisor.

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30 Realty Drive, Cheshire, Connecticut 06410

28th ANNUAL 2018 CHEERLEADING CHAMPIONSHIP

1. **Authority** -- The decisions of the CAS/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 2, 2018 and Saturday, March 3, 2018
Snow Date – Sunday, March 4, 2018

Time: To be announced with a follow-up communication

Site: Floyd Little Athletic Center , 480 Sherman Parkway, New Haven, CT 06511

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 2018 Cheerleading Championship divisions will be determined when the entry forms are submitted via the online eligibility center.
5. **Entry Fee / Entry Form** – Each cheerleading team entering the Championships will be assessed an entry fee of \$85 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. Entry form must be submitted by January 5, 2018 via the CAS web site.

6. **Late Entry Policy**

- Tournament entries will not 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 the seeding/pairing data 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 requests will be considered.**

7. **Meet Regulations**

- A. Only member schools of CAS-CIAC may enter these championships.
- B. Each cheerleading squad **MUST PERFORM FOR AT LEAST 2 MINUTES BUT NOT MORE THAN 2 ½ 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. Timing will begin with the first words, motions or music after the team's name is announced when they are on the mat. **NO ORGANIZED ENTRANCES WILL BE ALLOWED CHEERING AND CHANTING MUST BE COMPLETED BEFORE THE CHEERLEADERS TAKE THE MAT.**

C. **There is no limit to the amount of music that may be used in the routine. All music must have the proper licensing and squads will be asked to provide a copy of their music license. See USA Cheer website for a list of approved music providers.** A disc jockey equipped with a tape and CD player will be provided at the site, however, a team may use their own equipment if they so choose. *It is highly recommended that each squad bring a back-up of their music.*

D. Eight panel judges, a deduction judge and a safety judge 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 Zembrzuski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825, is the Tournament Official Coordinator – Home telephone (203) 574-5639 (after 5:00 p.m.) / Work telephone (203) 372-6521 (6:45a.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 2017-18 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 Zembrzuski by February 16, 2018. A decision will be made within three days of receipt of the picture or video. RULINGS ON ANY STUNTS OR PYRAMIDS SUBMITTED AFTER FEBRUARY 16, 2018 WILL NOT BE GIVEN.**

F. **“Props” which are permitted in this competition are megaphones, pon poms, signs, flags, banners, etc.**

G. Judges decisions on scoring will be final and binding on 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 grade 9, 10, 11 or 12.

K. Each team will receive five (5) complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, **NOT PARENTS. COMPLIMENTARY TICKETS WILL ONLY BE SENT TO THOSE SCHOOLS THAT HAVE PAID THEIR ENTRY FEE.**

There will be no presale of tickets. Ticket prices will be:

Children five (5) and under are free

Senior Citizens (age 65 and older) and Students (grades 1-12) are \$5.00

Adults (all others not in any of the above categories) are \$10.00

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 accordance with the score sheet. The score sheets for this year's competition will be attached here.
8. **Team Composition** – Each team may have up to but not more than **twenty (20) cheerleaders performing**. No alternates. **CO-OP TEAMS WILL BE ALLOWED. Please submit the co-op application at the end of this packet. 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 teams prior to the start of the competition. A 42' by 42' (seven (7) panels) mat will be provided in the practice and competition areas. You will only be allowed to warm-up on the provided mats.
11. **Dressing Facilities** – Facilities will be available at the site.
12. **Performance Area** – The performing surface will be a 42' by 42' (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 any 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 Regional.
 - 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 for each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

The New England competition will be held on March 17, 2018 in MA.

2018 CONNECTICUT HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS

Form to be submitted via the password-protected online eligibility center.
For the attention of the Principal as well as the Athletic Director.

2018 Cheerleading Entry Form

1. This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 5, 2018. The \$85 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410.
2. Only **20** competitors may be admitted to perform during the competition.
3. If a school requires a P.O. for fee payment, indicate that payment of the entry form will be forthcoming.

Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 5, 2018.

List **ALL THE MEMBERS OF YOUR CHEERLEADING SQUAD** on this entry form (including JV and Freshman members). *Only **twenty (20)** competitors may perform during the performance.* **REMINDER:** In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at all team scheduled winter 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 _____ Town _____

Principal _____ Principal's School Phone () _____

Principal's Home Phone () _____

Athletic Director _____ AD's School Phone () _____

AD's Home Phone () _____ AD's Email _____

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

Coach/Advisor Home Address _____

City _____ State _____ Zip Code _____

Coach/Advisor Home Phone () _____ Coach/Advisor Email _____

Coach/Advisor Cell Phone () _____

Please list area code with all telephone numbers.

() ALL – GIRL SQUAD OR () CO-ED SQUAD

Last Name	First Name	Grade	Last Name	First Name	Grade
1.			51.		
2.			52.		
3.			53.		
4.			54.		
5.			55.		
6.			56.		
7.			57.		
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43.			93.		
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45.			95.		
46.			96.		
47.			97.		
48.			98.		
49.			99.		
50.			100.		

CHEERLEADING COOPERATIVE TEAM SPONSORSHIP

The CSAC Board of Control shall have the authority to approve the formation of cooperative cheer teams of two or more member schools under the following conditions.

1. The determination of the proper set of circumstances which will allow multiple schools to form a cooperative team will depend on the issue of participant displacement. Schools having sufficient numbers of participants are advised not to request the formation of a cooperative cheer team. It is only when two or more schools are experiencing difficulty in obtaining the desired number of participants that the request for a cooperative cheer team should be initiated. Cooperative cheer teams may not be formed for financial reasons.
2. Multiple cooperative cheer teams cannot exceed two times the maximum determined limit which is standard for high school cheer teams.
3. The schools must be located in the same geographical area.
4. The schools must be members of CAS-CIAC.
5. A cooperative cheer team will be placed in the appropriate tournament classification using the combined enrollment as follows:
 - a. 100% of the 9-12 boy or girls enrollment of the largest school in the co-op.
 - b. The % of participants from the remaining school(s) in the co-op will be calculated and that % of the co-op school(s) 9-12 boy or girl enrollment will be added to the largest school enrollment.

Example:	School A	9-12 girl enrollment	500
	School B	9-12 girl enrollment	250
	Total		750

# of participants in co-op – 15	
10 from School A – 100% enrollment	500
5 from School B – 33% enrollment of 250	83
Total	583

6. Once established and approved, cooperative cheer teams shall exist for a period of two consecutive years. However, approval may be granted for one year.
7. Written assurance shall be understood that “no cut” policies shall govern cooperative cheer teams.
8. Schools wishing to form cooperative cheer teams should jointly make application to the CSAC Board. The suggested timeline shall be at the start of the winter sport season or prior to December 1. Further, it is understood that co-op cheer teams will cheer for their respective winter sports teams; thus not only competing in local or statewide competitions.
9. The CSAC Board reserves the right to investigate a co-op cheer team that appears to have a substantially different number of participants in the co-op. The board may render an immediate consequence for such disparities.

2017-2018 CAS-CIAC / CSAC CHEERLEADING CHAMPIONSHIP

Music Copyright Compliance Form

In order to protect the CAS-CIAC / CSAC Cheerleading Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, _____, verify that all copyright permissions were properly and completely
Coach's Name

Obtained by _____, prior to production of the 2017-18 CAS-CIAC / CSAC
Music Mixer's Name

Cheerleading Championship routine music for the _____ team from _____.
School's Name *Division*

These permissions can be verified by certification document(s) **available upon request**.

I acknowledge that this form will be kept on file by the CAS, and **I will need to keep my certification documents on file** for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CAS of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed) : _____ Date _____

Coach Signature: _____ Date _____

Administrator/AD Name (Printed): _____ Date _____

Administrator/AD Signature: _____ Date _____

NOTE: A copy of the music license **AND** THIS FORM MUST BE COMPLETED AND RETURNED TO Sherrie Zembrzuski by **February 17, 2018**. Return via email (missz14@sbcglobal.net) or mail: 24 Suncrest Avenue, Waterbury, CT 06708.

2017-18 NFHS Spirit Rules Changes

Rule 1	Deletes definitions for downward inversion, front drop, knee/seat/thigh drop, split drop, sponge and swan dive.
Rule 1	Adds definitions for braced flip, braced inversion, braced roll, prep level and swing roll down (teddy bear roll down).
Rule 1	Revises definition for switch liberty.
2-1-10, 2-1-12	Revises language to match basketball rules book on spirit squad location during basketball games.
3-2-7, 4-2-7	Adds the words “extended stunts that stop” to allow for show-and-go and up and over stunts.
3-3-2, 4-3-2	Removes the word static and clarifies article 2.
3-3-3, 4-3-3	Reorganizes and clarifies braced inversions in a pyramid.
3-3-4, 4-3-4	Reorganizes and clarifies braced rolls in a pyramid.
3-3-5	Reorganizes and clarifies braced flips in a pyramid.
3-3-6, 4-3-6	Reorganizes and clarifies all other inversions, including suspended rolls.
3-3-8, 4-3-8	Prohibits a swing roll-down stunt.
3-4-3, 4-4-11	Removes the word static and clarifies the connection.
3-5-5	Removes the requirement for spotter of a bracer in a double-based prep.
3-5-9, 4-5-2c	Eliminates swan dives.
3-6-2, 4-6-2	Adds an exception to allow the top to release to grab another base to adjust position.
3-8-2, 4-8-2	Allows poms to be held during airborne tumbling skills.
4-4-2	Removes the word static and clarifies article 2.
4-7-7, 4-7-8	Prohibits skills to a cradle.
4-10-14	Requires bases to be in contact with the top person when transitioning from a prop.

2017-18 Points of Emphasis

1. Application of NFHS Spirit Rules Book
2. Surfaces
3. Cradle Dismounts
4. Overuse Injuries

**Connecticut State Department of Education and the
Connecticut Interscholastic Athletic Conference
Concussion and Head Injury
Annual Review 2016-17
Required for ALL School Coaches in Connecticut**

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. In addition to reviewing this form, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports training course or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education.*

What is a Concussion?

Centers for Disease Control and Prevention (CDC) - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.”* -CDC, Heads Up: Concussion
http://www.cdc.gov/headsup/basics/concussion_what.html

Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious” -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

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, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts 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 (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law 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. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual’s concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. 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 (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is 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. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms 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 identified above for the athlete 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 exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/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 her/his medical provider.

Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****

- References:**
1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. http://www.nfhs.org/http://journals.lww.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx.
 2. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
 3. CIAC Concussion Central - <http://concussioncentral.ciacsports.com/>

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. <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, 2014.