

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

2023 CHEERLEADING CHAMPIONSHIPS

**ALERT**

**PLEASE INFORM ALL PARTICIPANTS, COACHES AND SPECTATORS THAT THEY WILL BE REQUIRED TO GO THROUGH A METAL DETECTOR AND THAT ALL BAGS WILL BE CHECKED PRIOR TO ENTRY INTO THE FLOYD LITTLE FIELD HOUSE. PLEASE ALLOW EXTRA TIME FOR THESE SECURITY CHECKS TO TAKE PLACE.**

---

*Any student-athlete who engages in conduct on or off school grounds or at a school sponsored activity that is in violation of their school or the facilities policy, will be subject to disciplinary consequences by their school's administration AND be ineligible to compete in the State Cheerleading Competition.*

***The policy at the Floyd Little Athletic Center States: Any student or adult who are in possession of the following contraband or any other items deemed as contraband by security, will be ineligible to compete in the competition. All items will be seized and not returned:***

***All weapons and nonprescription drugs of any type, including but not limited to: firearms, tazers, mace/pepper spray, knives/razors, box cutters, kubatons, knuckles, door opening devices, scissors, shanks/sharp pointed objects, screwdrivers, metal forks, hair picks, nonprescription drugs, tobacco products, e-cigarettes, vapes, alcohol beverage, glass bottles, BB-guns, water guns.***

---

**ALL TICKET SALES FOR CIAC TOURNAMENTS WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING. ALL TICKETS WILL BE PURCHASED PRIOR TO ARRIVING AT THE COMPETITION VIA GO FAN. <https://gofan.co/app/school/CIAC>**

All the information for this year's cheerleading competition is addressed in this packet of information. Coaches, please read all the information. Since there will not be a coaches' meeting it is important that you are familiar with all the information.

Each team is being assigned a report time for registration. You may come earlier than your assigned registration time but if you are not there by the registration time, we will assume that you will not be competing.

This year you are being asked to return a music compliance form **and** a copy of your music license by **February 17, 2023**. This form is included in this packet and should be returned to Sherrie Zembruski by email ([missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)).

*The field house will be cleared between the first and second sessions. All Class LL, Class M and Class S participants are asked to quickly gather their belongings and exit the fieldhouse after the end of the awards so that participants and spectators for Class L and Class Coed can enter the fieldhouse.*

Parking at the Floyd Little Athletic Center is limited. Please advise your bus driver that they **MAY NOT** PARK IN THE LOT FOR THE Athletic Center. They are asked to park on the street near Bowen Field. Thank you for your cooperation.

Coaches are asked to bring their music on a cell phone. The DJ will have the proper cord to attach to the phone so your music can play. One coach or designated person will be at the DJ station to make sure that music is played at the right time.

---

### **PLEASE BE SURE YOUR CHEERLEADING COACH RECEIVES THIS INFORMATION**

Your school has filed a cheerleading Entry Form and has been scheduled to perform in the championship on Saturday, March 4, 2023. This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

**PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW. IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.**

**IF YOU MUST WITHDRAW AFTER 2:00 P.M. ON FRIDAY, MARCH 3, 2023, PLEASE NOTIFY SHERRIE ZEMBRZUSKI AT (203) 233-0881 OR [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)**

Five classes of competition have been formed. Your school has been placed in one of these classes based on girl enrollment or having both genders on the squad.

- |    |          |                                  |
|----|----------|----------------------------------|
| 1) | Class LL | Enrollment – 654 and above       |
| 2) | Class L  | Enrollment – 429-653             |
| 3) | Class M  | Enrollment – 338-428             |
| 4) | Class S  | Enrollment - 337 and below       |
| 5) | Co-ed    | (Both genders make up the squad) |

This year's Championship will be held on **ONE DAY**. The site will be

***FLOYD LITTLE FIELD HOUSE, NEW HAVEN  
on Saturday, March 4, 2023***

The **morning competition** on March 4 will be for the **Class LL, Class M and Class S** teams. The **afternoon session** will involve **Class L, and Class Coed teams**. NOTE: The gym will be cleared between the first and second session. There is a **SEPARATE** charge for EACH Championship.

**Do not arrive prior to the gym opening for your session. Time is needed to make sure that the gym and lobby areas are set up and clean for each session. You will be asked to remain on your bus until the designated time. We ask for your cooperation in this matter.**

**If a team needs to go earlier than their assigned time in order to attend a school sporting event they need to call Sherrie Zembrzuski to make arrangements for a change of order.**

## Saturday, March 4, 2023

### 1st Session – Class LL, Class M and Class S

7:15 a.m.	Gym opens for participants
8:00 a.m.	Gym opens for spectators
8:30 a.m.	Practice begins
8:55 a.m.	Announcements
9:00 a.m.	Competition begins
1:50 p.m.	Competition ends
2:00 p.m.	Awards

### 2nd Session – Class L and Class Coed

2:45 p.m.	Gym opens for participants
3:30 p.m.	Gym opens for spectators
4:00 p.m.	Practice begins
4:25 p.m.	Announcements
4:30 p.m.	Competition begins
6:30 p.m.	Competition ends
6:45 p.m.	Awards

## Sunday, March 5, 2023 is the snow date

### 1st Session – Class LL, Class M and Class S

7:15 a.m.	Gym opens for participants
8:00 a.m.	Gym opens for spectators
8:30 a.m.	Practice begins
8:55 a.m.	Announcements
9:00 a.m.	Competition begins
1:50 p.m.	Competition ends
2:00 p.m.	Awards

### 2nd Session – Class L and Class Coed

2:45 p.m.	Gym opens for participants
3:30 p.m.	Gym opens for spectators
4:00 p.m.	Practice begins
4:25 p.m.	Announcements
4:30 p.m.	Competition begins
6:30 p.m.	Competition ends
6:45 p.m.	Awards

**In the event of inclement weather local radio and TV stations will be notified. A decision will be made very early on the morning of March 4, 2023. In addition you can check the CAS-CIAC website, [www.casciac.org](http://www.casciac.org) for any changes to the schedule.**

### **SPECIFIC RULES RELATIVE TO THE COMPETITION**

1. Schools will perform according to the order of performance listed within this information packet. Please note: “Bumping up” by Class (division) will occur in each and every case for “no shows”. For example -- if your school is slated to perform in Class L in the sixth position and the Class L school ahead of you does not show up, then your squad will perform in the spot ahead and all schools in the Class will “bump up” one Class position.
2. In the first session the first team to perform will be a Class M team followed by a Class LL team. Class S teams will immediately follow the Class LL and Class M teams. In the second session a Class L team will perform followed by a Class Coed team.
3. 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 coed 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 web site for a list of approved music providers.**
4. Practice times will be assigned prior to the squads arrival at the Floyd Little Athletic Center. Each team will be allotted four (4) minutes to stretch, four (4) minutes on four strips and four (4) minutes on a full mat. Warm-ups will take place just before a team goes on the mat. **WARM-UPS WILL BE IN THE ORDER OF PERFORMANCE AND APPROXIMATELY THIRTY MINUTES BEFORE YOUR PERFORMANCE TIME. PLEASE BE ON TIME AND DO NOT MISS YOUR ASSIGNED WARM-UP TIME.** A safety judge **WILL NOT** be present at this time. A CD player/boom box will be available in the warm-up area. Penalty points will be deducted for any infraction that occurs during the competition. (See enclosed Penalty Sheet) If you are in doubt about the legality of a stunt or pyramid submit a picture or video by February 17, 2023. A decision will be made within three days of the receipt of the video or picture. Videos can be emailed to Sherrie Zembrzuski at [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net).
5. A team will hear the following prompts from the announcer during the competition: 1) Waiting in the wings is (team’s name); 2) In the hole is (team’s name); 3) Up next is (team’s name); 4) (Team name) you may take the mat and when the team is in position the announcer will say (team name) you may begin. Timing will begin at the first motion or music.

6. **Interruption of Performance:** The Safety Judge or Head Judge has 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, that team will be given time to regroup before performing their routine from the beginning. Judging will resume from the point in the routine which the Head Judge determines. The routine must be performed full out from the beginning. Any safety deduction that has been assessed will carry over. If the team's coach decides that they will not be able to perform the routine again then they will receive the score that they have received up to that point where the injury occurred. If they have not performed a skill they will receive a "0" in that category. All other circumstances in which there is an interruption of routine or if an injury occurs during the warm-up, the Head Judge or Tournament Directors will confer with the on-site medical personnel and decide the time that the team will perform. In all cases, the team will perform their routine from the beginning and must perform it full out.
7. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
8. When the team arrives at the Floyd Little Athletic Center, the coach/advisor is asked to enter with the team and with a copy of their roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the entry form that has been submitted. **ALL CHEERLEADERS MUST HAVE BEEN ACTIVELY CHEERING FOR A MAJORITY OF THE GAMES FOR THE WINTER SEASON. A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON THE ENTRY FORM. ONLY 22 CHEERLEADERS AND THREE (3) COACHES WILL BE ALLOWED TO ENTER VIA THE CHEERLEADERS' ENTRANCE. ALL OTHER TEAM MEMBERS AND COACHES MUST ENTER THROUGH THE MAIN SPECTATOR ENTRANCE AND PAY THE ENTRANCE FEE.**
9. The site at the Floyd Little Athletic Center has several locker rooms with locker space available for your use. We ask that your gym bags be placed under the bleachers, or in the locker rooms. They may not be placed in front of doors or in the walkways. These areas need to be left free of obstructions so that participants and spectators can move about and also are accessible in the event of an emergency. You are advised that CAS-CIAC and the Floyd Little Athletic Center are not responsible for items lost or stolen.
10. Spectators will not be allowed on the competition floor. Only cheerleaders and coaches with sneakers on will be allowed on the matted surface. Shoes will not be allowed on the competition area.
11. Please remind all spectators that the Floyd Little Athletic Center is a smoke-free facility. Smoking is not allowed inside or outside of the building. There is absolutely **NO SMOKING** at the Floyd Little Athletic Center.
12. No food or drinks are permitted in the Floyd Little Athletic Center. Only cheerleaders will be allowed to have plastic water bottles inside the field house.
13. A trainer will be available for injuries that occur at the competition. Please bring your own tape if you need to be taped or have a prior injury.
14. Squads given permission to enter after this notice will perform first in the order of performance.
15. **CONDUCT AND GOOD SPORTSMANSHIP** -- For the most part, we have been exceedingly proud of our high school students and their following of adult fans. We especially request that all school personnel -- administrators, faculty and coaches -- give definite emphasis to the subject of good sportsmanship so that your students will conduct themselves in a manner that will reflect nothing but credit upon your school and its fine team. Any seemly or unsportsmanlike conduct on the part of students or adults is a direct reflection on the school. Please remember that you are the guests of the site school, as guests you may want to be invited back next year.
16. The Connecticut Association of Schools (CAS) along with the Connecticut Student Activities Conference (CSAC) Cheerleading Committee are committed to having all spirit teams, coaches, parents and spectators act in a sportsmanlike manner at all times during games and competitions.

A participant, coach, substitute, trainer or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or gestures.
- c. Baiting or taunting an opponent.

**NOTE:** In accordance with the National Federation of High School Associations, the CAS and CSAC Cheerleading Committee disapprove of "any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin."

**The CSAC Cheerleading Committee has decided that should in the event that any of the above occurs, from the time a team enters the competition site to the time the team exits the competition site, that a 10 point penalty will be assessed by the competition officials. This may result in the team placing in a different position and plaques and medals being returned after the results have been announced.**

**PLEASE NOTE:** Coaches are respectfully reminded that the decisions of the competition judges and officials are final when rendered and not subject for discussion or change. Questions or concerns may be addressed to the CSAC Committee in writing. Harassment of any kind, verbal or written will not be tolerated and may result in sanctions against a school or coach. Coaches are asked to remind their team, parents and fans to cheer for their team and not against another team.

17. **PERFORMANCE AREA** – See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court. The performing surface will be a 42' by 42' (seven (7) panels) mat. Stepping off the mat will NOT result in point deduction. Landing a tumbling skill off the mat with the feet or any other body part will result in a ten (10) point deduction. If a tumbling skill is landed on the mat and momentum carries them off the mat there will not be a deduction unless the safety judge determines that it was unsafe for the participant.
18. Seating at the Floyd Little Athletic Center is on a first come, first serve basis. Seats cannot be saved for spectators.
19. **SIGNS, NOISEMAKERS AND BANNERS FORBIDDEN** -- Please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards, and streamers are DEFINITELY NOT ALLOWED. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as the cheerleaders. THEY WILL NOT BE PERMITTED, AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE COMPETITION. We also ask that you **DO NOT** bring balloons into the Floyd Little Athletic Center. They are forbidden.
20. *Tee shirts will be available for purchase on the day of the competition.*
21. Each team will be reimbursed for five (5) tickets. These tickets are to be used for school personnel and spouses, NOT PARENTS. A written request must be sent to the CIAC office and will only be reimbursed to those schools that have paid their entry fee.
22. **ALL TICKET SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING.**  
  
Admission prices for the competition are:  
Children five (5) and under are free;  
Military in uniform or with I.D. are free;  
Senior Citizens (age 65 and older) and Students (grades 1-12) \$5.00;  
Adults (All others not in the above categories) \$10.00.
23. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter unless another entry fee is paid.
24. Check the Connecticut Association of Schools web site on Monday, February 27, 2023 for an updated order of performance.

### **NEW ENGLAND REGIONAL CHEERLEADING COMPETITION**

Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition. The New England Competition is Saturday, March 18, 2023 at Worcester State University in Worcester, Massachusetts. Additional information will be available at a later date from the New England Council.

In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championship, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:

- If a tie remains, the difficulty scores in partner stunts, pyramids and tumbling will be totaled and the team with the highest total will have the opportunity to go to the New England competition.

**DIRECTIONS TO THE FLOYD LITTLE ATHLETIC CENTER**

480 Sherman Parkway, New Haven, CT 06511

**From I-95 North and South** -- Take Exit 47 to Rt. 34 to where the highway ends, go straight for 3/4 of a mile to Sherman Avenue. Take the right onto Sherman Avenue, go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then into the main parking lot.

**From I-91 South** -- Take Rt. 34 exit. Follow Rt. 34 to where the highway ends, go straight for 3/4 of a mile to Sherman Avenue. Take the right onto Sherman Avenue, go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then make your first left into the main parking lot.

**From Rt 15 (Wilbur Cross Parkway)** -- Take Exit 59, take a right onto Whalley Avenue (toward New Haven). Then turn left onto Ella Grasso Boulevard. Continue straight until the end and then make a right onto Crescent Street. Field House will be 2 mile down on your left. As you proceed towards the field house, make your first left onto Munson Street and then make your first left into the main parking lot.

**From Rt 15 South** -- Take Exit 60, take a right onto Dixwell Avenue. Continue on Dixwell Avenue until you see Burger King on the left and Dunkin Donuts on your right. \* At the light (St. Ann's Church) make a right onto Arch Street. At first light take a left onto Bowen Street -- continue on Bowen -- street name will change to Sherman Avenue, then Sherman Parkway -- after baseball field on right -- take a right onto Munson Street then make your first right into the main parking lot.

\* When you make the right onto Arch Street you may also follow to the second light -- take a left onto Fitch Street -- pass Southern Connecticut State University (left) cemetery (right) -- follow Fitch Street until you go under overpass -- after overpass take a left at light -- Crescent Street -- follow Crescent Street which will bring you to New Haven Athletic Field House on your left.

**2022-2023 CAS-CIAC Cheerleading Championship**

Music Copyright Compliance Form

**IN ORDER TO PROTECT THE CAS-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  
Coach's Name  
completely obtained by \_\_\_\_\_, prior to production of  
Music Mixer's Name  
the 2022-23 CAS-CSAC Cheerleading Championship routine music for the \_\_\_\_\_  
School's Name  
team from \_\_\_\_\_.  
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) \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Administrator / AD Name (Printed) \_\_\_\_\_

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, 2023**. Return via email to Sherrie Zembrzuski (missz14@sbcglobal.net)

## 2023 CHEERLEADING ROSTER

***Coaches: Please Bring this COMPLETED to the Floyd Little Athletic Center  
(Please Print or Type)***

Team Name \_\_\_\_\_ # Team members on competition mat today \_\_\_\_\_

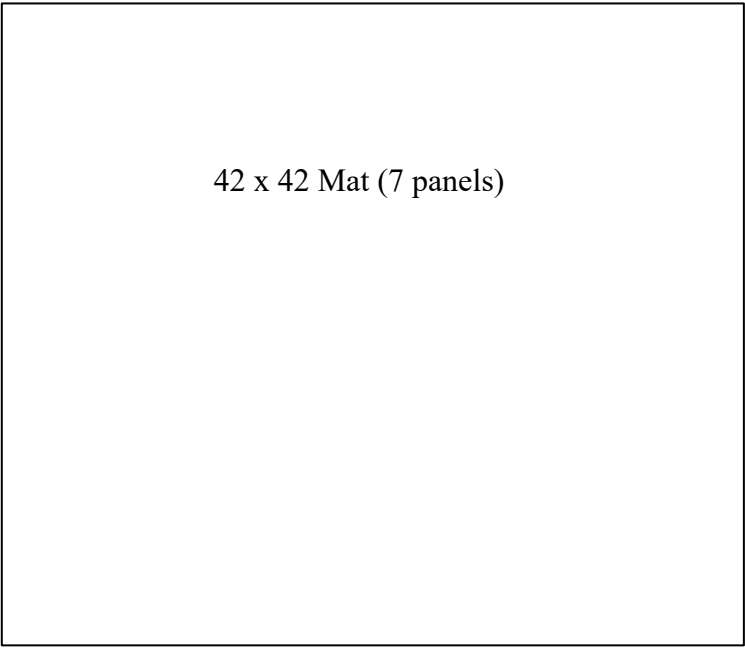
Members of the Team:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_
- 15) \_\_\_\_\_
- 16) \_\_\_\_\_
- 17) \_\_\_\_\_
- 18) \_\_\_\_\_
- 19) \_\_\_\_\_
- 20) \_\_\_\_\_
- 21) \_\_\_\_\_
- 22) \_\_\_\_\_

Coaches:      1) \_\_\_\_\_  
                     2) \_\_\_\_\_  
                     3) \_\_\_\_\_

GYM SET-UP





Bleachers for Spectators

Bleachers for Spectators

Judges

DJ

Bleachers for Spectators

		<b>FIRST SESSION CLASS LL, CLASS M AND CLASS S</b>			<b>SECOND SESSION CLASS L AND CLASS COED</b>
1.	M	Berlin		L	Middletown
2).	LL	Trumbull		CE	Torrington
3).	M	St. Joseph		L	Brookfield
4).	LL	Norwalk		CE	Manchester
5).	M	New London		L	Windsor
6).	LL	Ridgefield		CE	Naugatuck
7).	M	Ledyard		L	Wethersfield
8).	LL	Danbury		CE	Montville
9).	M	Bacon Academy		L	Bunnell
10).	LL	Southington		CE	Rocky Hill
11).	M	Ellington		L	Stratford
12).	LL	Amity		CE	Maloney
13).	M	New Fairfield		L	Farmington
14).	LL	Newington		CE	Woodstock Academy
15).	M	Killingly		L	New Milford
16).	LL	East Hartford		CE	East Lyme
17).	M	Tolland		L	North Haven
18).	LL	Staples		CE	Plainville
19).	M	Branford		L	Bristol Central
20).	LL	Stamford		CE	Shelton
21).	M	Mercy		L	Fitch
22).	LL	Westhill		CE	Lewis Mills
23).	M	Bassick		L	East Haven
24).	LL	Hamden		CE	Bristol Eastern
25).	M	Waterford		L	Masuk
26).	LL	Greenwich		CE	RHAM
27).	M	Foran		L	Joel Barlow
28).	LL	Fairfield Warde		CE	Fairfield Ludlowe
29).	M	Sacred Heart Academy		L	Rockville
30).	LL	Cheshire		CE	Hale Ray
31).	M	Sheehan		L	Avon
32).	LL	Wilton		CE	Portland
33).	M	Watertown		L	Lyman Hall
34).	LL	Newtown		CE	Norwich Free Academy
35).	M	Northwestern		L	Bethel
36).	LL	West Haven			
37).	M	Wolcott			
38).	S	Morgan			
39).	M	Daniel Hand			
40).	S	Haddam-Killingworth			
41).	S	Oxford			
42).	S	Gilbert			
43).	S	Ansonia			
44).	S	East Hampton			
45).	S	Notre Dame Fairfield			
46).	S	Norwich Tech			
47).	S	Griswold			
48).	S	Seymour			
49).	S	Immaculate			
50).	S	Lauralton Hall			
51).	S	Coginchaug			
52).	S	Cromwell			
53).	S	Plainfield			
54).	S	Woodland			
55).	S	Holy Cross			
56).	S	Wheeler			
57).	S	St. Paul Catholic			