



TO: VHSL Cheerleading Championships Coaches

FROM: Shawn Knight, Assistant Director, VHSL
Rhonda Dumont, Centreville H.S., Championships Director

DATE: September 27, 2016

RE: CHEER COMPETITION INFORMATION

CONGRATULATIONS on qualifying for the 20th VHSL Cheerleading Championships to be held at the Virginia Commonwealth University, Siegel Center on November 5, 2016. Rhonda Dumont returns as the director of this year's Championships and she has worked very hard to make this year's competition an enjoyable experience for the competitors, parents and cheer fans from all over Virginia.

We have assembled a great deal of important information for your review. Please look it over carefully so that you are familiar with VHSL policies and procedures as well as the format of the state competition. Please make the necessary information available to your cheerleaders and parents.

If you have any questions, please feel free to contact Mrs. Dumont at the following telephone number or e-mail address:

Home: 703-378-9095
Email: rkdcbeercomps@gmail.com

GOOD LUCK! We are looking forward to an exciting competition in Richmond on November 5.

Enclosures



2016 VHSL STATE CHEER COMPETITION Groups 2A, 3A, 4A, 5A, & 6A

November 5, 2016
Siegel Center, VCU, Richmond, VA
Director – Rhonda Dumont, Centreville HS, 703-378-9095
Admission -- \$10.00 per person

Please review the following information carefully.

AWARDS: First and second place trophies and medals will be awarded in each classification.

ATHLETIC TRAINER: A Certified Athletic Trainer will be present on site. You **MUST** bring your own tape if any of your squad members need to be taped before performing.

CAMCORDERS: May be used by spectators only from their seat. No tripods will be permitted.

CHECK-IN: Squads will enter the lower level of the Siegel Center through the tunnel located between the Bowe Street parking deck and Marshall Street near the northwest corner of the building. All squads will be checked in by name as listed on the team admittance/entry form. **Remember that a maximum of 25 cheerleaders and three coaches will be allowed to enter with their team.** These individuals must be listed and properly designated on the entry form. Any additional squad members will need to buy a ticket and enter through the general admission area. Additional coaches may enter at the pass gate on the upper level with the proper pass and identification. Check-in time for Groups 2A, 3A and 4A will begin at 10:00 a.m. Groups 5A and 6A squads will not be permitted to check in until 3:00 p.m. **Early check-in will NOT be permitted.**

COACHES MEETING: A coaches meeting for Group 2A, 3A and 4A coaches (one coach per school) will be held in the Terry Sisisky Media Room on the lower level of the arena at **10:30 a.m.** Class 5A and 6A coaches (one per school) will convene at **4:00 p.m.**, also in the Terry Sisisky Media Room.

COACHES' WRISTBANDS: Wristbands for coaches will be provided at the coaches meeting. Security has been instructed that only cheerleaders in uniform, coaches with wrist bands, and event workers are allowed on the performance level.

COMPETITION FORMAT: Each team will compete in the preliminary round. The top **FOUR** schools in each Classification will advance to the final round. Scores from the first round are not carried forward, but may be used if necessary to break a tie.

COMPETITION ROUTINES: The routine must be a minimum of two minutes and 30 seconds and a maximum of three minutes. The music portion of the routine shall not exceed 90 seconds. Each coach should have two copies of music media. Coaches are required to report to the MC/DJ immediately upon checking in to test your music.

COMPETITION SCORING - Categories and maximum point values used at the VHSL State Competition are shown herein. A perfect score is 100 points. The routine score is calculated by dropping the high and low scores and totaling the three remaining scores (5 routine judges are employed at the state competition). The technical judges (3 are employed at the state competition) submit one score sheet with applicable deductions that will be subtracted from the team's routine score. **These score sheets are to be used for all Conference and Region competitions.**

COMPETITION PROCEDURES – When your team's name is called, go **DIRECTLY** to the mat for performance. **NO SQUAD WILL BE ALLOWED TO HUDDLE, TUMBLE, OR PERFORM AN ENTRANCE FOR COMPETITION ONCE THEIR SCHOOL HAS BEEN ANNOUNCED TO PERFORM.**

COMPETITION TIE-BREAKER - The tie-breaking procedure to be used at all Conference, Region and State Competitions is as follows:

- **To resolve first-round ties --**
 - ◆ Add back the high and low scores. If still tied --

- ◆ Compare total number of points in the top 5 categories (skill categories) on the score sheet (stunts, pyramids, tumbling, jumps and dance). Team with the highest point total wins. If teams are still tied --
- ◆ Have the two teams compete again.

- **To resolve ties in the second round --**
 - ◆ Using second round scores, add back the high and low scores. If still tied --
 - ◆ Using second round scores, compare total number of points in the top 5 categories (skill categories) on the score sheet (stunts, pyramids, tumbling, jumps and dance). Team with the highest point total wins. If teams are still tied --
 - ◆ Compare scores from the first round (highs and lows discarded). If still tied --
 - ◆ Compare scores from the first round with highs and lows included. If still tied --
 - ◆ Compare total number of first-round points in the top 5 categories (see above). If still tied --
 - ◆ Have the two teams compete again.

CONCESSIONS: NO OUTSIDE FOOD OR BEVERAGES WILL BE ALLOWED INTO THE SIEGEL CENTER.

The Siegel Center concessionaire will be in operation the day of the competition. Additional information is included with this memo for schools that would like to pre-order boxed lunches for their cheerleading squads.

COOLERS: Coolers are not allowed in the Siegel Center. NO OUTSIDE FOOD OR BEVERAGES WILL BE ALLOWED INTO THE SIEGEL CENTER.

DIRECTIONS TO THE SIEGEL CENTER: Provided later in this information packet.

DOORS OPEN TO PUBLIC: 11:00 a.m.

ENTRIES: The top **four teams** from each region in Groups 2A, 3A, 4A, 5A and 6A will advance to the State competition.

ENTRY FORM AND TEAM PHOTO: All entry forms and team photos must be submitted electronically. Handwritten or printed entry forms will not be accepted! If you have problems completing the electronic form, contact the VHSL office (434-977-8475). **The completed entry form and team photo should be sent to Mike McCall, VHSL Information Specialist, prior to your Conference competition and must be received no later than **October 31, 2016.**** Email completed forms and photos to mmccall@vhsl.org and rkdcbeercomps@gmail.com.

FLASH PHOTOGRAPHY: Flash photography during the competition is not permitted (**SAFETY CONCERN**).

GROOMING AND ACCESSORIES: Please remind your squad about proper grooming and accessory restrictions such as nail length, hair, jewelry, etc. NFHS and VHSL rules apply. Making sure that your squad is appropriately dressed for competition is the responsibility of each coach, not competition judges. Infractions committed during competition will result in safety deductions. Ribbons containing wire are **NOT** allowed. Huddling on the main floor before taking the mat is not allowed.

HOSPITALITY ROOM: A hospitality area for participating coaches, sponsored by *Varsity Brands, Inc.*, will be set up in the **Tommy J. West Club** on the upper level of the Siegel Center. Only coaches with wrist bands will be allowed access. All food and drink must be consumed in the hospitality area. **Students and team followers will NOT be admitted to this area.**

HOUSEKEEPING: Please remind your squad and fans to keep seating areas free of trash and debris.

JUDGING CRITERIA: The following categories will be judged up to the maximum points shown in each category. A perfect score is 100 points. The routine score will be calculated by dropping the high and low scores and totaling the three remaining scores. The technical judges will submit one score sheet with applicable deductions that will be subtracted from the team's routine score.

<u>ROUTINE SCORE</u>			<u>TECHNICAL SCORE</u>	
<u>CATEGORIES</u>	<u>POINT APPORTIONMENT</u>	<u>PTS.</u>	<u>INFRACTIONS</u>	<u>POINTS DEDUCTED PER INFRACTION</u>
Stunts	Difficulty	10	Illegality – Stunts/Tumbling	20
	Execution	5		
Pyramid(s)	Difficulty	10	Illegal Execution of a Legal Stunt	5
	Execution	5		
Standing Tumbling	Difficulty	5	Falls	Stunts Fall – 3 Drop – 5 Collapse Max – 10
	Running Tumbling	Difficulty		
Overall Execution		5		Tumbling Hand Check – 1 Knees/Body – 2
Jumps	Difficulty	5	Dangerous Use of Props	1
	Execution	5		
Dance	Difficulty	5	Appearance	1
	Execution	5		
Cheer	Motions	5	Time	Over/Under Routine 5
	Projection	5		
	Overall Effectiveness of Cheer	10		
Overall	Level of Energy	5	Out of Bounds	1
	Transitions/Spacing/Timing/Flow	5		
	Overall Impression/Choreography	5		
			Unsportsmanlike Behavior	10

MUSIC CHECK: After check-in, one coach from each squad should report to the DJ for a music check. Please be reminded that you should have a backup CD. Coaches are responsible for cueing their own music.

ORDER OF COMPETITION: Order of competition will be posted on the VHSL web site. Classes 2A, 3A and 4A will compete together beginning at 12:00 p.m. Classes 5A and 6A will begin competing at approximately 5:00 p.m. Times are subject to change. A final schedule will be provided to coaches at the coaches' meeting on Saturday.

OVERNIGHT ACCOMMODATIONS: Ten rooms are authorized for schools traveling more than 150 miles one way. Approved Marriot hotels are listed later in this memo and on the VHSL website.

PARKING: Spectator parking will be in the West Broad Street Deck diagonally across the street from the Siegel Center. The fee is **\$6.00** per car payable in cash upon entrance. (Admission to competition is \$10.00). School busses and charter busses must find their own parking.

PRACTICE: Practice at the Siegel Center prior to the date of the competition is not permitted.

PROGRAMS: Souvenir programs can be accessed via the VHSL website (www.vhsl.org).

PROTESTS: VHSL does not recognize protests. If clerical or mathematical errors occur, they must be recognized and corrected prior to the competition's conclusion.

SEATING: 3A and 4A cheerleaders will sit on the west end of the gym near the tunnel entrance. Group 2A cheerleaders will sit on the east end of the gym nearest the performance check-in area. 5A and 6A cheerleaders will sit in the Visitor's stands marked with the letters "VCU" unless otherwise directed by competition staff. Spectators are not permitted in these areas. Teams will be called from these areas for the processional. Seating for spectators will be designated on the day of the competition.

SCHEDULE: See attached. A complete schedule of warm-up and performance times will be posted on the VHSL web site. Times posted may vary slightly. A final schedule will be provided to each coach at the coaches' meeting on Saturday morning (2A, 3A, and 4A) or afternoon (5A, 6A).

SCORE SHEETS: Coaches will be allowed to review their score sheets shortly after competing. Copies of score sheets will be made available to all teams prior to departure from the Siegel Center. Score sheets that are not picked up at the competition will be destroyed. Score sheets will NOT be mailed to competing schools.

SIGNS: Signs may **NOT** be attached to the walls of the Siegel Center. Hand-held signs on sticks, balloons, or noisemakers are **NOT** allowed.

SOUND SYSTEM: A quality sound system and DJ will be provided.

SOUVENIR ITEMS: Fine Designs is the official merchandiser for all VHSL State competitions. T-shirts, sweatshirts, etc. will be on sale at the competition. Fine Designs is solely responsible for design and pricing of all merchandise. Also, this year, Chosen Bows will be on site offering a wide variety of cheer bows. Next Level Photos will have photographers capturing action photographs of the competition for purchase as photographs, posters, etc. on site. Please alert your athletes and parents of these opportunities.

SPORTSMANSHIP: Good sportsmanship is expected at all times. Positive cheering and crowd involvement are expected. Please be respectful of ALL teams.

SQUAD INTRODUCTIONS: The introduction of squads from Groups 2A, 3A and 4A will begin at 11:40 a.m. The introduction of Groups 5A and 6A will begin at approximately 4:20 p.m. It is expected that all participating schools will take their place in the introductions.

SQUAD LIMITS: Each school's squad of up to 20 members may be any combination of boys and girls; and may be any student who is eligible (whether or not that student is a sideline cheerleader). Five alternates may be listed on the entry form. Additional squad members must purchase a ticket to enter.

SUPERVISION: Teams must be supervised at all times and in all areas.

TEAM PHOTO: A team photo must be submitted to Mike McCall (mmccall@vhsl.org) for inclusion in the online competition program. Photos and team lists must be received by October 31, 2016.

TEAM SCORE: A team's final score will be determined by the team's score from the second (final) round. The teams' first round scores will determine which teams advance to the finals.

TEAM TRAVEL REIMBURSEMENT: Each participating school must submit its travel reimbursement forms to the VHSL office by December 1. Schools eligible for reimbursement will be sent their checks in January 2017. **Eligibility for reimbursement is based on a formula that can be found in the VHSL Policy Handbook and Policy Manual on page 123.**

VIDEO CAMERAS: *PlayOn Sports* will be professionally recording and broadcasting this event. Spectators must receive permission from the tournament director for any live action taken of athletic events other than snapshots (VHSL Policy Manual 300-16-5). Tri-pods will not be permitted.

WARM-UP SCHEDULE: Warm-ups will be in the auxiliary gym. You will have ten minutes on your assigned mat (either A or B). The first five minutes are for stretching and tumbling runs. Please be quiet during this time. The second five minutes will be for working your full routine to music. You may be loud during this time. There will be a

“preview judge” in the warm-up area to review your routine and make you aware of any potential safety issues. Please enter and exit promptly. Be cooperative with the warm-up room worker.

PLEASE NOTE THAT SPOTTERS WILL BE AVAILABLE FOR YOUR TEAM IN THE WARM-UP ROOM AND ON THE COMPETITION FLOOR. WHILE THEIR USE IS OPTIONAL, WE ENCOURAGE TEAMS TO USE THEM FOR THE SAFETY OF YOUR ATHLETES.

2016 VHSL State Cheerleading Championships



We have secured a group discount at the below hotels over November 4-6, 2016.

Courtyard Richmond West

\$119.00 King bed with pull-out sleeper sofa

6400 West Broad Street

Richmond, VA 23230

(804) 282-1881- Kimberly Horne

Courtyard Richmond Northwest- Short Pump

\$114.00 King or Doubles, breakfast included

3950 Westerre Parkway

Richmond, VA 23233

(804) 346-5427- Kiki Ferguson

Courtyard Richmond North- Glen Allen

\$109.00 King Suite / \$109 Double queen with breakfast included

10077 Brook Road

Glen Allen, VA 23059

(804) 266-6900- Paula Risner

To secure reservations, please call the hotel directly
prior to October 31st and request the **VHSL Cheerleading Block**.

Should you need assistance with reservations, you may reach out to our Event Specialist
on property.



DIRECTIONS

The Siegel Center is located at 1200 West Broad Street, Richmond, VA 23284-3013 on the corner of Broad and Harrison Streets. For directions to the Siegel Center, go to www.siegelcenter.com/directions.php.

If traveling on I-95 South/I-64 East (I-95 and I-64 merge)

Take exit #76B for Belvidere Street. Turn left off exit ramp on to Leigh Street. Go to 1st traffic light, turn right onto Belvidere Street. At the 3rd traffic light, turn right onto Broad Street. The Siegel Center is on the right after the third traffic light.

If traveling on I-95 North/I-64 West

Take exit #76A Chamberlayne and get in the left lane on exit ramp. Turn left at the traffic light. After crossing the bridge, bear right onto St. Peter's Street. At the stop sign, turn right onto Leigh Street. Turn left at the first traffic light onto Belvidere Street. At the 3rd traffic light, turn right onto Broad Street. The Siegel Center is on the right after the third traffic light.

**NO OUTSIDE FOOD OR DRINK WILL
BE PERMITTED IN THE SIEGEL
CENTER!**

Competitors may purchase food at one of the concessions stands located throughout the Siegel Center. Gatorade coolers (for competitors) will be located near the competition and/or warm-up areas. Boxed lunches for your squad may be pre-ordered from the Siegel Center (see Box Lunch Order Form on the VHSL website).

2016 VIRGINIA HIGH SCHOOL LEAGUE CHEERLEADING CHAMPIONSHIPS
OFFICIAL COMPETITION PRE-ORDER FORM & ON-LINE STORE



Over 30 different styles of apparel to choose from on-line. Additional logos are also available that can be added to the sleeves, back and chest through the www.vhslapparel.org on-line store. Apparel can either be shipped or included with the team order, which will be picked up by your designated team contact.

PRE-ORDER Form Competition T-SHIRT: All shirts will be cotton, with the 2016 design on the front and rosters of all the participants on the rear. White short-sleeve pre-order t-shirt pricing is \$20.00. White long sleeve pricing is \$25.00. All orders must be TEAM orders. We will not fill individual orders through the form although individual orders can be made at www.vhslapparel.org. All orders must be picked up at the event. The team contact person can pick up the Team order from the event check out. We will send you an e-mail with the total of your order. Payment can be made in cash, check, or a charge card. A 6% service fee will be added to all checks and credit card transactions. All orders MUST be faxed to Fine Designs at 440-886-5305, or emailed to onlinestore@finedesigns.com by 12:00 noon on Tuesday, November 1, 2016. We will send you a confirmation email by Wednesday, November 2, 2016.

Please complete desired number for size & style:

SCHOOL NAME: _____
TEAM CONTACT NAME: _____
ADDRESS: _____
PHONE: () _____ **EMAIL:** _____
PAYMENT: CASH _____ CHECK _____ CREDIT CARD _____
(ONE check per team/ Payable to Fine Designs)

STYLE	COLOR	Adult SMALL	Adult MEDIUM	Adult LARGE	Adult X-LARGE	Adult XXL	Total Per Categ.
Short Sleeve	WHITE						
Long Sleeve	WHITE						

TO BE FILLED OUT BY FINE DESIGNS **#Ordered**

Total WHITE Short Sleeve T's _____ X \$20.00 each= \$ _____

Total WHITE Long Sleeve T's _____ X \$25.00 each= \$ _____

6% SERVICE FEE FOR CHECK OR CREDIT CARD \$ _____

TOTAL DUE FOR PRE-ORDER \$ _____

Pre-orders are to be picked up Saturday @ Siegel Center



2016 VHSL Cheer Championships November 5, 2016

Competition Schedule – Group 2A, 3A, and 4A
Coaches Meeting – 10:30 AM
Judges Meeting – 10:30 AM

Processional Line-up – 11:25-11:40
Processional – 11:40-11:55

Team	Direction	Warm-up Check in	Warm-up Floor A	Warm-up Floor B	Check-in downstairs	Performance Time
2A East #5	VCU	11:05	11:10-11:20		11:25	12:00
3A West #4	VCU	11:10		11:15-11:25	11:30	12:05
4A West #4	RAMS	11:15	11:20-11:30		11:35	12:10
2A East #4	VCU	11:55		12:00-12:10	12:15	12:20
3A East #4	VCU	12:00	12:05-12:15		12:20	12:25
4A East #4	RAMS	12:05		12:10-12:20	12:25	12:30
2A West #3	VCU	12:10	12:15-12:25		12:30	12:35
3A West #3	VCU	12:15		12:20-12:30	12:35	12:40
4A West #3	RAMS	12:20	12:25-12:35		12:40	12:45
2A East #3	VCU	12:25		12:30-12:40	12:45	12:50
3A East #3	VCU	12:30	12:35-12:45		12:50	12:55
4A East #3	RAMS	12:35		12:40-12:50	12:55	1:00
2A West #2	VCU	12:40	12:45-12:55		1:00	1:05
3A West #2	VCU	12:45		12:50-1:00	1:05	1:10
4A West #2	RAMS	12:50	12:55-1:05		1:10	1:15
2A East #2	VCU	12:55		1:00-1:10	1:15	1:20
3A East #2	VCU	1:00	1:05-1:15		1:20	1:25
4A East #2	RAMS	1:05		1:10-1:20	1:25	1:30
2A West #1	VCU	1:10	1:15-1:25		1:30	1:35
3A West #1	VCU	1:15		1:20-1:30	1:35	1:40
4A West #1	RAMS	1:20	1:25-1:35		1:40	1:45
2A East #1	VCU	1:25		1:30-1:40	1:45	1:50
3A East #1	VCU	1:30	1:35-1:45		1:50	1:55
4A East #1	RAMS	1:35		1:40-1:50	1:55	2:00
Announce Class 2A Finalists – 2:05						
Announce Class 3A Finalists – 2:10						
Announce Class 4A Finalists – 2:15						
2A #1	VCU	2:15	2:20-2:30		2:35	2:40
3A #1	VCU	2:20		2:25-2:35	2:40	2:45
4A #1	RAMS	2:25	2:30-2:40		2:45	2:50
2A #2	VCU	2:30		2:35-2:45	2:50	2:55
3A #2	VCU	2:35	2:40-2:50		2:55	3:00
4A #2	RAMS	2:40		2:45-2:55	3:00	3:05
2A #3	VCU	2:45	2:50-3:00		3:05	3:10
3A #3	VCU	2:50		2:55-3:05	3:10	3:15
4A #3	RAMS	2:55	3:00-3:10		3:15	3:20
2A #4	VCU	3:00		3:05-3:15	3:20	3:25
3A #4	VCU	3:05	3:10-3:20		3:25	3:30
4A #4	RAMS	3:10		3:15-3:25	3:30	3:35
Bring all finalists to the competition floor – 3:40						
Announce 2A Results and present awards – 3:50						
Announce 3A Results and present awards – 4:00						
Announce 4A results and present awards – 4:10						

Please note – **schedule may vary**. Teams must be prepared to go earlier or later than the above-scheduled times.



2016 VHSL Cheer Championships

November 5, 2016

Competition Schedule – Classes 5A and 6A

Coaches Meeting – 4:00 PM

Judges Meeting – 4:00 PM

Squads seated in sections – 4:00

Team Intros – 4:20-4:35

Team	Direction	Warm-up Check in	Warm-up Floor A	Warm-up Floor B	Check-in downstairs	Performance Time
5A South #4	VCU	4:40	4:45-4:55		5:00	5:05
6A South #4	RAMS	4:45		4:50-5:00	5:05	5:10
5A North #4	VCU	4:55	5:00-5:10		5:15	5:20
6A North #4	RAMS	5:00		5:05-5:15	5:20	5:25
5A South #3	VCU	5:10	5:15-5:25		5:30	5:35
6A South #3	RAMS	5:15		5:20-5:30	5:35	5:40
5A North #3	VCU	5:25	5:30-5:40		5:45	5:50
6A North #3	RAMS	5:30		5:35-5:45	5:50	5:55
5A South #2	VCU	5:40	5:45-5:55		6:00	6:05
6A South #2	RAMS	5:45		5:50-6:00	6:05	6:10
5A North #2	VCU	5:55	6:00-6:10		6:15	6:20
6A North #2	RAMS	6:00		6:05-6:10	6:20	6:25
5A South #1	VCU	6:10	6:15-6:25		6:30	6:35
6A South #1	RAMS	6:15		6:20-6:30	6:35	6:40
5A North #1	VCU	6:25	6:30-6:40		6:45	6:50
6A North #1	RAMS	6:30		6:35-6:45	6:50	6:55
Announce Class 5A Finalists – 7:10						
Announce Class 6A Finalists – 7:15						
5A #1	VCU	7:20	7:25-7:35		7:40	7:45
6A #1	RAMS	7:25		7:30-7:40	7:45	7:50
5A #2	VCU	7:30	7:35-7:45		7:50	7:55
6A #2	RAMS	7:35		7:40-7:50	7:55	8:00
5A #3	VCU	7:40	7:45-7:55		8:00	8:05
6A #3	RAMS	7:45		7:50-8:00	8:05	8:10
5A #4	VCU	7:50	7:55-8:05		8:10	8:15
6A #4	RAMS	7:55		8:00-8:10	8:15	8:20
Bring all finalists to the competition floor – 8:35						
Announce 5A Results and present awards – 8:45						
Announce 6A Results and present awards – 8:55						

Please note – **schedule may vary**. Teams must be prepared to go earlier or later than the above-scheduled times.

AWARDS PRESENTATIONS

Following the performance by the final team in each group, all four finalists will be called down to the floor to gather as squads on the performing surface. All four places will be announced beginning with 4th place.

Trophies and individual medals will be awarded the top **2** squads. When announced, each squad should come forward to receive their medals. Each participant's name will be read. Cheerleaders should form a straight line parallel to and facing the awards table. After individuals have received their medals, the HEAD COACH will come forward to receive the appropriate trophy.

There are 25 medals per team for each of the top **two** teams in each Group (2A, 3A, 4A, 5A and 6A). Additional medals may be ordered by contacting Kelley Haney (khaney@vhsl.org) at the VHSL office.

COACHES – Please remind your teams that QUALIFYING for the VHSL Championships is a huge accomplishment, one that all teams in the competition should be proud of. Finishing in the top five, or top two, or as the number one squad is just, as they say, “icing on the cake!” It is the expectation of the 300+ member schools of the Virginia High School League that all teams in the competition behave in a way that shows respect for all other participants and attendees, regardless of where you finish.