



2018 YAC

SPIRIT FEST

MANUAL

Dear Coach,

We are so excited about our upcoming YAC Spirit Fest! Our goal is to run a high quality, high energy, and FUN competition for our Coaches and Cheerleaders.

This packet will provide all information needed to make Spirit Fest a success for us all. It's a great opportunity to show everyone how much ***SPIRIT*** your team has and gain some experience on the competition mat! Please pass this information to all of your parents so they know what to expect at Spirit Fest.

The format for Spirit Fest allows us an opportunity to showcase our game day style performances. If you have any questions or concerns, please feel free to contact your Cheer Council Representative.

*Cheers!! *o/**

Nicole Brody
YAC President

Danielle Lyon
YAC Cheer Council President

Spirit Fest Categories

Teams will be assigned a category based on the number of girls competing. This category is just a way to organize the competition and does not define who you are competing against. Every team will be awarded in the category of their high score and competing for the session Grand Champion.

Spirit Fest Check-In

1. We will send out Spirit Fest check-in/session information via email approximately 1 week prior to Spirit Fest.
2. **ARRIVE EARLY.** We need all squads to arrive in a timely manner. Cheerleaders should arrive 15-20 minutes **PRIOR** to the check-in start time.
3. Your team will not be checked in until everyone is present.
4. Upon arrival, the Head Coach, Assistant Coach(es), and Cheer Trainer(s) along with the squad members must check in at the Event Registration Desk. There you will have your roster confirmed and receive a program with performances listed.

Spirit Fest Routine Requirements

1. Each cheer squad is required to do a routine no longer than 2.5 minutes that includes a sideline cheer/chant and a game day dance; music portion may be no longer than 1.5 minutes.
2. Each team should prepare an offensive sideline and a defensive sideline. The announcer will call out offense or defense at the time of competition and your team will be cued to begin the correct sideline.
3. Time will begin with the first motion, word or beat of music. If a malfunction occurs during a team's performance, the team may have the opportunity to perform their routine again.
4. The routine should have characteristics of cheer movements, jumps, and dance. Acceptable tumbling and stunting is also allowed. **NO** Formal entrances. Please be creative when teaching a dance routine. A line dance is not entertaining, nor creative. Make sure it is age appropriate.

Spirit Fest Specifications

1. Each squad will be judged as a **TEAM**. All cheerleaders will be judged according to ability, presentation, spirit, technique, voice, jump technique, dancing technique, uniformity, etc.
2. Special emphasis will be placed on overall impression of routine and technique.
3. Judges will be informed about our mascot policy and teams with mascots will not be "penalized" in any way if their mascot freezes up or does not perform to the same standard as other members of the team.
4. All squads will be performing on a mat.
5. Only current year YAC issued Uniforms-Shell, Skirt, and Bloomers may be worn. Body Liners, socks and hair bows of your choice are acceptable. Uniforms that have been purposely altered in any way will not be allowed. **ONLY EXCEPTIONS are adding tackle twill/embroidery/screen print of team mascot or cheerleader's name.**
6. YAC current year issued poms, hand held signs (no flaking glitter), flags, banners, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.
7. Any Coach that does not bring their team to Spirit Fest to perform will risk 50 point deduction at Cheer Fest.

Music Requirements

1. The music you select must be age appropriate. We have instituted this policy due to lyrics laced with sexual innuendo and suggestive movements. In addition, **ABSOLUTELY NO PROFANITY WILL BE ACCEPTABLE IN THE MUSIC.** Make sure the music is cut correctly. **DO NOT** bleep out any of the words.
2. You must have a music runner. We will request music be emailed 1 week prior to competition so a play list can be created. You should also have a backup device just in case on the day of competition (flash drive, cell phone).
3. Music can be found online using Youtube or Google "Cheer Music or Marching Band Music."

Mascots

1. Mascots are allowed to perform at Spirit Fest.
2. Your mascot parents will be allowed to sit with their mascot provided they have a badge, HOWEVER, they are not allowed to go onto the competition floor.

Safety Guidelines

1. Hair is to be pulled up and off of the face securely.
2. Jewelry of any kind is prohibited.
3. Nails should be cut short.
4. Socks and athletic shoes must be worn. **No canvas shoes will be allowed.**
5. Knee drops, seat drops, front drops, and split drops from a jump or airborne position are prohibited. Hands must be properly placed on the floor before knees/splits touch the ground.
6. Uncertified coaches who allow their team to stunt will be disqualified, and they will automatically receive a spirit medal.
7. Any cheerleader wearing a cast cannot be involved in stunts, pyramids or tumbling of any kind. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

Approved Stunts by Level

LEVEL 1:

ACCEPTABLE

Thigh Level Stunts, Piggy Back, Shoulder Sits
Straight Pop-down dismounts
Forward/Backward Rolls
Cartwheels (1 or 2 armed)
Round Off
Back Bends
Back/Front walkover
Front/Back Handspring or Back tuck (Cheerleader must be Certified)

LEVEL 2:

ACCEPTABLE

Includes Level 1 Stunts/Tumbling
Nothing above Shoulder/Prep level Stunts; shoulder stands
Dismounts include cradles
Stunts may move at shoulder/prep level
1 legged stunts at shoulder/prep level

LEVEL 3:

ACCEPTABLE

Includes Level 1 & 2 Stunts/Tumbling
Extension or "Full" level
1 legged stunts (i.e.: Liberty) at a full
Twist cradle from half only; cradle from extension
Single based stunts are permitted at the shoulder/prep level
Stunts may move at extension level

YAC Spirit Fest Scoring Requirements

Enclosed you will find a sample Spirit Fest score sheet and an infraction sheet. Please use them as a reference. Absolutely no interaction of any kind is allowed with the judges. All judges scores will be added together to arrive at a total score minus any infractions. All judge's decisions are final.

1. One Grand Champion for each session will be awarded.
2. Ties will not be broken. Tying teams will share a title.
3. All teams will be announced and awarded in their highest scoring category.
4. Head Cheer Coaches will receive their squad's score sheets at the next Coach's Meeting.

****YAC Spirit Fest Score Sheet****

Team/Division: _____

Category: _____ **Division:** Small Medium Large Extra Large Sideline: OFFENSE DEFENSE

CATEGORY	Max Pts.	Score	Comments: Skills/Notes/Improvements
<u>CHEER SECTION (40Points)</u>			
Correct Sideline	5		
Voice, Pitch, Use of Words,	5		
Crowd Involvement	5		
Signs/Poms	5		
Motion Technique	5		
Jumps/Tumbling/Stunts/Pyramids	5		
Performance- Synchronization, precision & Timing	5		
Formations/Transitions	5		
<u>DANCE SECTION (40 Points)</u>			
Game Day Appropriate	5		
Rhythm, Originality, Flow of Routine, Sharpness	5		
Spirit/Energy	5		
Motion Technique	5		
Jumps/Tumbling/Stunts/Pyramids	5		
Performance- Synchronization, precision & Timing	5		
Variety, Continuity, Use of Floor, Spacing	5		
Formations/Transitions	5		
<u>OVERALL PERFORMANCE (20 Points)</u>			
Overall impression, Execution, Visual Appeal, Creativity, Perfection of Routine	10		
Showmanship, Spirit, Energy	10		
TOTAL SCORE	100		

Judge Signature: _____

Penalty:	Deduction:	Infraction to score/comments:
Stepping off mat (poms/hand held signs are fine off mat, no Cheerleaders)	5 points	
Routine exceeding 2.5 min and/or Formal entrance	5 points	
Uniforms altered in any form	10 points	
Inappropriate Choreography, body rolls, etc.	10 points	
Music Requirements: no profanity, vulgar lyrics, sexual innuendo	10 points	
Safety Guidelines 1. No Jewelry 2. No Knee/seat/front/split drops from jump or airborne position. Hands must be placed on floor before knees/splits hit the ground. 3. No Canvas Shoes – Athletic Shoes must be worn 4. Cheerleaders wearing casts cannot stunt/tumble	10 points per occurrence	
<u>UNACCEPTABLE in all categories Stunting/Tumbling:</u> NO Basket Tosses NO Tic Tocs (Switching from one leg to another) ALL Stunts must ALWAYS have a back spot and the back spot must always have both hands in contact with the flyer at all times without exception. NO Free Falling – Spotters must guide flyer with arms at full length at all times (up & down) NO Aerial tumbling (no-handed cartwheels, tucks, etc.) NO tumbling with poms No tricks while dismounting (X Out while cradling)	10 points per occurrence	
Unacceptable props	10 points	
Non-certified coaches stunting	25 points	
Hiring a choreographer	25 points	
Using a Mascot in a stunt	25 points	