



**YAC**

**CHEER FEST**

**MANUAL**

**2021**

Dear Coach,

We are all **EXCITED** about our upcoming YAC Cheer 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 Cheer Fest a success for us all. It's an **AWESOME** opportunity to show everyone how much **SPIRIT** your team has, and what they have learned all season! Please pass this information to all your parents so they know what to expect at Cheer Fest.

If you have any questions or concerns, please feel free to contact your Coaches Council Representative.

*Cheers!! \*o/\**

Nicole Brody  
YAC President

Analisa Sisneros  
YAC Coaches' Council President

### CheerFest Categories

Categories will be declared by the Head Coach at our September Coaches meeting as to their squad's capabilities.

**Teams will not be allowed to change categories after declaring.**

### Cheer Fest Check-In

1. We will send out Cheer Fest check-in/session information via email approximately 1 week prior to Cheer Fest. This will also be posted on the [www.nmyafl.org](http://www.nmyafl.org) website.
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 and performance ready. All hair, uniform, and make-up prep should be completed prior to check-in.
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.

### Cheer Fest Routine Requirements

1. Each cheer squad is required to do a routine no longer than 2.5 minutes that includes a cheer and a dance in no particular order.
2. 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.
3. 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 a competitive cheer routine. Make sure it is age appropriate.

### Cheer 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. All squads will be performing on a mat.
4. Only current year YAC issued Uniforms-Shell, Skirt, and Bloomers may be worn. Undershirts, 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 embroidery/screen print of team mascot or cheerleader's name.**
5. YAC current year issued poms, handheld 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.
6. Any Coach that does not bring their team to Cheer Fest to perform will risk not being awarded a team to coach the following season.

### 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. Music should be emailed/turned in by **Wednesday, September 15<sup>th</sup>** and should be titled with your district and division. You should also have a backup device just in case.
3. Music can be found online using YouTube or Google "Cheer Music."

### **Junior Cheerleaders (Mascots)**

1. Junior Cheerleaders are not allowed to compete with your team at Cheer Fest. Junior Cheerleaders are allowed to sit next to the Head Cheer Coach while their team is performing. They will have the opportunity to perform a special Junior Cheerleader Routine as a group at the conclusion of all cheer squad's performances at Cheer Fest.
2. Your Junior Cheerleader parents will be allowed to sit with their cheerleader 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.

### **YAC Cheer Fest Scoring Requirements**

Enclosed you will find a sample Cheer 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. First, second, and third place will be awarded within each category/division. All others will receive a "Cheer Spirit" medal. A special "Grand Champion" award will be given to the top scoring team in each session.
2. Ties will not be broken. Tying teams will share a title.
3. Head Cheer Coaches will receive their squad's score sheets at the final Coaches' meeting in October.

**\*\*YAC CheerFest Score Sheet\*\***

**Team/Division:** \_\_\_\_\_

**Level:**      1            2            3                      **Division:**    Extra Small      Small            Medium      Large

CATEGORY	Max Pts.	Score	Comments: Skills/Notes/Improvements
<b><u>CHEER PORTION (30 Points)</u></b> Voice, Pitch, Use of Words,  Crowd Involvement  Signs/Poms  Motion Technique  <b>Performance-</b> Synchronization, precision & Timing  Formations/Transitions	5  5  5  5  5		
<b><u>DANCE PORTION (30 Points)</u></b> Rhythm, Originality, Flow of Routine, Sharpness  Spirit/Energy  Motion Technique  <b>Performance-</b> Synchronization, precision & Timing  Variety, Continuity, Use of Floor, Spacing  Formations/Transitions	5  5  5  5  5		
<b><u>OVERALL PERFORMANCE (40 Points)</u></b> Stunts/Pyramids  Jumps/Tumbling  Showmanship, Spirit, Energy  Overall impression, Execution, Visual Appeal, Creativity, Perfection of Routine	10  10  10  10		
<b>TOTAL SCORE</b>	<b>100</b>		

**Judge Signature:** \_\_\_\_\_

Penalty	Deduction	Infraction to score/comments
Stepping off mat (poms/handheld signs are fine off mat, no Cheerleaders)	<b>5 points (total not per instance)</b>	
Routine exceeding 2.5 min and/or Formal entrance	<b>5 points</b>	
Uniforms altered in any form	<b>10 points</b>	
Inappropriate Choreography, body rolls, etc.	<b>10 points</b>	
Music Requirements: no profanity, vulgar lyrics, sexual innuendo	<b>10 points</b>	
<b>Safety Guidelines</b> 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 <b>Stunting/Tumbling above Category/Level</b>	<b>10 points per occurrence</b>	
<u><b>UNACCEPTABLE in all categories Stunting/Tumbling:</b></u> NO Basket Tosses NO Tic Tocs (Switching from one leg to another) NO Aerial tumbling (no-handed cartwheels, fullouts, etc.) NO tumbling with props or with poms No tricks while dismounting (X Out while cradling)	<b>Disqualification-Spirit Medal</b>	
Unacceptable props-	<b>Disqualification-Spirit Medal</b>	
Unpaid YAC Sponsorship Fees	<b>Disqualification-Spirit Medal</b>	
Non-certified coaches stunting	<b>Disqualification-Spirit Medal</b>	
Hiring a choreographer	<b>Disqualification-Spirit Medal</b>	
Using a Mascot in a stunt	<b>Disqualification-Spirit Medal</b>	

Team/Division: \_\_\_\_\_

Judge Signature: \_\_\_\_\_

# Cheerfest Manual Acknowledgement

By signing this page, I acknowledge that I understand everything pertaining to CheerFest that is explained in this manual. I further acknowledge that this information will be passed on to all assistant coaches, cheer trainers and parents.

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Team District and Division:

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Coach's Name (printed):

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Coach's Signature:

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Today's date:

Level Delared:

# cheerleaders:

# mascots: