



**2022**  
**YAC**  
**SPRING**  
**FEST**  
**MANUAL**

Dear Coach,

We are so excited about our upcoming YAC Spring 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 Spring 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 your parents so they know what to expect at Spring Fest.

The format for Spring Fest allows us an opportunity to showcase our spring cheer and dance performances. If you have any questions or concerns, please feel free to contact your Cheer Council Representative.

*Cheers!! \*o/\**

Analisa Sisneros  
YAC President

Nicole Brody  
YAC Cheer Council President

## Spring Fest Categories

There are no assigned categories of competition for Spring Fest. Every team will be awarded in the category of their high score and competing for the session Grand Champion.

## Spring Fest Check-In

1. We will send out Spring Fest check-in/session information via email approximately 1 week prior to Spring 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.
5. **Only coaches/cheer trainers with a badge will be allowed to sit with their team.** If they do not have their badge they must pay to enter and sit on the spectator's side.

## Spring 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 dance; music portion may be no longer than 1.5 minutes and must meet the designated theme (Disney).
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 are also allowed. **Stunting up to a half level ONLY.** 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.

## Spring 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 junior cheerleader (mascot) policy and teams with junior cheerleaders will not be "penalized" in any way if their junior cheerleader 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-Polo and Skort 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.

## Music Requirements – 2022 Theme: Disney

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 playlist can be created. You should also have a backup device just in case on the day of competition (flash drive, cell phone). **Music must be emailed by April 18<sup>th</sup>, be sure to add team district and division on the subject line.**
3. Music can be found online using YouTube or Google.
4. All music must be based on the designated Spring Fest Theme.

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

1. Junior Cheerleaders are allowed to perform at Spring 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.
3. **Under no circumstances are junior cheerleaders to be involved with any type of stunt or pyramid. NO EXCEPTIONS.** Junior Cheerleaders will be tagged at the check-in table to ensure they are not being utilized in stunts or pyramids.

### **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. 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 and Levels**

Teams may perform stunts only up to the half/prep level during Spring Fest.

### **YAC Spring Fest Scoring Requirements**

Enclosed you will find a sample Spring 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. Spirit Stick Award: Judges will decide which individual cheerleaders to give the spirit stick too.
5. Head Cheer Coaches will receive their squad's score sheets at the next Coach's Meeting.

**\*\*YAC Spring Fest Score Sheet\*\***

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

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

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

**\*\*YAC Spring Fest Deduction Sheet\*\***

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

Penalty:	Deduction:	Infraction to score/comments:
Stepping off mat (poms/hand held signs are fine off mat, no Cheerleaders)	<b>5 points</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: Must be designated to theme (Disney). 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>10 points per occurrence</b>	
<b>UNACCEPTABLE in all categories Stunting/Tumbling:</b> 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 <b>without exception</b> . NO Free Falling – Spotters must guide flyer with arms at full length at all times (up & down) NO Aerial tumbling (no-handed cartwheels, etc.) NO tumbling with poms NO tricks while dismounting (X Out while cradling) NO Extended Stunts above the head.	<b>10 points per occurrence</b>	
Unacceptable props	<b>10 points</b>	
Hiring a choreographer	<b>25 points</b>	
Using a Junior Cheerleader in a stunt	<b>25 points</b>	
Unpaid YAC Sponsorship Fees	<b>Disqualification</b>	

## **Acknowledgement Page**

**By signing this page, I acknowledge that I understand everything pertaining to Spring Fest 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 Name (District/Division):**

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**Coach's Name (printed)**

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**Coach's Signature**

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**Today's date**