

- Program: The WHSAA will be putting together a program for the competition. **Please e-mail your team photos to smccash@whsaa.org.** Please send only one cheer picture and one dance picture per school. If you are entered in more than 1 cheer or dance category, please combine your participants into one photo. **Please submit your photos and picture identification by January 6, 2025.** Any photos received after the deadline will not be included in the program. **IMPORTANT: Please use the attached photo identification form to identify your participants. It is designed for you to type directly on the form. Submit via e-mail to smccash@whsaa.org.**
- Awards: Awards will be based on the number of entries per category.
- Judges: Have been contracted through national cheer organizations and dance judging competitions. Technical Judges will be used for both cheer and dance. There will be a tech judge in the warm-up area to assist with questions.
- Videotaping: The video rights of the WHSAA State Spirit Competition rest solely with the WHSAA and the NFHS Network. Videos will be available for purchase. The WHSAA requests that you only tape your own squad. No tripods will be allowed in the spectator seating, and any spectator blocking the view of others will be asked to discontinue taping.
- Photos: Group pictures will be **PRIOR TO** each performance. A professional photographer will be responsible for all photos.
- T-Shirts: T-shirts and other merchandise will be available the day of the competition from Fine Designs. **ALL orders and sales are final.** You may design a custom shirt at the event or online through the WHSAA website (www.whsaa.org).
- Lost Items: The WHSAA and the Ford Wyoming Center are not responsible for lost and/or stolen items. Please make sure all personal articles are secure.
- Team Coolers: **Team coolers are allowed on the Ford Wyoming Center floor only and must be brought in through the back door.**
- Schedules: Competition, warm-up and marking schedules will be sent once all entries are received.
- Requirements: Sponsoring school must be enrolled in spirit as an activity as per the WHSAA Activity Enrollment Form.
- Rules: The information and rules in the WHSAA Handbook under Spirit 8.0.5 and the National Federation Spirit Rules Book will apply to all competition.
- Sportsmanship: Please take time to talk to your squad and parents/fans about your expectations of their behavior and conduct. Good sportsmanship is viewed by the WHSAA as a concrete measure of a group's understanding and commitment to fair play, ethical behavior and integrity. Spirit squads, more than any other activity, can directly influence the behavior of others. It is important the spirit coach, captain and total squad be aware of the sportsmanship guidelines in the National Federation Spirit Rules Book.

General Competition Information for all Spirit Teams

All information and rules in the WHSAA Handbook under Spirit 8.0.5 and the National Federation Spirit Rules Book will apply to all competition.

Squad Size

There is a 22-participant squad size limit in all divisions. Each school will be allowed one team per category.

Time Limit

All Girl Stunt, Co-Ed Stunt and Dance will have two and one-half minutes to perform. Game Day will have three minutes to perform. Time of the performance begins at the first sound of music or when the captain or member of the squad begins the first word of a cheer, chant or dance.

State Competition Music

Each school **must** e-mail their music in an MP3 or Mp4 format by **January 13, 2025** to Dustin Hebert @ dustin6139@myncsd.org. All schools will use the same sound system provided by the competition venue. A school representative will have the option to be at the music table during their performance. All music will be checked during the practice time. It will be the coach's responsibility to make sure the correct track is loaded for the appropriate performance.

Interruption of Performance

In the event that an injury causes the competition of a team to be interrupted, the team would be permitted to leave and regroup and perform prior to the end of the competition. The WHSAA officials do have the authority to stop your routine if an athlete appears injured.

Judge's Sheets

Technical sheets will be available after each division is completed and performance judge's sheets will be available at the competition site following the announcement of placers.

Participant Seating

All participants must sit in assigned areas on the opposite side of the spectator area so that paying spectators will be able to have an unobstructed view of the competition area. **Since there is reserved seating, no participants will be allowed in front of sections 116-122.**

Participants must remain seated until the final performance is completed, and the mats have been rolled up. Participants are also asked to remain seated during all performances.

Tiebreaker Procedure

Judges will break all ties.

General Cheer Information

Cheer Categories

GAME DAY

1. Each team will perform a routine composed of three sections: Band Dance, Crowd Leading (Game day element and Time-out cheer), and Fight Song. Time limit not to exceed three minutes (3:00).
2. Each section is not timed but should be approximately one minute each (1:00)
3. Each team will showcase its best game day presentation that will include a game day element (football centered, either and offensive or defensive cheer, your choice).
4. Every team will follow the same order: Band Dance, Crowd Leading, and then Fight Song.
5. Game day elements will be the transition between Band Dance and Cheer (crowd leading) sections.
6. Teams may choose the game day element for their performance.
7. The use of crowd leading tools such as signs, poms, flags, and/or megaphones are encouraged.

Band Dance Rules and Restrictions

Teams will take the floor when announced
Recorded music performed by marching band/pep band
No stunts or tumbling permitted
Practicality is very important (Crowd entertainment vs. Crowd leading)

Crowd Leading Rules and Restrictions

Emphasis on crowd involvement
Crowd leading tools highly encouraged
No music permitted

Fight Song Rules and Restrictions

Recorded music performed by marching band/pep band
Up to three consecutive eight counts may be incorporated with stunts, tumbling, and/or jumps.
IF REPEATED, incorporating stunts, tumbling, and/or jumps must be repeated as initially performed.

Skill Restrictions

- No basket, sponge, or elevator tosses allowed
- No inversions
- No twisting dismounts from stunts
- Single-leg extended stunts are limited to liberties and liberty hitches
- No running tumbling
- Standing tumbling is limited to ONE SKILL

Girls Stunt – Teams with no males; may stunt, tumble, build pyramids.

Co-ed Stunt – Teams with any males will be considered a CO-ED team. The males competing on the co-ed team must have a minimum of 15 days of practice with the squad prior to the competition. Practices may only be counted after the November practice start date.

Performance Cheers

The cheer/sideline must be an appropriate and effective cheer/sideline to use at a game. The cheer/sideline must be a crowd-participation cheer/sideline. If the team is going to use a mascot name, they may only use their school's mascot. EXAMPLE: May not use "Beat those Cowboys." May use "Go Cowboys." Performance cheers will not be allowed. Performance cheers are cheers that have slander directed at other schools, baiting and/or gloating. Cheers need to be positive and promote crowd involvement. Cheerleaders are strongly encouraged to use signs, poms, megaphones, etc. There will be a 5-point deduction for each inappropriate performance cheer.

Competition Spotters

Spotters will be positioned on the mat during competition. They are strictly there for safety. Stunts that require a constant spotter must be provided within the team. If you have a stunt that you feel a WHSAA/Competition spotter may interfere with during competition, please have your captain inform the spotters prior to the team's entry onto the mat.

Performing Surface

The competition area for Stunt & Co-Ed cheer will be 54 X 42 on the mat side. We will have a 54 X 42 mat on the floor side for Game Day.

General Dance Information

Dance Categories

- **JAZZ** – A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture audience and judges’ attention. Having your own “style” will distinguish your team apart from the rest. This division includes straight jazz, drill, and lyrical styles. **Hip Hop style is not allowed.**
- **HIP HOP** – Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. This style also consists of pop and lock techniques, as well as Military/Stomping. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. No overuse of hip thrusts or inappropriate moves. **No emphasis will be placed on jazz technique.**

All NFHS rules will be expected to be followed for both categories.

Performing Surface

The competition area for both categories will be the half-court basketball markings 47 X 50.

2025 STATE SPIRIT COMPETITION



Stunt Mat

Tumbling Mat

Sections 116-122 in the Lower Level will be Reserved Seating Only

Sections 217-220 will be Reserved Seating Only