



**Jenn-Roberts-Uhlig**

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**SPIRIT** |

# INTRODUCTIONS

## CHSAA Representative

- Jenn Roberts-Uhlig Assistant commissioner

## CHSCA- Board Members- THANK YOU

- Virginia Lorbeer, Spirit President
- Keri Trimble, 5A Pom, Mountain Vista, Vice President
- Karen Bryan, Secretary/Treasurer
- Tobi Whitehead, 3A Cheer, Strasburg, Board Member
- Kim MacTaggart, 5A Cheer, Bear Creek
- Linda Elliott, 3A Cheer, Sheridan, Board Member
- Wendy Coppersmith, 4A Cheer, Windsor, Board Member
- Evan Elliott, Advisor to High School Programs

## CHSAA CONTACT FOR:

- CHEER-Jen DeBruno-Kawasaki/Liz Carey serves as Colorado Cheer/Co-ed state rules interpreters.
- POM, JAZZ, HIP-HOP-Tena Preuss- serve as Colorado Dance state rules interpreter

# SPIRIT COMMITTEE MEMBERS

Kylie Russell, Chair, Air Academy High School

Rocky Cundiff, Igancio High School

Tobi Whitehead, Strasburg High School

Tammy Guzzo, Hoehne High School

Marci Ham, Pagosa Springs High School

Shae Krentz, Wiley High School

Suzie Triplett, Windsor High School

Sean Patterson, ThunderRidge High School

Jim Porter, Palmer High School

Cindy Ramunno, Eagle Valley High School

Eno Ocansey, Montbello High School

# CHSAA'S EXPECTATIONS

- **PHILOSOPHY- Mission**
- **CHSCA- Membership and ALL State**
- **Coaching registration/ Legal Liability**
- **KNOW YOUR RULES – Bulletin/NFHS Rule Book:**  
**Choreographer- needs rule book you or they can order that.**
- **Jewelry –NO DERMAL PIERCINGS**
- **COMMUNICATION- (Administrators, Parents, other coaches, Student-Athletes)**
  - Handbook
  - Safety Standards and Expectations

# CHSAA REVIEW

- **5-day practice (not consecutive) Can start counting on August 14.**
- **Sunday Contact**
- **Varsity team maximums (CHSAA By-laws) No forms submitted. No alternates on roster (25 max).**
- **Transfers for Spirit/Transfers after making the team in spring**
  - **Regain Date is September 30<sup>th</sup>**
- **WHEN TO CHEER/WHEN NOT TO CHEER**
- **OUTSIDE COMPETITION- Permission**

# CHSAA REVIEW-FYI'S

**STATE TOURNAMENT Dates: Dec. 8-9**

**(Timeline/ Checklist, Deadline in packet)**

- Schedule
- Video Review (Plan ahead)
- Warm-up/rotation

# CHSAA REVIEW

**Videos for review: Not mandatory but strongly suggested/instructions for submission in Bulletin.**

**Music time**

**All State- (Finalist only)**



# **CHSAA REVIEWS**

**PHYSICALS, PAPERWORK**

**CONCUSSION**

**ELIGIBILITY**



# IMPORTANT DATES/CHECKLIST

## CALENDAR FOR 2017 SPIRIT

**DEADLINE FOR ENTRIES**    **OCTOBER 20, 2017**

**SPIRIT REGAIN DATE**      **SEPTEMBER 29, 2017**

**2A-3A-4A-5A STATE TOURNAMENT** **DECEMBER 8 & 9, 2017**

**DENVER COLISEUM**

**SPIRIT COMMITTEE MEETING**                      **DECEMBER 14, 2017**

**CHSAA OFFICE**

**\*SAT TESTING DATES**      **OCTOBER 7, 2017**

**NOVEMBER 4, 2017**

**DECEMBER 2, 2017**

**\*ACT TESTING DATES**      **SEPTEMBER 9, 2017**

**OCTOBER 28, 2017**

**DECEMBER 9, 2017**

*Please note the ACT/SAT test dates that occur during the competitive season. Please inform your squad of any conflict in dates so they may plan ahead for state competition. Also, please be aware of your school's International Baccalaureate dates.*

# CHSAA MAJOR CHANGES

A. Create a separate championship division for 4A and 5A Co-Ed in the Colorado State Spirit Championships.

\*NOTE – This is not effective until next cycle (beginning the 2018-19 school year)

## RATIONALE:

Consistent numbers for the last four years and seeing the evolution of Co-Ed.

# NFHS MAJOR CHANGES

**Rule 1:** Deletes definitions for downward inversion, front drop, knee/seat/thigh drop, split drop, sponge and swan dive.

**Rule 1:** Adds definitions for braced flip, braced inversion, braced roll, prep level and swing roll down (teddy bear roll down).

**Rule 1:** Revises definition for switch liberty.

**Rationale:** The definitions were added to clarify language used in the updated Spirit Rules Book: braced flip, braced inversion, braced roll, prep level and swing roll down (teddy bear roll down). The definition for switch liberty was revised to match common practice.

**2-1-10, 2-1-12:** Revises language to match basketball rules book on spirit squad location during basketball games.

**Rationale:** Revised language was written to match the basketball rules book to create consistency across activities.

# NFHS MAJOR CHANGES (CONTINUED)

**3-2-7, 4-2-7:** Adds the words "extended stunts that stop" to allow for show-and-go and up-and-over stunts.

**Rationale:** Language was revised to allow for show-and-go and up-and-over stunts without a spotter. The stunts allowed without a spotter do not end in an extended position.

**3-3-2, 4-3-2:** Removes the word static and clarifies article 2.

**Rationale:** The word static was removed to clarify how a top person can pass through an extended position.

**3-3-3, 4-3-3:** Reorganizes and clarifies braced inversions in a pyramid.

**Rationale:** Conditions for braced inversions in a pyramid that do not flip or roll are enumerated for clarification.

# NFHS MAJOR CHANGES (CONTINUED)

**3-3-4, 4-3-4:** Reorganizes and clarifies braced rolls in a pyramid.

**Rationale:** Conditions for braced rolls in a pyramid were reorganized and clarified.

**3-3-5:** Reorganizes and clarifies braced flips in a pyramid.

**Rationale:** Conditions for braced flips in a pyramid were reorganized and enumerated for clarification.

**3-3-6, 4-3-6:** Reorganizes and clarifies all other inversions, including suspended rolls.

**Rationale:** Conditions for inversions that are released were clarified. A quarter turn was changed to a half turn; this increase does not elevate safety risks for participants. The number of bases and/or spotters was adjusted. Rules for suspended rolls were moved to this section.

# NFHS MAJOR CHANGES (CONTINUED)

**3-3-8, 4-3-8:** Prohibits a swing roll-down stunt.

**Rationale:** Swing roll down stunts (teddy bear roll down) were defined and prohibited.

**3-4-3, 4-4-11:** Removes the word static and clarifies the connection.

**Rationale:** The word static was removed for consistency throughout the rules book. Language was adjusted to clarify the connection for extended braced stunts. The connection cannot be made by holding the leg/foot in the hand.

**3-5-5:** Removes the requirement for spotter of a bracer in a double-based prep.

**Rationale:** Adjusted the requirement for bases/spotters of bracers in a double-based prep.

# NFHS MAJOR CHANGES (CONTINUED)

**3-5-9, 4-5-2c:** Eliminates swan dives.

**Rationale:** Swan dive rule was deleted, as releases to prone positions are covered in 3-5-2, 3-5-5, and 4-5-3.

**3-6-2, 4-6-2:** Adds an exception to allow the top to release to grab another base to adjust position.

**Rationale:** Language was added to create an exception to allow the top to release one hand to grab another base to adjust position.

**3-8-2, 4-8-2:** Allows poms to be held during airborne tumbling skills.

**Rationale:** Language was added to create an exception to allow the top to release one hand to grab another base to adjust position.

# NFHS MAJOR CHANGES (CONTINUED)

**4-4-2:** Removes the word static and clarifies article 2.

**Rationale:** The word static was removed and language was added to clarify how a top person can pass through an extended position.

**4-7-7, 4-7-8:** Prohibits skills to a cradle.

**Rationale:** Prohibits skills performed to cradle for dance/drill/pom participants. Dance/drill/pom participants may twist dismount to the performance surface.

**4-10-14:** Requires bases to be in contact with the top person when transitioning from a prop.

**Rationale:** Minimizes the risk to participants when transitioning from props as bases to people as bases. This ensures that at no time will the top person be free of contact from a base while transitioning to a stunt from a prop.



# CHSAA INFORMATION ITEMS

**SPECIFIC INFORMATION REGARDING STATE SPIRIT  
COMPETITION – (CAN BE FOUND ON PG. 3)**

**NEW JUDGING SHEETS – SAME INFORMATION/REDISIGNED**

**NFHS RULE CHANGES- REVIEW WITH JEN DEBRUNO AND  
TENA PREUSS- (Immediately following this update)**



**THANK YOU-**

**QUESTIONS/COMMENTS?**