This is a live document and is subject to change at the discretion of the CHSAA office

**All editorial changes will appear in green**

**All new changes will appear in blue**

**CHSAA CONTACT:** Jenn Roberts-Uhlig, (303) 344-5050 – jrobertsuhlig@chsaa.org

**CHSAA CONTACT:** Lane Ververs, (303) 344-5050 – lververs@chsaa.org

**CHSAA SPIRIT INFORMATION:** [www.chsaanow.com/sports/spirit/](http://www.chsaanow.com/sports/spirit/)

[http://www2.chsaa.org/sports/spirit/](http://www2.chsaa.org/sports/spirit/)
July 23, 2019

TO: SPIRIT COACHES (ALL-GIRL CHEERLEADING, CO-ED, POM PON, JAZZ, HIP-HOP, GAME DAY CHEER)
FROM: JENN ROBERTS-UHLIG, ASSISTANT COMMISSIONER
RE: COLORADO SPIRIT RULES AND GUIDELINES BULLETIN – STATE COMPETITION INFORMATION

Welcome to the 2019-20 school year. While the philosophy of CHSAA remains the same regarding the experience and participation for student-athletes, there are some exciting major changes. We continue to have a lot of amazing changes happening in the Spirit world! This year has no exceptions, as we are adding Game Day Cheer. The format will be close to the same as last year. Friday will consist of all cheer prelims and Saturday morning will consist of all dance prelims. Followed by a clearing of the house and a final showcase Saturday night. The attached bulletin contains the guidelines, policies, by-laws, and changes that are critical for you, your student-athletes, and your program. This resource is a tool that is meant to be used throughout the regular season and post season. This portion of the bulletin is only sport specific to spirit, for general information for all coaches regarding; eligibility, transfers, Sunday contact, etc., please refer to the CHSAA Bylaws.

We are excited to announce the Virginia Lorbeer/CHSAA Impact Coach Scholarship. Please see inside of the bulletin for more details.

I look forward to serving as your spirit commissioner for the 2019-20 season. The State Spirit Championships will be held at The Denver Coliseum on December 6 & 7 2019. The format will be close to the same as last year. Friday will consist of all cheer prelims and Saturday morning will consist of all dance prelims. Followed by a clearing of the house and a final showcase Saturday night. I wish you luck in your upcoming season and assisting you in any way possible. I would like to thank coaches for their time, dedication, and commitment to developing student athletes and providing lifelong lessons. If you have anything going on in your schools or community that you would like me to come see or you want to share the story on CHSAANow.com, please let me know. I would love to see what you are all doing out there.

I look forward to seeing you at the upcoming CHSCA conference on July 26th and 27th.

Please feel free to contact me if I can help in any way or if you have any questions or concern. Good luck and have a great year.

Sincerely,

Jenn Roberts-Uhlig
(303) 344-5050.
jrobertsu@chsaa.org

COACHES MUST ATTEND AN ANNUAL MANDATORY RULES MEETING
1ST AND/OR 2ND YEAR COACHES MUST ATTEND THE MULTISPORT SPIRIT CLINIC AND MUST ATTEND EVERY SESSION TO MOVE TO PERMANENT STATUS

IF INTERESTED IN HOSTING A LEAGUE MEET/COMPETITION AND PLAN TO USE THE CHSAA SCORE SHEETS, YOU ARE REQUIRED TO FILL OUT AND RETURN THE 2019 SPIRIT LEAGUE/COMPETITION REQUEST FORM, AVAILABLE AT THE FOLLOWING LINK:
http://www2.chsaa.org/sports/spirit/pdf/2018%20LEAGUE%20QUALIFYING%20MEET%20REQUEST%20FORM.pdf

NON-CERTIFIED COACHES WILL NOT BE ALLOWED IN THE COACH’S BOX AT THE STATE SPIRIT CHAMPIONSHIPS.
INTRODUCTION

CHSAA SPIRIT COMMITTEE

CHSAA SPIRIT COMMITTEE REPORT

2019-2020 MAJOR BYLAW CHANGES

CHSCA WELCOME

CHSCA INFORMATION

CHSCA ALL-STATE GAMES

COLORADO COACHES CODE OF ETHICS

COACHING REGISTRATION REQUIREMENTS

PHILOSOPHY

CHSAA LIGHTNING POLICY

THE YEAR AT A GLANCE

State Tournament Checklist

CALENDAR FOR 2018 SEASON

COACHING GUIDELINES & REQUIREMENTS

You Need to Know
2019-2020 CHSAA Major Changes
2019-2020 CHSAA Informational Items
Additional Items
Player Ejection
Coach Ejection
CHSAA Drone Policy

COACHES INFORMATION

Floor Music and Mash-ups Memorandum
2019 - 20 National Federation Spirit Rules Changes
NFHS Spirit Coaches Participants’ Responsibilities
2019 - 20 Spirit Rules Changes Focus on Minimizing Risk During Inverted Stunts
Safety

CHSAA SPIRIT GUIDELINES

Introduction
Disciplines
Outside Competition
Roster Limits

TRY-OUT PREPARATION

CHSAA Checklist for Spirit Tryouts

GAME DAY ACTION

Basketball Cheer at the “T”
When to Cheer
When not to Cheer
When to Perform
COMPETITION

State Meet Information
- Date
- Site
- Entry Form Deadline
- Time Schedule

Spectators Competition Event Information
- Admission Prices
- Balloons
- Concessions
- Directions to Denver Coliseum
- Emergency
- Parking
- Kukulski Brothers Vendors/Souvenirs
- Barry Wallace Photography
- Videotaping

Athletes/Coaches Competition Event Information
- Technical Appeals Process
- CHSAA Routine Review
- Coach’s Box
- CHSCA Table
- Coach’s Passes
- Competitor Seating
- Dropped Stunts
- Finals Selections
- Flooring
- Mascots
- Medical/Injury Intervention
- Music Interpretations
- Music Interruptions
- Music-State Tournament
- Order of Competition
- Out of Bounds
- Tumbling Errors
- Dropped Stunts
- Quick Toss
- Props (Cheer & Dance Divisions)
- Results
- Routine Time
- Score Sheet
- Signs
- Spotters
- Team Pictures
- Tie-Breaker
- Time Schedule
- Tumbling Errors
- Uniforms
- Warm-ups

GENERAL GUIDELINES FOR VARSITY CHEER (GAME DAY) DIVISIONS

GENERAL GUIDELINES FOR VARSITY CHEER (ALL GIRLS & CO-ED) DIVISIONS
- Team Classifications
- Interruption of Performance
- Performance Rules
- Suggested General Cheer Skill Progression Chart
GENERAL GUIDELINES FOR VARSITY DANCE DIVISIONS
Criteria for the Varsity Pom-Pon Division
Criteria for the Varsity Jazz Division
Criteria for the Varsity Hip-Hop Division
Technical Judge Video Submission
Suggested General Dance Skill Progression Chart
General Definition for Dance

JUDGES
Judges
Judges Selection
Judges Sheets

APPENDIX
2019 Class 2A Spirit Teams
2019 Class 3A Spirit Teams
2019 Class 4A Spirit Teams
2019 Class 5A Spirit Teams
Prelims Competition Floor Diagram
Finals Competition Floor Diagram
Scoresheets
Technical Deductions
Cheer/Co-ed Cheer Time Sheet
Jazz/Hip-Hop Time Sheet
Poms Time Sheet
CHSAA State Spirit Championships Host Hotel
Host Hotel
Map to the Denver Coliseum
Make A Child's Wish Come True Gift Outreach
Sportsmanship Protocol At All CHSAA Contests and Activities
Barry Wallace Order Form
The CHSAA Constitution and Bylaws are the official rules of the association. This bulletin provides the regulations for spirit operations, but never supersedes the regulations found in the Constitution and Bylaws nor the NFHS Rulebook.

The By-laws should be read prior to the season and reviewed with your athletic director. You will receive your NFHS Rulebook, Constitution and Bylaws, as well as other pertinent information in your school boxes and school mailings. All bulletins will be posted online in three sections. The GENERAL GUIDELINES, SPORT SPECIFIC, AND SPORTS MEDICINE HANDBOOK. Please read all sections in their entirety. If any questions should arise or interpretations are necessary, please contact Jenn Roberts-Uhlig, Assistant Commissioner at CHSAA.

There have been several changes regarding the Spirit State Championship:

- **Virginia Lorbeer/Impact Coach Scholarship** – This $1,000 scholarship recognizes an impactful spirit coach who shows dedication to their program through their efforts to further the educational and athletic opportunities for their student athletes. The deadline to submit nominations for this scholarship will be November 27. The $1,000 scholarship will recognize the coach and be awarded to the program.

- Time schedule – With the separation of prelims and finals and the presence of 4 judging panels, the layout is as follows:
  - Friday – All Cheer Prelims (including the addition of Game Day), Saturday Morning – All Dance Prelims, Saturday Evening – Finals Showcase

- Game Day has been added to the state competition.

- Schools will only be able to be represented once in the overarching cheer and dance disciplines.

- Removal of Technical judge in the warm-up area prior to state performance.

- Judging panels - 3 separate cheer panels and 2 separate dance panels.

- Teams will be pre-loaded on the mat or floor vs running onto the mat

- The cheer warm-up area will have 3 stations (tumble strips, stunt strip, full floor). Each team will have 4 minutes at each station. The dance warm-up area will have 2 warm-up stations and will be given 4 minutes to warm-up per station.

- No teams will be allowed to set up camp in the arcade or dressing rooms for any reason

- Camp and pre-warm-up space will be provided in concourse between portal 7 and portal 10.

- Flow of the competition will be check in at the bottom of the stairs, pictures, warm up, on deck, performance, and then exit up the stairs and return to the stands

- MP3 players and iPods only for music. iPhones are not recommended due to service and interruption issues. No CD’s.

- Coaches will be given a 15-minute window of opportunity to file a formal appeal if they choose to dispute any technical penalties regarding NFHS rules ONLY. This opportunity will take place after the technical sheets are distributed, approximately 30 minutes after your performance, but no guarantees. No appeals will be accepted for music violations.

- Teams making it to finals will be given their preliminary score sheets directly after the announcement of the finalists. The teams can pick them up at the registration table.

- Final score sheets for all teams will be available for pick up within an hour of the announcement of the final awards in each division. The teams can pick them up at the registration table. All teams that do not pick up their score sheets after their division will receive them in the mail after Wednesday of the following week. There will be no review of sheets at the state tournament. You may contact Jenn the following Monday to discuss any concerns.
Thank you to our Spirit Committee

The 2019 meeting will be held at the CHSAA office on December 12, at 9:00 a.m.

**Kylie Russell, Chair**
Adams 12 Five Star (2021 - 2)
kylief.d.russell@adams12.org

**Liz Heidrick**
Hotchkiss High School (2A) (2022)
Liz.needlerock@gmail.com

**Tobi Whitehead**
Strasburg High School (3A) (2020)
twhitehead@strasburg31j.com

**Tammy Guzzo**
Hoehne High School (2A) (2019)
Guzzo402004@hotmail.com

**Mia Brown**
Cherokee Trail High School (5A) (2021)
mbrown61@CherryCreekSchools.org

**Shae Krentz**
Wiley High School (1A) (2020)
shaekrentz@hotmail.com

**Suzie Triplett**
Frederick High School (4A) (2020)
Triplettsusan@svvsd.org

**Jesse Nino**
Mountain View High School (4A) (2021)
jesse.nino@thompsonschools.org

**Melanie Taylor**
Ignacio High School (2A) (2022)
mtaylor@ignacioschools.org

**Eno Ocansey**
Montbello High School (5A) (2020)
enockina@gmail.com

---

A **HUGE** thank you to our State Rules Interpreters.
Liz Carey and Brian Franca (Cheer/Co-ed), Tena Preuss (Poms, Jazz & Hip Hop) and our State Tournament Director and President of CHSCA – Ginny Lorbeer for the countless hours they put in to continue to make spirit what it is today.
CHSAA SPIRIT COMMITTEE REPORT

CHSAA LEGISLATIVE COUNCIL COMMITTEE REPORT FORM
April 24, 2019

SPIRIT

Kylie Russell, Adams 12 Five Star
Chair

CR 25
Report No.

I. MAJOR CHANGES FROM LAST YEAR'S REPORT:

A. Game Day will be added in 2019-2020.
B. Schools will only be able to be represented once in the overarching cheer and dance disciplines.
C. Removal of Technical judge in the warm-up area prior to state performance.
D. The 2019 State Spirit Championship is December 6th & 7th.

II. RATIONALE:

A. An opportunity for spirit teams to participate in using their sideline skills.
B. Competitive balance, cost for schools, in line with other sports.
C. Unsafe to make changes to routines right before performing. Encourages schools to use the video submission.
D. Facility not available on December 13th & 14th. The State Spirit Championship will resume to NFHS week 23 in 2021.

III. FINANCIAL IMPACT:

A. None
B. Competitive balance, cost for schools, in line with other sports.
C. None

IV. DATES:

2019 – December 6 & 7, 2019 (Venue availability)
2020 – December 4 & 5, 2020 (Venue availability)

V. COMPETITIVE DIVISIONS:

<table>
<thead>
<tr>
<th>2A Cheer &amp; Pom Division</th>
<th>All-Class Jazz Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>3A Cheer &amp; Pom Division</td>
<td>4A Co-ed Division</td>
</tr>
<tr>
<td><strong>GAME Day 1 Division</strong></td>
<td>5A Co-ed Division</td>
</tr>
<tr>
<td>4A Cheer &amp; Pom Division</td>
<td>2A/3A Co-ed Division</td>
</tr>
<tr>
<td>5A Cheer &amp; Pom Division</td>
<td>All-Class Hip-Hop</td>
</tr>
</tbody>
</table>
### VI. CLASSIFICATION OF SCHOOLS:

#### Class 2A (1-271)
54 schools

<table>
<thead>
<tr>
<th>Akron (90)</th>
<th>Eads (47)</th>
<th>Lyons (227)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antonito (59)</td>
<td>Gilpin County (123)</td>
<td>Manzanola (44)</td>
</tr>
<tr>
<td>Arickaree (28)</td>
<td>Granada (51)</td>
<td>McClave (68)</td>
</tr>
<tr>
<td>Belleview Christian (66)</td>
<td>Hanover (77)</td>
<td>Meeker (198)</td>
</tr>
<tr>
<td>Bethune (36)</td>
<td>Haxtun (80)</td>
<td>Miami Yoder (95)</td>
</tr>
<tr>
<td>Burlington (227)</td>
<td>Hayden (135)</td>
<td>Moffat (37)</td>
</tr>
<tr>
<td>Calhan (167)</td>
<td>Highland (267)</td>
<td>Norwood (77)</td>
</tr>
<tr>
<td>Centennial (56)</td>
<td>Hoehne (116)</td>
<td>Nucla (60)</td>
</tr>
<tr>
<td>Center (153)</td>
<td>Holly (95)</td>
<td>Peyton (248)</td>
</tr>
<tr>
<td>Cheyenne Wells (167)</td>
<td>Holyoke (164)</td>
<td>Pikes Peak Christ. (52)</td>
</tr>
<tr>
<td>Clear Creek (232)</td>
<td>Hotchkiss (197)</td>
<td>Plainview (15)</td>
</tr>
<tr>
<td>Crowley County (116)</td>
<td>Ignacio (259)</td>
<td>Platte Canyon (263)</td>
</tr>
<tr>
<td>Custer County (132)</td>
<td>John Mall (143)</td>
<td>Plateau Valley (97)</td>
</tr>
<tr>
<td>Deer Trail (55)</td>
<td>Justice (81)</td>
<td>Primero (54)</td>
</tr>
<tr>
<td>Del Norte (136)</td>
<td>La Veta (66)</td>
<td>Rangely (112)</td>
</tr>
<tr>
<td>Denver Christian (127)</td>
<td>Las Animas (139)</td>
<td>Ridgway (199)</td>
</tr>
<tr>
<td>Dolores (182)</td>
<td>Limon (135)</td>
<td>Rocky Ford (227)</td>
</tr>
<tr>
<td>Dolores Huerta (206)</td>
<td>Lotus School for Excel. (250)</td>
<td>Rye (228)</td>
</tr>
<tr>
<td>Dove Creek (70)</td>
<td></td>
<td>Sanford (94)</td>
</tr>
</tbody>
</table>

#### Class 3A (272-618)
53 schools

| Alamosa (596) | Gunnison (393) | Riverdale Ridge (525) |
| Aspen (547) | James Irwin (426) | Salida (359) |
| Aurora West Prep. (380) | Jefferson (407) | Sheridan (346) |
| Basalt (485) | KIPP Denver Collegiate (437) | Skyview Academy (330) |
| Bayfield (379) | La Junta (380) *St. Mary's Acad. (260) |
| Bennett (365) | Lake County (264) | Sargent (117) |
| Bruce Randolph (344) | Lamar (443) | Sierra Grande (75) |
| Brush (444) | Liberty Common (313) | Simla (89) |
| Buena Vista (291) | Lutheran (525) | South Baca Co-op (34) |
| Centauri (298) | Manitou Springs (450) | (Campo, Pritchett, Vilas) |
| Coal Ridge (556) | Manual (316) | South Park (142) |
| Colo. Spgs. Chst. (310) | Middle Park (372) | Springfield (85) |
| DSST – Byers (272) | Moffat County (582) | St. Mary's (251) |
| DSST – Green Valley (530) | Monte Vista (272) | Stratton/Liberty (Joes) (115) |
| Eagle Ridge Acad. (519) | Olathe (315) | Swink (116) |
| Ellicott (292) | Pagosa Springs (450) | Telluride (244) |
| Englewood (547) | Peak to Peak (589) | Thomas MacIaren (207) |
| Estes Park (335) | Pinnacle (The) (520) | Vail Christ. (148) |
| Faith Christian (393) | Platte Valley (348) | Venture Prep (131) |
| Florence (347) | Prospect Ridge (424) | Walsh (40) |
| Fort Lupton (619) | Resurrection Christian (304) | West Grand (133) |
| Grand Valley (319) | | Wiley (84) |
| | | Wray (171) |
## VI. CLASSIFICATION OF SCHOOLS (Continued):

### Class 4A (619-1391)

<table>
<thead>
<tr>
<th>Class 4A</th>
<th>68 schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abraham Lincoln (973)</td>
<td>Falcon (1207)</td>
</tr>
<tr>
<td>Air Academy (1354)</td>
<td>Fort Morgan (907)</td>
</tr>
<tr>
<td>Alameda Intern. (800)</td>
<td>Frederick (1013)</td>
</tr>
<tr>
<td>Arvada (822)</td>
<td>G. Washington (1230)</td>
</tr>
<tr>
<td>Battle Mountain (955)</td>
<td>Glenwood Springs (947)</td>
</tr>
<tr>
<td>Berthoud (715)</td>
<td>Golden (1313)</td>
</tr>
<tr>
<td>Canon City (1076)</td>
<td>Green Mountain (1106)</td>
</tr>
<tr>
<td>Centaurus (1234)</td>
<td>Holy Family (649)</td>
</tr>
<tr>
<td>Cheyenne Mtn. (1255)</td>
<td>JF Kennedy (1072)</td>
</tr>
<tr>
<td>Conifer (870)</td>
<td>Lewis Palmer (1065)</td>
</tr>
<tr>
<td>Coronado (1369)</td>
<td>Littleton (1217)</td>
</tr>
<tr>
<td>Denver North (1117)</td>
<td>Longmont (1287)</td>
</tr>
<tr>
<td>Denver West (642)</td>
<td>Mead (1115)</td>
</tr>
<tr>
<td>D’Evelyn (624)</td>
<td>Mesa Ridge (1290)</td>
</tr>
<tr>
<td>Discovery Canyon (1136)</td>
<td>Mitchell (1329)</td>
</tr>
<tr>
<td>Durango (1132)</td>
<td>Montezuma Cortez (635)</td>
</tr>
<tr>
<td>Eagle Valley (931)</td>
<td>Montrose (1316)</td>
</tr>
<tr>
<td>Elizabeth (676)</td>
<td>Mountain View (1245)</td>
</tr>
<tr>
<td>Erie (1154)</td>
<td></td>
</tr>
<tr>
<td>Evergreen (1117)</td>
<td></td>
</tr>
</tbody>
</table>

### Class 5A (1392-Up)

<table>
<thead>
<tr>
<th>Class 5A</th>
<th>66 schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams City (1847)</td>
<td>Eaglecrest (2820)</td>
</tr>
<tr>
<td>Arapahoe (2155)</td>
<td>Fairview (2228)</td>
</tr>
<tr>
<td>Arvada West (1750)</td>
<td>FNE Warriors (2964)</td>
</tr>
<tr>
<td>Aurora Central (1914)</td>
<td>Fort Collins (1789)</td>
</tr>
<tr>
<td>Bear Creek (1560)</td>
<td>Fossil Ridge (1994)</td>
</tr>
<tr>
<td>Boulder (2065)</td>
<td>Ftn.- Ft. Carson (1865)</td>
</tr>
<tr>
<td>Brighton (1794)</td>
<td>Fruta Monument (1752)</td>
</tr>
<tr>
<td>Broomfield (1591)</td>
<td>Gateway (1654)</td>
</tr>
<tr>
<td>Castle View (2155)</td>
<td>Grand Junction (1574)</td>
</tr>
<tr>
<td>Central-GJ (1520)</td>
<td>Grandview (2781)</td>
</tr>
<tr>
<td>Chaparral (2276)</td>
<td>Greeley Central (1480)</td>
</tr>
<tr>
<td>Chatfield (1770)</td>
<td>Greeley West (1628)</td>
</tr>
<tr>
<td>Cherokee Trail (2953)</td>
<td>Heritage (1712)</td>
</tr>
<tr>
<td>Cherry Creek (3654)</td>
<td>Highlands Ranch (1742)</td>
</tr>
<tr>
<td>Columbine (1698)</td>
<td>Hinkley (2050)</td>
</tr>
<tr>
<td>Dakota Ridge (1530)</td>
<td>Horizon (2037)</td>
</tr>
<tr>
<td>Denver East (2644)</td>
<td>Lakewood (2120)</td>
</tr>
<tr>
<td>Denver South (1600)</td>
<td>Legacy (2363)</td>
</tr>
<tr>
<td>Doherty (2032)</td>
<td>Legend (2119)</td>
</tr>
<tr>
<td>Douglas Cnty (1863)</td>
<td>Liberty (1621)</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## VII. INFORMATIONAL ITEMS:

## VIII. COMMITTEE MEMBERS:

Kylie Russell, Chair, Adams 12 Five Star (2nd term, 2021); Suzie Triplett, Frederick (2020); Tobi Whitehead, Strasburg (2020); Shae Krentz, Wiley (2020); Cindy Ramunno, Eagle Valley (2019); Eno Ocansey, Montbello (2020); Jim Porter, Coronado (2019); Rocky Cundiff, Ignacio (2019); Mia Brown, Cherokee Trail (2021); Jesse Nino, Mountain View (2021)
MAJOR BYLAW CHANGES
2019-2020

1. **OUTSIDE PAYMENTS**
   -- Constitution & Bylaws, Article 16, Rule 1640.13.................page 44

2. **WINTER SPORTS REGAIN DATE**
   -- Constitution & Bylaws, Article 17, Rule 1710 ...... ...............page 47

3. **ELIGIBILITY LISTS**
   -- Constitution & Bylaws, Article 17, Rule 1730.1................page 51

4. **TRANSFER ELIGIBILITY**
   -- Constitution & Bylaws, Article 18, Rule 1800.42 & 1800.43... page 64

5. **INTERNATIONAL STUDENTS**
   -- Constitution & Bylaws, Article 18, Rule 1880.1, 1800.3 & 1800.6 ............................................................ page 69

6. **AMATEUR STATUS**

7. **WAIVER FOR NON-ATHLETIC EVENTS**
   -- Constitution & Bylaws, Article 23, Rule 2310.5............... page 89

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at CHSAANOW.com, then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.

SPORTS MEDICINE ADVISORY COMMITTEE

The following link contains the Sports Medicine Advisory Committee Handbook:
Welcome Spirit Coaches to the 2019-2020 School Year.

Greetings from the CHSCA Spirit Board! What a great opportunity it is for each of you to be a member of Colorado High School Coaches Association.

CHSCA Spirit is working closely with CHSAA and Assistant Commissioner, Jenn Roberts-Uhlig, to be sure that you are given the rules, information, and tools you need to keep you informed and educated about the sport of spirit. All of the information is to help make you a better coach and will help your athletes enjoy a year of great spirit and pride! Thanks to Jenn for her vision in spirit and setting the high standards for our Colorado spirit coaches.

In June, for the sixth year, spirit was a part of the All State games! What a great experience it was for the spirit athletes to participate in these games. December 1 – 15 is the time for you to nominate one of your senior spirit athletes for the All State Spirit team and nominate a coach to coach the athletes. The roster for 2020 will be 28 athletes. Spirit will continue to be a part of the games.

CHSCA Spirit Board and CHSAA want to have a mentoring program for our less experienced coaches mentored by a veteran coach. If you are interested in being a mentor, please let me or one of the spirit board members know of your interest. We believe that this mentoring program will help our coaches and the veteran coach to be able to mentor a less experienced coach. CHSCA is hoping to match more experienced coaches with newer coaches, all to help coaches create partners with each other for all to be better! We encourage you to CONNECT today. Spirit Coaches – get CONNECTED!!!

For those spirit coaches who want to become more involved in spirit and in CHSCA Spirit in particular, please give your name to me or to one of the Spirit Board members. As our membership grows in CHSCA, there is the possibility of increasing the CHSCA Spirit Board. Your interest in serving is important to each of us.

Coaches: you represent the spirit and pride that your school, community, and athletes are looking for: be proud, be enthusiastic, and be YOU! To coach is to teach; to teach is to coach.

Have a great 2019-2020 year and if there is anything that we can do, please let us know.

Virginia (Ginny) Lorbeer
CHSCA Spirit Coach President
COLORADO HIGH SCHOOL COACHES ASSOCIATION
Spirit Coaches

2019-2020 BOARD MEMBERS

Virginia (Ginny) Lorbeer, Spirit President, vlorbeer@aol.com
Keri Trimble, 5A Pom, Mountain Vista, Vice President, Keri.Trimble@dcsdk12.org
Karen Bryan, Secretary, Board Member, K2j4b@aol.com
Tobi Whitehead, 3A Cheer, Strasburg High School, Board Member, twhitehead@strasburg31j.com
Linda Elliott, Cheer, Coaching Mentor, Board Member, lcre911@q.com
Wendy Coppersmith, 4A Cheer, Windsor High School, Board Member, windsorcheercoach@gmail.com
Kim MacTaggart, 5A Cheer, Bear Creek High School, Board Member, kmactagg@jeffco.k12.co.us
Evan Elliott, Advisor to High School Programs, eelliott@varsityspirit.com

The spirit coaches will be a part of the Colorado High School Coaches Association and shall be the official organization of Colorado Spirit Coaches

ALL 1ST AND/OR 2ND YEAR SPIRIT COACHES MUST ATTEND THE 2-DAY CLINIC THROUGH CHSCA TO BE CONSIDERED CERTIFIED TO COACH

The purpose and objectives of the Spirit Board of CHSCA shall be to promote the development of Colorado High School Spirit by establishing and monitoring programs, mentoring coaches, and the educational development of spirit coaches statewide. To help achieve these goals, the CHSCA Board shall participate in the annual Multi-Sport Clinic sponsored by the Colorado High School Coaches Association, and from time to time, sponsor one or more rules clinics and shall endeavor to cooperate with other related educational professional organizations that share the Board’s objectives of spirit activities.

MISSION of Colorado High School Coaches Association:

The Colorado High School Coaches Association was founded in 1934 and presently serves over 2,000 coaches across the state of Colorado. Through its mission, CHSCA provides support for all groups coaching CHSAA-sanctioned sports in Colorado. The objectives of CHSCA are to:

- Provide Member Benefits, such as the Association’s $1,000,000 per member general liability insurance program.
- Provide Member Recognition through the Association’s extensive awards program and Hall of Fame
- Provide Member Education via sport specific coaching clinics and seminars
- Active members also receive:
  - Invitation to all CHSCA Events
  - Subscription to Colorado Coach
  - Opportunity to participate in CHSCA sport clinics
  - Free admittance to CHSAA playoff events
  - Free admittance to the CHSCA All-State Games
  - Eligible for CHSCA awards
  - Eligible for CHSCA and national-level coaching awards
  - Nominate their athletes for scholarships

If you are not yet a member, go to the CHSCA website (www.colohsca.org) and join today. We encourage all coaches to be a part of CHSCA!
The COLORADO HIGH SCHOOL COACHES ASSOCIATION is proud to announce the 64th Annual ALL STATE GAMES Spirit June 11-13, 2020 at Colorado State University Pueblo

This is a first class event to cap off your outstanding seniors’ high school careers and to honor top coaches from across the state of Colorado.

Nominations open online at www.CHSCAAAllStateGames.org from December 1-12. (under “SPORTS”/ SPIRIT)

**All nominations must be submitted via the online forms

**Each CHSCA member coach is allowed to nominate ONE top senior athlete and a top coach (to be eligible to coach in the CHSCA All State Games, coaches must be a member of CHSCA)

** Invitations to participate will go out on December 16. The team will be limited to the first 28 athletes who complete their FULL registration.

** Register today to get all the benefits of your CHSCA membership— including the opportunity for you and your players to participate in the All State Games

www.colohsca.org

Please contact CHSCA Spirit President, Ginny Lorbeer at vlorbeer@aol.com or All State Games Director, Amy Estes at amy.estes@colohsca.org with any questions.
COLORADO COACHES
CODE OF ETHICS

- **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.

- **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.

- **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.

- **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.

- **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.

- **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.

- **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.

- **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.

- **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.

- **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.

- **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSAA rules and bylaws.

- **CONTINUED DEVELOPMENT** A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)
COACHING REGISTRATION REQUIREMENTS

In order to be registered as a permanent spirit coach, you MUST attend the CHSCA Multi-Sport Clinic (NOT CSCA). CSCA is a great professional development program and wonderful resource for coaches; however, attendance will not count toward coaching registration. Every new coach is required to attend and sign in to ALL courses over the two-day clinic to receive credit for attendance. Coaches need to attend the multi-sport clinic within their first two years of coaching. If you have already attended the full clinic and received permanent coaching status you are no longer required to go to the clinic, however attendance is highly recommended as it is the official coaches association.

If you are a certified teacher, attendance at the CHSCA Multi-sport clinic is still mandatory. If a coach fails to meet this requirement within their first two years of coaching they will be restricted from participation at the State competition and will be unable to gain CHSAA Registered Coaches status. It will be up to the school/district to decide on any further disciplinary action.

Along with the CHSCA clinic, coaches are also required to complete the following:

* Pay a $75 registration fee (this is a one-time payment and once permanent coaching status is reached there will be no annual fees or renewals)
* Complete the NFHS Concussion Course (must provide printed proof)
* Complete the NFHS Fundamentals of Coaching Course (must provide printed proof)
* Provide proof of First Aid/CPR/AED Certification

ALL COACHING REGISTRATION MUST BE COMPLETED AND UPLOADED ON THE CHSAA DIGITAL PLATFORM (WWW.PLANETHS.COM)

If you have any questions concerning the requirements for coaching registration, please contact Lane Ververs at the CHSAA office. (lververs@chsaa.org or 303-344-5050)

New coaches are given two years to complete the coaches’ clinic. Please note that if one or more of these requirements cannot be met that NO exceptions will be made.

All other requirements are done annually.
PHILOSOPHY
Interscholastic athletics/activities shall supplement the secondary curricular program and provide the students with educational experiences and learning outcomes that contribute toward the development of the attributes of good citizenship. This can be accomplished only when the emphasis is placed upon teaching “through school athletics/activities.” Interscholastic athletics/activities can be justified only when this is the primary philosophy and purpose.

The term “spirit groups” may encompass cheer teams and dance/drill/pom teams, as well as other groups designated by the school. Spirit groups shall serve as support groups for the interscholastic athletic program within the school and, as such, play a very important role in the administration of athletics/activities contests. Each team should strive to boost school spirit; promote good sportsmanship; develop good, positive crowd involvement; and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program.

Being one of the most visible and recognizable representatives of a school, spirit groups are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body which is the core of developing effective school spirit and student involvement.

Cheerleader activities should center on “leading” or “directing” the cheering of student and adult fans. In this role, cheerleaders can become the school’s most effective student leaders. These activities should be focused on: creating a cooperative spirit among the cheerleaders, athletes, student bodies, school administrators and the communities; recognizing outstanding plays and examples of good sportsmanship on the part of both teams and aiding the school and game officials in the promotion of good sportsmanship in the administration of the contest. Performing is a secondary role of cheerleader groups and can effectively promote school spirit when included at appropriate times at interscholastic contests, pep rallies and assemblies.

Groups such as dance/drill teams and pom teams should be an integral part of the total activities program. While performances at school events and competitions may be a focus, working in partnership with other school organizations is essential.

Spirit groups have evolved to include competition as athletes. Participants must condition, practice and warm up the same as other athletes in preparation for a performance. Competition should be a secondary consideration for spirit groups unless designated as being a purely competitive team.

Competition requires the development of physical skills performed in a choreographed routine. Each local school system, state high school association or organization governing spirit activities in that state shall determine whether spirit competition is allowed for high school students.

If spirit competition is approved as a part of the school’s activities, it should be placed in perspective with the total educational program and should not interfere with the primary responsibility of spirit groups, which is to support the interscholastic athletic program. Spirit competition should serve to develop leadership, confidence and skill.
LIGHTNING AND TORNADO POLICY AND PROCEDURES

DEFINITION

LIGHTNING
In the United States, an average of 300 people are struck by lightning each year. Of those struck, there are approximately 40 fatalities from lightning each year. Approximately 50-60% of lightning casualties occur during organized sports or recreational activities according to the National Weather Service. Most of these fatalities can be prevented.

Weather Apps
• It is strongly recommended that an independent and objectively verified weather app (such as the WeatherBug® Spark™ App, Storm by Weather Underground, or the National Weather Service app) be available at all outdoor activities, including practices and contests. This should be part of your venue-specific emergency action plan.
• Acceptable alternatives to the verified weather apps include but are not limited to: immediate contact with the local weather services, local television or radio. Access to these sources can be through the Internet, cellular telephone and/or any other means that provides the information needed for real time decisions to be made.

GUIDELINES/PROCEDURES
In your venue-specific emergency action plan, you must:

1. Assign a staff member to monitor local weather conditions before and during practices and contests. This staff member is designated to make the final call on suspending and resuming the game.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
   a. Utilize announcements/public address announcer to help guide teams and fans to the appropriate shelter and identifying safe places as noted below.
   b. Safe locations need to be identified and shared with teams, spectators and workers prior to the start of the activity or athletic event.
   c. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium, locker rooms or buses/cars. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
   d. Unsafe locations include but are not limited to: Picnic areas, parks, open sided shelters (dugouts), storage sheds, open garages, tents, press boxes, areas close to open water, tall objects such as trees, poles, towers, and elevated areas.
3. When a thunderstorm seems imminent, lightning is seen or heard, or the weather app indicates that lightning is within 8-10 miles, the outdoor venue (small or large) needs to be evacuated. Proceed to a lighting safe area.
4. Activities shall be suspended, and all personnel are directed to move to safe locations. The call to suspend activity due to close lightning should be based on how fast the storm is approaching and the amount of time it will take for event participants to take appropriate safe shelter. At a minimum, by the time the lightning storm has reached 8 miles away from the location of the outdoor activity, all individuals should have left the outdoor athletic site and reached a safe location. Weather monitoring subscriptions should be set at an 8-10 mile radius from the center of the sporting event (venue specific).
5. Criteria for suspension and resumption of play:
a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – PER NFHS at night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

6. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
7. Inform student-athletes and their parents of the lightning policy at start of the season in your pre-season meeting.

No App or Technology Available
When a weather app is not available, the default NFHS policy that appears in the Rules Book of each sport shall be followed. In brief, that policy requires suspension of all activity when cloud-to-ground lightning is observed, or thunder is heard. If thunder is heard, lightning is assumed to be striking within 10 miles. Implement the Thirty Minute Rule as noted in the NFHS Policy.
When activities are suspended, the following individuals shall be responsible for the safety of personnel:

- The head coach for players and other team personnel.
- Game management guiding spectators and personnel to safe areas
- The senior official for the officiating crew.
- All game management personnel, administrators, coaches and officials must be thoroughly familiar with the NFHS default policy as well as this policy.

MANAGEMENT
People who have been struck by lightning do not carry an electrical charge and are safe to be touched by others.

- Call 911
- If possible, an injured person should be moved to a safer location before starting CPR.
- Start cardiopulmonary resuscitation (CPR).
- Lightning-strike victims with signs of cardiac or respiratory arrest need immediate emergency help.
- Activate the local emergency management system and utilize an AED if available. Prompt, effective CPR has been highly successful for the survival of lightning strike victims.
LIGHTNING AND TORNADO POLICY AND PROCEDURES (Cont.)

DEFINITIONS

TORNADO

• Tornado Watch - indicates tornadoes are possible
• Tornado Warning - tornado siren sounds signaling tornado sighted or tornado indicated by radar

GUIDELINES/PROCEDURES

• Develop a tornado specific EAP for each venue or event.
• Designated weather watcher (above) notifies site or athletic director of approaching storm and communicates direction and speed of storm.
• If a tornado warning is initiated, immediate event delay should be implemented, and all participants, spectators and athletic staff should SEEK SHELTER IMMEDIATELY. Once inside a secure location, tune to local weather alert radio to be informed of storm location, path and duration of tornado warning.
• Warning may be extended, or a new warning issued at any time, so continued monitoring is needed. During tornado warning, sirens will sound for 3 minutes at a time. Depending on duration of warning, sirens may re-sound multiple times.
• Safe shelter from tornado = inside lowest building level, away from exterior walls/windows, with windows closed. If outside, lie flat in a ditch or depression and cover head with hands or stay in a car with seatbelt on. Be aware of potential flooding. DO NOT take cover under an overpass or bridge. Never try to outrun a tornado in urban or congested areas. Be aware of flying debris.

All clear - tornado warning will expire after duration specified by National Weather Service and weather watcher notifies site director that warning has ended and event can resume.

REFERENCES


National Weather Service Lightning Safety Tips and Resources: https://www.weather.gov/safety/lightning


National Oceanic and Atmospheric Administration: http://www.noaa.gov
This checklist is designed to assist you in meeting deadlines for state competition:

<table>
<thead>
<tr>
<th>JULY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>July 26th &amp; 27th</strong> - Attend the CHSCA Multi-Sport Clinic</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AUGUST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Attended a CHSAA Approved Mandatory Coaches Meeting. All Completed!</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Review Spirit Bulletin (Online at <a href="http://www.CHSAA.org">www.CHSAA.org</a>)</td>
</tr>
<tr>
<td></td>
<td>Receive National Federation Rulebook</td>
</tr>
<tr>
<td></td>
<td>August 12th – First day to count practices towards five-days.</td>
</tr>
<tr>
<td></td>
<td>Took mandatory coaches test (<a href="http://www.chsaa.org">www.chsaa.org</a> - under coaches) and Concussion Test, and register with CHSAA.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Prepare videos for preview.  (Recommended) Beginning September 10 and no later than November 19 (deadline for submission for video to be reviewed).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OCTOBER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Your school will be invoiced once the October 18 registration deadline has passed.</td>
</tr>
</tbody>
</table>
|               | Check website (www.chsaa.org) starting October 1 to confirm your entry form is in the CHSAA office (timely updates).  
                                | NOTE:  CHSAA will only accept one entry per division – (example:  no sending in a pom entry and jazz entry and choosing one at a later time.  If two are turned in they will not be accepted.) |
|               | Registration submitted on CHSAA Digital Platform OR CHSAA.org                                             |
|               | The registration form must be accessed via an athletic director or athletic secretary Planet HS account   |
|               | Deadline: OCTOBER 18                                                                                     |
|               | Registration fee is $125.00 - NO EXCEPTIONS – NO REFUNDS WILL BE GRANTED AFTER NOVEMBER 1ST.               |

<table>
<thead>
<tr>
<th>NOVEMBER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Video Preview for Interpretations Due before November 19 (recommended)</td>
</tr>
<tr>
<td></td>
<td>Make Reservation for Hotel – flyer/list enclosed.</td>
</tr>
<tr>
<td></td>
<td>November 1 – check website (<a href="http://www.chsaa.org">www.chsaa.org</a>) – tentative time schedule/refund deadline</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DECEMBER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>December 6-7 - State Competition at the Denver Coliseum</td>
</tr>
<tr>
<td></td>
<td>December 12 - Committee Meeting at 9:00am at the CHSAA Office</td>
</tr>
</tbody>
</table>

**IF YOU HAVE QUESTIONS, CALL**
(303) 344-5050 – Jenn and/or Lane
CALENDAR FOR 2019 SEASON

August 12.................................................................First formal practice
August 18...................................................................... First scrimmage date
August 23...................................................................... First contest
September 14 .............................................................ACT Test Date
October 5...................................................................... SAT Test Date

**October 18.............................................................**DEADLINE FOR STATE ENTRIES
**NO EXCEPTIONS**

October 26......................................................................ACT Test Date
November 1......................................................................Check CHSAA website for time schedule
November 2......................................................................SAT Test Date
November 19..................................................................Deadline to submit video for review
December 7 ......................................................................SAT Test Date
December 6 & 7 .............................................................State Spirit Championships
SITE: DENVER COLISEUM
December 12....................................................................Spirit Committee Meeting
CHSAA Office
December 14....................................................................ACT Test Date

** 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. **
YOU NEED TO KNOW

You can only have a varsity roster at team maximum based on roster classification. Based on classification, varsity cheer, varsity co-ed, varsity pom, varsity jazz and varsity hip-hop teams will have roster limits for sideline, competitions and school representation based on classification. Roster limits per class/division:

- 1A/2A (Cheer/Pom) will have a maximum of 16
- 1A/2A (Co-ed/Game Day) and 3A (Cheer/Co-Ed/Game Day/Pom) will have a maximum of 20
- 4A/5A (Cheer/Pom/Co-ed/Game Day) All Class Jazz and All Class Hip-Hop will have a maximum of 28

Alternates are included in the varsity roster limits

Your sideline roster is your competition roster and your competition roster is your sideline roster.

A certified coach must be in attendance at all practices, functions, games and competitions. Students should never be left alone with coaches who are not certified.

No skills technical or otherwise (cheer, pom, jazz, hip-hop) should be performed when a coach is not present.

All rules from the National Federation are enforced at all times including jewelry, nails, derma piercings, etc. Coaches need to enforce the jewelry rule at all times.

Sunday contact and representation of a school team who wish to attend a NFHS recognized National Championships must contact the CHSAA office.

2019 CHSAA MAJOR CHANGES

A. Game Day will be added in 2019-2020.
B. Schools will only be able to be represented once in the overarching cheer and dance disciplines.
C. Removal of Technical judge in the warm-up area prior to state performance.
D. The 2019 State Spirit Championship is December 6th & 7th.

2019 CHSAA INFORMATIONAL ITEMS

A. N/A
**Additional Items**

Non-playing personnel, e.g., spirit participants, media, shall remain outside the playing area during a 30 second or less time-out during the game. Non-playing personnel shall stand outside the free throw lines extended toward the sidelines throughout the game.

The Colorado High School Activities Association (CHSAA) assumes no responsibility for the payment of copyright, royalty, or any other fees associated with the performances on any material in the cheer/dance competitive series. Other than public performance licenses for the CHSAA Spirit Championships (which will be obtained by Varsity Spirit), the sole responsibility of ensuring that all U.S copyright laws, in connection with music and school performances are adhered to, belong with the school and/or coaches of the representative teams. The CHSAA will not require additional paperwork for performances at state but coaches will be asked to “check” a box on their State registration form that they “have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in their team’s music shall only be used with written license from the owner of the sound recording.” All penalties associated with non-compliance will be the responsibility of the school and/or coaches of the team.

USA cheer has provided an educational document with interpretations to assist coaches with understanding the U.S copyright laws.

The NFHS has obtained and secured the rights (Provisional License) for all MEMBERS of the NFHS/State Associations, to perform it publicly, however, schools must still obtain permission to use mash-ups and mixes.

NFHS Understanding Copyright and Compliance Course: 

**Player Ejection**

Any player who has been ejected from a match, contest, or performance shall be disqualified for the remainder of that match, contest, or performance. In addition, the player shall be suspended from competition for the next scheduled match, contest, or performance played at the same level (sophomore, junior varsity, or varsity).

**Coach Ejection**

A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest of the same level. He/she may not coach in any other contest at any level during this time.

A coach ejected from a game is automatically placed on probation according to policies established by the Board of Directors (For necessary action by the school administration, see Bylaw 2420.11).

A coach ejected from a game is required to complete the following courses offered on-line by the National Federation of State High School Associations (NFHS): Sportsmanship; and, Teaching and Modeling Behavior. These courses shall be completed before he/she will be removed from probation and must be finished in a reasonable amount of time during the season to be determined by the school’s athletic director.

**CHSAA Drone Policy**

“The use of drones, also known as unmanned aerial vehicles, is prohibited for any purpose by any persons at all CHSAA-sanctioned events, unless express written permission is obtained: 1) from the host school district during regular season contests, or 2) the CHSAA for any postseason/playoff contest. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purposes of this policy, a drone is any aircraft without a human pilot on board.”

**Coaches Information**

Each coach should become familiar with all eligibility rules. CHSAA Handbook has been distributed to member schools. If you do not have access to this material, contact your athletic director.
Check the CHSAA Handbook for the details related to the following rules. USE IF NEEDED

- **PLAYING OF AN INELIGIBLE WILL RESULT IN FORFEITURE** ... Article 2400
- **SUMMER SCHOOL MAKE-UP** ... Article 1750.1
- **INTERNATIONAL STUDENT RULE** ... Article 1880
- **ORGANIZED TEAM PRACTICE** ... Article 2310.3
- **PHYSICAL EXAMINATION/PARENT CONSENT** ... Article 1780
- **MEDICAL RELEASE FOR INJURIES** ... Article 1780.2

Coaches: The following is a quick list of important information that you and your players need to know before the season begins and throughout the year. Have you covered this information with your players? Use the quick check-off list to make this season a successful one.
(Note: Handbook = CHSAA Constitution and Bylaws)

To review the bylaw please click on the article or point of emphasis below:

<table>
<thead>
<tr>
<th>Important CHSAA Bylaws</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching Registration  (Article 16)</td>
</tr>
<tr>
<td>General Eligibility    (Article 17)</td>
</tr>
<tr>
<td>Transfer [Prior to and in-season] (Article 18)</td>
</tr>
<tr>
<td>Recruiting            (Article 19)</td>
</tr>
<tr>
<td>Outside Competition    (Article 21)</td>
</tr>
<tr>
<td>Player and Coach Ejection (Article 22)</td>
</tr>
<tr>
<td>Practice/Nine-Day Practice (Article 23)</td>
</tr>
<tr>
<td>Penalties             (Article 24)</td>
</tr>
<tr>
<td>Officials             (Article 27)</td>
</tr>
</tbody>
</table>
MEMORANDUM

July 23, 2019

TO: CHSAA Spirt Coaches

FR: Jenn Roberts Uhlig, Assistant Commissioner Spirit Liaison, Bert Borgmann, Assistant Commissioner CHSAA Gymnastics Liaison

RE: Floor Music and Mash-Ups

For the past several years, music copyright has come to the forefront of legal issues faced by high schools, state associations and national associations across the country. Music purchased or taken from YouTube or iTunes or any other area are subject to copyright laws. Music purchased from these entities, under copyright laws, are considered for personal use and do NOT grant a performance license.

The NFHS has obtained and secured the rights (provisional license) for all members of the NFHS/State Associations, to perform most music publicly, however, schools must still obtain permission to use mash-ups and mixes.

The following link will take you to the NFHS course on Understanding Copyright and Compliance, which will provide a good background on the issues that you, your school and the CHSAA face when this is violated. The course is free and when you take it, please take the spirit track as that will guide you for your participants and music.

https://nfhslearn.com/courses/61124/understanding-copyright-and-compliance

Of critical importance is to note that you cannot “pass down” mixes and mash-ups when a girl graduates.

The Colorado High School Activities Association (CHSAA) assumes no responsibility for the payment of copyright, royalty, or any other fees associated with performances of any material by its member schools’ gymnastics competitors. All penalties associated with non-compliance will be the responsibility of the school and/or coaches of the teams.

Please contact me with any questions!

Jenn Roberts- Uhlig
jrobertsuhlig@chsaa.org
303-3445050
# 2019 NATIONAL FEDERATION SPIRIT RULE CHANGES

| 1-Definitions | Dive Roll – An airborne forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.  
**Rationale:** Allows a slight point during a forward roll where the top person's hands and feet are off of the ground at the same time. The requirement that the feet remain at or below the waist remove the ability to do a swan dive type of roll. |
|---|---|

| 1-Definitions | Switch Up Liberty – A top person starts with one foot in a load, is tossed A stunt in which a top person starts with one foot on the ground, is released, and lands in a Liberty on the other foot vertical stunt on one foot or both feet.  
**Rationale:** A switch up skill can be performed to positions other than a liberty. Changing the label and the definition reflects the different body positions in which the top person can land. |
|---|---|

| 2-1-5 | ART. 5 . . . Performing surfaces and areas must be suitable for spirit activities. a. Surfaces and areas must be reasonably free from objects and/or impediments. b. Stunts and tumbling must be modified to be appropriate for the surface and/or area and in relation to other participants. c. When discarding props that are made of hard material, or have corners or sharp edges, team members must gently toss or place the props. c. When using props that are made of hard material or have sharp corners or edges: 1. A top person may not release the props to the ground. 2. A person on the ground must gently toss or place the props.  
**Rationale:** Clarifies the disposal of signs and reduces risk by not having hard signs released from top persons in stunts. |

| 3-1-8 | ART. 8 . . . Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces 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 if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, or tosses, jumps, or tumbling.  
**Rationale:** Aligns with requirements for proper footwear. |

| 3-2-7; 4-2-7 | (P) ART. 7 . . . A spotter is required for extended stunts or transitions that stop in an extended position except for the following: a. Chair. b. Russian lift. c. Torch d. Double-base split catch. d. e. Double-base vertical T-lift. e. f. Triple-base stunts in which the top person is horizontal. f. g. Triple-base suspended splits. g. h. Triple-base straddle sit. provided the top person has both hands in contact with a post. |
**Rationale:** A torch is a prep level skill in which the top person’s foot is in the hands of the base, which requires a spotter. Having torch in this list of exceptions contradicts rules 3-2-8 and 4-2-8. Allowing a triple-base straddle sit without the criteria for a post or a spotter is just as safe as a triple-base suspended split without a spotter and should not require additional stunt personnel for this skill as it does not cause an increased risk.

<table>
<thead>
<tr>
<th>3-2-8; 4-2-8</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>(P)</em> ART. 8 . . . A spotter is required for tosses to single-base shoulder stands and single-base prep-level stunts in which the foot/feet of the top person are in the hands of the base and tosses to single-base shoulder stands.</td>
</tr>
<tr>
<td><strong>Rationale:</strong> Reworded for clarification. The previous wording was unclear as to whether the spotter was required for these two skills or for “tosses to single based shoulder stands and tosses to stunts where the feet were in the hands”. This clarifies that it is any time the feet are in the hands and also tosses to shoulders.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3-3-3</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>(P)</em> ART. 3 . . . Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met: a. The inverted top person shall have at least two bases or a base and a spotter. b. If the inverted top person is released the following conditions shall be met: 1. The skills/stunts before and after the release are permitted. 2. Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and a spotter. 3. The bracers do not provide primary support for the top person. 4. The top person and base(s) make no more than a ⅛ turn around the bracer in a continuous movement. 5. The top person is caught by original base(s). When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill. 6. The top person does not land in an inverted position. c. The top person must maintain hand-to-hand/arm contact with a bracer and at least one bracer maintains hand-to-hand/arm contact.</td>
</tr>
<tr>
<td><strong>Rationale:</strong> Allows the inversion to be caught by new catchers becoming consistent with other braced inversion rules that were changed in 2018. This rule was inadvertently overlooked when the revision occurred last year. The criteria states the new catchers have to remain close to the original bases and must be in place prior to the initiation of the inversion and does not increase the safety risk to the top person. The revision in Rule 3-3-3c helps clarify the intent of the rule and more accurately describes the connection required between the bracer and the top person.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3-3-5</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>(P)</em> ART. 5 . . . Braced flips in a pyramid are permitted provided all the following conditions are met: a. The top person maintains continuous hand-to-hand/arm contact with two bracers who are in multi-base preps with a spotter. Each arm is connected to/by a separate bracer. The top person is not behind the bracers. Both of the top person’s hands/arms are in continuous contact with a bracer. b. Each bracer must be in a multi-base prep with a spotter. c. The top person must be to the side of or in front of the bracer(s). Reletter remaining f. The bases/catchers remain stationary except as necessary for safety adjustments.</td>
</tr>
<tr>
<td><strong>Rationale:</strong> Safely allows similar visuals for smaller teams. This change allows a braced front flip performed just as it is on the ground, using one bracer behind the top person holding both hands (commonly called a “Baja”.) This can currently be performed if another bracer is holding the wrist of the top person. That bracer is not</td>
</tr>
</tbody>
</table>
necessary for this skill. Splitting out a, b, and c are editorial for clarity. (f) This rule is unnecessary with the change allowing the top person to change bases during the flip.

(P) ART. 6 . . . In all other inversions: a. Inversions may release to the following provided there is a spotter: 1. Non-inverted dismounts with no more than a ½ turn.
2. Loading position with no more than ½ turn. 3. A stunt at prep level or below any level with no twists. b. In inversions where the base of support begins and remains below prep level, at least one person shall maintain contact with the top person until the top person is no longer inverted or his/her hands are on the performing surface. c. In inversions where the base of support begins at or passes through prep level: 1. At least two people on the performing surface shall be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position. 2. Contact must be maintained between at least one base and the top person's upper body, (waist and above, which may include arms/hands) until the top person is no longer inverted or their hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

EXCEPTION: A foldover that begins at or below prep level and does not stop in an extended position is allowed. When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.

Renumber current 2 and 3

Rationale: (a) Inversions releasing to extended level pose no additional risk than to prep level. When landing in a prep level skill, proper technique is to catch the skill in an extended position and bring it to prep level while balancing. (c) A top person can be in an inverted position while in contact with one person as long as two people are in a position to protect the head, neck, and shoulder area.

ART. 7 . . . An inverted top person must not hold objects (poms, signs, etc.) in his/her hands, except during a transition from an inverted position on the performing surface to a non-inverted stunt or from a prone position below prep level to a forward roll dismount.

Rationale: Allows the top person to hold objects while transitioning through an inverted position including from a prone position below prep level.

(P) ART. 7 . . . A top person may be moved from a vertical position to a horizontal position (straight body) or cradle position provided all the following conditions are met:

a. The top person maintains contact with at least one original base, post or spotter.
b. At least two catchers and/or bases catch the upper body of the top person.
c. The catchers must be to the side or front of the person(s) moving the top person.
d. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.
e. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, there are three catchers.
Delete 3-4-8, 3-4-9, 4-4-9, 4-4-10

**Rationale:** Both horizontal and straight body are redundant. C should be removed as pendulum type skills from an extended position have been allowed since 2015-16. Determining what is the side and front is sometimes difficult depending on the type of transition. This rule already includes criteria that new catchers must remain close to the original bases and are in place prior to the movement to the horizontal position, therefore making sure the top person is not transitioned to a horizontal position prior to the catchers being in place. We currently allow dismounts to new catchers and do not specify that the new catchers are to the side or front.

**3-4-12; 4-4-5**

(P) ART. 12 . . . A flip from the performing surface that lands in a partner stunt or cradle is not permitted.

**Rationale:** Redundant rule; it is a duplicate from the Tumbling rule 3-8-4 and 4-8-4.

**3-5-4**

(P) ART. 4 . . . A switch liberty caught by the original bases is permitted as an exception to Articles 3-5-2 and 3-5-3.

**Rationale:** This change in terms from “switch liberty” allows the top person to land on both feet instead of just one. This clarification of the intent of the previous rule is that switch ups cannot be caught by new bases, but must be caught by the original bases.

**3-5-5**

(P) ART. 5 . . . Release transitions are permitted provided all of the following conditions are met throughout the transition: a. The skills/stunts before and after the release are permitted. b. The top person maintains hand-to-hand/arm contact with at least one bracer and at least one bracer maintains hand-to-hand/arm contact except for the following skills, in which the top person may not change bases:

1. A non-braced top person in a vertical position at prep level or above may be released to a stunt at any level provided the top person remains vertical in a position where the upper body remains vertical and the legs are not in a seated/piked position. Vertical releases from an extended position to an extended position may not perform more than a ¼ twist. 2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to a loading position or stunt prep level or below. c. Each bracer is at prep level or below. If in a prep or shoulder stand, the bracer(s) shall have two bases or a base and a spotter. d. The bracers do not provide primary support for the top person. e. The released top person and base(s) make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains vertical over the base(s). f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.

**Rationale:** (b) The revision helps clarify the intent of the rule and more accurately describes the connection required between the bracer and the top person. This does not change the intent of the rule. (b1) Clarifies what positions the top person can be in when performing the release. Allowing vertical releases to begin at prep or above allows more skills without increasing risk. The high to high release is further limited to only a ¼ rotation to allow a small pop to arabesque, but not a fully released high to
| 3-6-2; 4-6-2 | (P) ART. 2 . . . Non-braced suspended splits that originate from or pass through prep level or above are permitted provided all the following conditions are met: b. The top person has both hands in contact with a base(s) once she reaches the full split position.  

**EXCEPTION:** Top person may release one hand to grasp the hand of another base, post, or bracer to adjust his/her position.  

**Rationale:** Allows a top person in a suspended split to release a base or a post in order to connect to a bracer. |
| 3-6-3; 4-6-3 | (P) ART. 3 . . . Braced suspended splits are permitted provided all the following conditions are met: a. The top person has at least two bases. b. The top person has both hands in contact with the bracer(s) and at least one bracer maintains continuous hand-to-hand/arm contact. c. The top person and bracer(s) each have a separate spotter with the exception of bracers in shoulder sits or thigh stands. d. The bracer(s) maintain hand/arm contact with the top person until he/she is no longer in a split position.  

**Rationale:** The connection wording change in (b) is in keeping with others submitted. (c) is unnecessary for a braced connection that doesn’t release and is not required elsewhere in the rules. (d) Is unnecessary wording. The skill is performed with and without this requirement without issue and follows proper technique. |
| 3-7-9 | ART. 9 . . . In cradle dismounts where a bracer is involved after the bases release the top person, all the following conditions must be met: c. Each top person and bracer has a separate spotter with the exception of bracers in double based preps, shoulder sits or thigh stands. d. The bracers do not provide primary support for the top person and remain in place during the dismount. e. The release is a continuous vertical up and down movement in which the top person remains over the original base(s). f. The top person makes no more ¼ around the bracer in a continuous movement.  

**Rationale:** (c) Allowing bracers to be in a double base prep without a spotter is safe. Currently, braced transitions are allowed with a bracer in a prep without a spotter. This would further a line releases and dismounts that involve a bracer. (e) This allows for a ¼ turn around the bracer to a cradle dismount, much like a release transition to a stunt. (f) Allowing the top person to be caught by new catcher who are in place and not involved in any other skill prior to the initiation of the release and are not part of any other skill.  

g. Bases and remain in place during the dismount. |
<p>| 4-3-3: | (P) ART. 3 . . . Braced inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met: e. The top person must maintain head-to-hand/arm contact with a bracer. c. The top person and at least one bracer maintain a hand-to-hand/arm contact. |</p>
<table>
<thead>
<tr>
<th>Rule</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4-4-3</strong></td>
<td>The revision helps clarify the intent of the rule and more accurately describes the connection required between the bracer and the top person.</td>
</tr>
</tbody>
</table>
| **4-4-4** | A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.  
**Rationale:** Dance only change, which allows a dancer to walk under a pyramid connection or a stunt provided they are not the required spotter and does not increase safety risk. |
| **4-4-4** | A top person may be moved from a vertical position to a horizontal or cradle position provided all the following conditions are met:  
d. The catchers are to the side or front of the person(s) moving the top person.  
d. e. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.

**Rationale:** Pendulum type skills from an extended position have been allowed since 2015-16. Determining what is the side and front is sometimes difficult depending on the type of transition. This rule already includes criteria that new catcher have to remain close to the original bases and are in place prior to the movement to the horizontal position, therefore making sure the top person is not transitioned to an horizontal position prior to the catchers being in place. We currently allow dismounts to new catchers and do not specify where the new catcher have to be. |
| **4-5-3** | Non-braced release stunts and transitions are permitted:  
a. The top person must begin and end at prep level or below. The top person may begin and end in a vertical or horizontal position or a cradle.

**Rationale:** The current rule contradicts Rule 4-4-4b, a top person cannot be released to a horizontal position from prep level. This change removes the contradiction. |

**NOTE:** Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.
NFHS SPIRIT COACHES PARTICIPANTS’ RESPONSIBILITIES

GENERAL

1. Spirit team members should be present at all games to which they are assigned and initiate positive crowd involvement.

2. Spirit teams should be in their assigned places throughout the contest.

3. As representatives of the school, proper and positive behavior should be required at all times.

4. Spirit teams should be required to arrive a sufficient amount of time before games begin. Their duties should include: (a) meeting and greeting the visiting teams and making them feel welcome; (b) assisting visiting teams with questions such as where they are to be located during the contest, where they can change, etc.; (c) allowing adequate time for their warm-up period.

5. Prior to the start of a game, a plan between the home and visiting cheerleaders, pep bands and other spirit groups should be devised whereby all groups have the opportunity to cheer/perform during non-injury time outs and intermissions. This will help eliminate confusion and prevent delays in the game while the officials wait for the spirit teams to get off the field or floor.

6. At games away from home, spirit teams should arrive as a group and meet the host teams.

7. Participants should know the game rules and officials’ signals to the extent of understanding when and what type of cheers are appropriate. Spirit team members should always pay attention to the game or contest.

8. When the official signals for the game to begin after a time-out, the spirit teams should leave the floor immediately. Spirit teams shall stay clear of the playing area prior to and during the contest so as not to interfere with the players or officials or increase the possibility of injury.

9. Spirit teams should accept the decisions of officials and discourage disagreement of fans by initiating positive chants or cheers.

10. Spirit teams should realize the importance of actively influencing the positive conduct of the spectators.

11. Spirit teams should adapt their routines to the environmental conditions and playing surfaces for which stunts, pyramids and routines are used (i.e. mounts, pyramids or gymnastics shall not be permitted during rain, strong wind, or extreme cold on slippery or uneven surfaces or where there is not enough space. Hot and humid weather also may present problems.)
12. After performing or cheering, spirit team members should clear the playing area of any materials that could hinder play, i.e. pom fragments, signs, hair bows, apparel or props.

13. Spirit team members should use appropriate and positive language throughout all practices, games, performances and competitions.

**SPORTSMANSHIP**

NOTE: The NFHS disapproves of any form of taunting which is intended or designated to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations and graceful acceptance of results. School spirit is a reflection of these attitudes and behavior. If a school is to succeed in one of its prime functions, that of developing good citizenship, it is necessary that student groups radiate proper sportsmanlike conduct. Sportsmanship is good citizenship in action. The promotion of sportsmanship is a primary responsibility of spirit groups.

1. Spirit teams always should cheer in a positive manner. It is inappropriate to cheer against the other team or to cheer in response to an opposing player's mistake. Initiating response cheers between home and opposing spirit teams or fans is strongly discouraged.

2. Cheers, chants, and music with suggestive words and/or motions (ex. pointing at opposing teams or fans) shall not be used because in many situations they bring about an inappropriate response.

3. Spirit leaders should call attention to the importance of sportsmanship at all pep rallies. When permitted, placing sportsmanship posters promoting good sportsmanship on the wall of the gym or throughout the school is helpful.

4. Spirit leaders should discourage their followers from yelling or cheering while an opponent is shooting free throws. Intimidation of opponents has no place in high school athletics.

5. Spirit leaders are in a position to preview spirit signs that will be posted for their school's contest (when permitted). Prohibiting inappropriate signs from ever being posted can greatly assist the administration and helps students or school personnel understand the importance for positive signage which is to create and maintain a positive crowd atmosphere.

6. Obnoxious behavior should not be encouraged nor permitted under the guise of school spirit. Opposing players, officials and fans should be treated with respect and dignity. If inappropriate crowd behavior exists, assistance should be obtained from a school administrator or game management.

The following link contains the CHSAA Game Management & Sportsmanship Expectation Guide

TECHNIQUES FOR LEADING CHEERS:

1. Stimulate and control crowd response.
2. Choose the right cheers at the right time.
3. Be certain that words used in a cheer do not suggest, inflame or taunt an audience.
4. For indoor events, do not use artificial noise makers or noise enhancers, including, but not limited to cowbells, sirens, clackers, cans with marbles or rocks inside, air horns or any other noisemaking apparatus. Megaphones may be used only by cheerleaders, directed only toward one’s own fans.
5. Divert the crowd’s attention by starting a crowd cheer when booing develops.
6. Cheerleaders should get the crowd to respond to their lead by preparing them during pregame warm-ups.
7. It is important that the cheerleader make eye contact with the crowd while leading a cheer; his/her facial expressions are very important in generating enthusiasm and a strong response.
8. Emphasize each word so that each is distinct and the cheer may be understood and followed easily.

WHEN TO CHEER

1. As your team comes on the floor or field.
2. When your team or a player makes an exceptional play.
3. When a substitution is made on your team. When appropriate, cheer outgoing player and incoming player.
4. As encouragement and tribute to an injured player when that player leaves the game.
5. When an opponent, who has played spectacularly, leaves the game.
6. As encouragement to own team in its drive for a score.
7. As encouragement to own team in defense of its goal.

WHEN NOT TO CHEER

1. When a player is attempting a free throw, the quarterback is calling signals at the line of scrimmage, a server is about to serve in volleyball, a diver is ready to perform, etc.
2. When an opposing player makes a mistake or the opposing team is being penalized.
3. When an opposing player is injured.
4. As important announcements are being made over the public address system.
5. When an unsportsmanlike act has occurred or is occurring.

WHEN TO PERFORM

Spirit teams should be aware of the time available to perform. Appropriate situations for routines are: pre-game, full 60-second timeouts, between quarters, at halftime, and post-game.
Ten rules revisions in cheer and dance which focus on minimizing risk to participants, along with 10 changes in the definitions section, are among the high school spirit rules changes recommended by the National Federation of State High School Associations (NFHS) Spirit Rules Committee at its March 2-4 meeting in Indianapolis.

All recommendations from the Spirit Rules Committee were subsequently approved by the NFHS Board of Directors for implementation in the 2018-19 season.

Four of the changes involved rules for inversions, including two revisions dealing with braced flips in a pyramid. Rule 3-3-5b now states that here must be three people involved in the toss and catch of the top person either as a base or spotter. In 3-3-5g, when the catchers are not the original bases, the new catchers are in place when the flip is initiated, remain close to the original bases and are not part of any other skill.

In a change to reduce risk of the top person, Rule 3-3-6a(1) was altered to ensure that releases from inversion to the performing surface or a cradle do not end in an inverted position.

The other inversion changes address both cheer and dance. The change in Rule 3-3-6b(1) (cheer) and Rule 4-3-6b(1) (dance) will allow additional inversions below prep level while maintaining contact with a base.

“The risk is limited due to the fact that the top person’s base of support is below prep level and the base will have contact with the top person until he or she is no longer inverted or has his or her hands on the performing surface,” said James Weaver, NFHS director of performing arts and sports and liaison to the Spirit Rules Committee.

The final change in the Inversions section involves an exception in Rule 3-3-6c(2) regarding a foldover that begins at or below prep level and does not stop in an extended position. Now, when the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.

In addition, the requirement for continuous hands-to-hands contact between the base and the top person in a single-base suspended roll was eliminated.

“The safety of the top person in a single-base suspended roll is covered in Rule 3-3-6c and does not require an exception to address the safety of the skill,” Weaver said.

Another change addressing risk management in both cheer and dance was made in the Stunting Personnel section of the Spirit Rules Book. In Rules 3-2-8 and 4-2-8, a spotter is required for tosses to single-base shoulder stands and single-base prep-level stunts in which the foot/feet of the top person is in the hands of the base.

“The spotting requirement for tosses to single-base shoulder stands will help decrease risk of injury to the top person’s head and neck area,” Weaver said.

In the Release Stunts section for cheer, Rule 3-3-5(f) now states that “when the catchers are not the original bases, the new catchers for in place when the transition is initiated, remain close to the original bases and are not part of any other skill.”

Two changes in tumbling rules were approved in dance. In an effort to minimize risk, Rule 4-8-8 now prohibits headstands, head spins and head springs in which the hands are not used for support. In Rule 4-8-2b, soft props
may now be used during airborne or non-airborne tumbling skills in which hand(s) are not being used for support. The props cannot be made of hard material, or have corners or sharp edges.

In the Apparel/Accessories section, the committee approved a change in cheer and dance that allows participants to wear a head covering for religious reasons. The covering or wrap, which is not hard, abrasive or dangerous to other participants, must be approved by the respective state association.

New definitions for head spring, head spin, headstand and shoulder stand were approved by committee. In addition, revisions were made to the following existing definitions: non-release stunt, Swedish fall, suspended roll and release transition/release pyramid transition, and two definitions – assisted inverted floor skill and tension drop – were deleted.

A complete listing of the spirit rules changes will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Spirit.”

According to the most recent survey of NFHS-member state associations, there are more than 400,000 high school cheerleaders in the United States and, as of 2016-17, about 144,000 of those participants are involved in competitive spirit squads. The 2016-17 NFHS High School Athletics Participation survey lists competitive spirit as the ninth-most popular sports for girls. There are also about 35,000 girls who participate in dance or drill/pom teams, according to the same survey.
**SAFETY**

Coaches must implement a program that stresses **safety** and **injury prevention**.

By learning the proper techniques/progressions and by practicing in a safe environment the chances of injury are greatly reduced.

Coaches will:
- Be active participants in the daily operations of the program.
- Set clear expectations and limitations for their team.
- Critically assess the level of their team and progress accordingly, (proper warm-up and stretching, sequential educational process leading to skill development).
- Provide safe facilities to perform and execute skills (mats, appropriate ceilings, spotting).
- Provide feedback to alleviate interpersonal and other communication problems.
- Be consistent in the **safety first** philosophy.

Your spirit athletes share the responsibility for safe and controlled execution of the activity within the parameters of the program’s goals and limitations (set by the coach). Their mental and physical well-being should be paramount in all program developments.
INTRODUCTION

The CHSAA Constitution and By-laws are the official rules of the Association. This bulletin provides the regulations for spirit operations, but never supersedes the regulations found in the Constitution and By-laws nor the NFHS Rulebook.

The By-laws should be read prior to the season. If any questions should arise or interpretations are necessary, please contact Jenn Roberts-Uhlig, Assistant Commissioner at CHSAA.

- **A spirit sport season shall begin on the Monday of Week 6 (NFHS calendar). The first scrimmage date shall be on the Saturday of Week 6, and the first competition shall be on the Thursday of Week 7. The season shall run until the final state championships.**

- **Non-Bona fide Transfer: Spirit athletes who transfer without a bona fide family move will have restricted (varsity) eligibility (non-participation in all games, all competitions, performances, pep rallies) for 365 days. Schools may create a stricter standard.**

- First day to count practices is August 12, 2019.

- Your CHSAA Spirit Bulletin and National Federations Rule Book are your resources.

- A sideline program that participates or supports varsity games, competitions, performances, or pep rallies is considered a varsity level spirit program, regardless of whether you participate in competition.

- The Colorado High School Activities Association will continue to emphasize an inclusive atmosphere for the statewide competition without mirroring national or outside programs.

- The official sponsor of the Colorado High School State Spirit Competition is Varsity/UCA and is the #1 spirit company in the nation.

- Sunday contact and representation of a school team who wish to attend a NFHS recognized National Championships must contact the CHSAA office.

- A certified coach must be in attendance at all practices, functions, games and competitions.

- All athletes must have at least five days of practice prior to representing their school (scrimmages, games, competition, pep assemblies, etc.) and must be members of the team during the school year. **(Additional tryouts for competition are not supported by the philosophy of the CHSAA.)**

- Spring Floors: Illegal for high school use under CHSAA and member competitions. CHSAA cannot ban your teams from competitions on spring floors but the liability becomes that of the individual school.

- Summer practices **must be voluntary.**
DISCIPLINES
Teams may only compete in one discipline. No athlete may cross over to another team for competition purposes. The current system gives each school the opportunity to put a representative team on the floor, in their discipline, not the same team in a different costume. Violation of this rule will result in disqualification of the team(s) in which the athlete competes.

You should not have a competition team and a sideline team.

OUTSIDE COMPETITION
Players certified to participate as members of any high school sport team may only practice or compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal, which permission shall be granted if: (a) the student’s class attendance is not compromised; and (b) the student is in good academic standing under the school’s activities policy applicable to all students. Please note sanctioned events.

ROSTER LIMITS (Year Round – Not State Competition)

- Teams may move participants from the JV team to the Varsity team to fill a void. Example: Injury, sickness, discipline, eligibility, etc. Prior to each competition, including state, rosters would need to be set by dates provided by the CHSAA. Each athlete may only participate at one level within the competitions.

- Based on classification, varsity cheer, varsity co-ed, varsity pom, varsity jazz and varsity hip-hop teams will have roster limits for sideline, competitions and school representation based on classification. Roster limits per class/division:
  - 1A/2A (Cheer/Pom) will have a maximum of 16
  - 1A/2A (Co-ed/Game Day) and 3A (Cheer/Co-Ed/Game Day/Pom) will have a maximum of 20
  - 4A/5A (Cheer/Pom/Co-ed/Game Day) all class jazz and all class hip-hop will have a maximum of 28
  - Game Day will have a maximum of 28

  Alternates are included in the varsity roster limits

Rationale: Safety, liability and supervision issues have magnified with unlimited roster sizes. The change also reduces financial burden placed on athletes, schools and parents to maintain unlimited rosters. The CHSAA doesn’t differentiate between competitive and non-competitive teams. Our philosophy is support teams first and competition second.

- During outdoor sporting events/games (2) varsity teams (co-ed, cheer, poms) are allowed to be on the sidelines if mutually agreed upon by both schools. Teams must comply with varsity limits. During indoor sporting events/games (1) varsity will be allowed on the sidelines/court if mutually agreed upon by both schools. Teams must comply with varsity limits.

Rationale: To accommodate space limitations and to be consistent.
CHSAA RECOMMENDATION FOR SPIRIT TRYOUTS

Objective: Colorado Spirit Coaches should offer a focused and non-biased spirit tryout that evaluates the required skills, athletic abilities, spirit, leadership, and teamwork set forth by the head coach/staff and approved by the school administration.

I cannot stress the importance that YOU take control of your tryouts. The football coach doesn’t have a panel to choose his quarterback and he has them for 9 weeks. We strongly suggest that you pick your squad.

I. Pre-tryout Correspondence
   a. Notification of tryouts (4 weeks in advance) via home correspondence to include:
      1) Parent Permission Form
      2) Copy of rules for athletes
      3) Physical Verification Form
      4) Date, time, location of clinic and tryouts
      5) Coach’s letter (philosophy, expectations, financial obligations, time commitments, etc.)

II. Tryout/Team Selection
   a. Clinic with tryouts should be five days in duration (no less than three).
   b. Coaches should have an ongoing evaluation of each athlete’s attitudes, ability, leadership, coachability, punctuality, demonstration of camaraderie, etc.
   c. Day 1 and 2 - Pre-meeting, present cheer/chant and/or dance to be evaluated. Demonstrate and teach specific skills (arm motions, jump approach, mounts, dance moves, etc.)
   d. Day 3, 4 and 5 – The staff will instruct and assist with requirements for team selection.

**Note: The use of teacher evaluations and grade point standards for spirit squads different from that of athletic programs is inequitable. Don’t underestimate the value you may have to “turn around” or impact a student/athlete.

III. Notification of Team Selection
   a. Post listings of names or assigned numbers by the date listed in your pre-tryout correspondence. (Remove list at the end of the day.)
   b. Remain available for any student with questions or concerns.
   c. We suggest follow-up communication to student-athletes failing to make cuts explaining what skills need more work and encouragement to try again.

It is important that you conduct your tryouts. You will minimize controversy and gain support of your administrators, parents and student/athletes.

• Communicate your philosophy, rules, and plans with all those involved in your program.
  • Fair and firm
  • Consistent with your decision

8th Graders

8th graders can attend a spirit pre-clinic and try-out at a high school. They cannot practice at a designated spirit team practice until May 1st.

* All students must have parent permission and current physical forms prior to tryouts.

There are many modifications to these recommendations for tryouts. Be inventive and create what is best for your school.

* The CHSAA does not recommend GPA’s or teacher evaluation to determine teams.
GAME DAY ACTION

- Cheer and tumbling routines must be in front of the team student body. Routines/tumbling passes that cross to the side of the opposing crowd or team are prohibited. **(Penalty: Team probation)**.

- Rule 2 – Section 1 – Article 2 (2019 NFHS Spirit Rule Book)
  Participation in spirit team activities during interscholastic contests and spirit competitions must be limited to bona-fide students of the school who are designated as members of the school's spirit team(s). Only those students may participate in spirit team activities on the sidelines, court, field or contest area during an interscholastic event, except when exhibitions during a pregame, halftime or postgame period are authorized by the administration of the participants’ school and the host school administration, if applicable. A bona-fide student is one who has not graduated and is eligible to participate with and/or compete for a designated school according to the rules of that state’s high school association and/or the local board of education.

**BASKETBALL CHEER AT THE “T”**

NFHS Rule 2-1-16: Spirit participants shall stand outside the free-throw lane lines extended toward the sidelines throughout a basketball game.

**WHEN TO CHEER**

1. As your team comes on the floor or field.
2. When your team or a player makes an exceptional play.
3. When a substitution is made on your team. When appropriate, cheer outgoing player and incoming player.
4. As encouragement and tribute to an injured player when that player leaves the game.
5. When an opponent, who has played spectacularly, leaves the game.
6. As encouragement to own team in its drive for a score.
7. As encouragement to own team in defense of its goal.

**WHEN NOT TO CHEER**

1. When a player is attempting a free throw, the quarterback is calling signals at the line of scrimmage, a server is about to serve in volleyball, a diver is ready to perform, etc.
2. When an opposing player makes a mistake or the opposing team is being penalized.
3. When an opposing player is injured.
4. As important announcements are being made over the public address system.
5. When an unsportsmanlike act has occurred or is occurring.

**WHEN TO PERFORM**

Spirit teams should be aware of the time available to perform. Appropriate situations for routines are: pregame, full 60-second timeouts, between quarters, at halftime, and post-game.
The CHSAA State Spirit Championships are conducted to showcase the overall technical, athleticism and competition readiness of Colorado teams while instilling the educational values of training, teamwork, and sportsmanship. Our goal is to ensure that this is the most positive and equitable experience for all, regardless of the point outcome.

We want you and your team to have a fun and memorable experience at our championship. Please read these competition expectations, rules, and suggestions to ensure that your team and routine are abiding by all regulations. If you have any questions, please do not hesitate to contact our technical judges for clarification.

FOR YOUR INFORMATION:

All athletes must meet the minimum eligibility standards listed in the CHSAA Handbook

STATE MEET INFORMATION

DATE
Friday & Saturday, December 6 & 7, 2019
• Friday, December 6 – 2A, 3A, 4A, 5A Cheer, 2A/3A Co-ed, 4A Co-Ed, & 5A Co-ed (All Prelims)
• Saturday, December 7 (Morning) – 2A, 3A, 4A, 5A Pom, Jazz & Hip-Hop (All Prelims)
• Saturday, December 7 (Evening) Finals Showcase for all Classes

*Game Day is tentatively set for Friday depending on numbers*

SITE
The Denver Coliseum, Denver, Colorado

ENTRY/REGISTRATION FORM DEADLINE
October 18, 2019 – NO EXCEPTIONS
(Entry/registration form MUST be submitted through the CHSAA Digital Platform or chsaa.org)

The registration form must be accessed via an athletic director or athletic secretary Planet HS account

The registration fee is $125.00. Your school will be invoiced for this fee after the October 18th registration deadline

TIME SCHEDULE
Will be posted on the CHSAA website by November 1

VIDEO REVIEW DEADLINE
November 19, 2019
# SPECTATORS COMPETITION EVENT INFORMATION

## ADMISSION PRICES
Ticket prices are $10.00 for adults and $8.00 for Senior Citizens and students per session. Spectators can buy an All-Session pass on-line for early entry (30 minutes) and at a discount rate for all 3 sessions excluding finals. An All-Session adult ticket is $25.00 and a student/senior citizen pass is $19.00. Spectators that purchase an All-Session Pass on-line will be allowed in the coliseum 30 minutes earlier than when the doors open for all spectators for all sessions Friday and Saturday morning only sessions.

<table>
<thead>
<tr>
<th>TICKETS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BUY TICKETS</strong></td>
</tr>
<tr>
<td><strong>SCHOOL SPECIFIC OFFER:</strong></td>
</tr>
<tr>
<td>Tickets can be purchased online and $.50 per ticket goes back to the school. The promo password is “Spirit” and this will open a dropdown menu where one can choose the school they support. Spectators can select their school from the list of offers. Single Session and 3 Session passes are offered for each school.</td>
</tr>
<tr>
<td><strong>Password:</strong> TBA</td>
</tr>
<tr>
<td><strong>Ticket Limit:</strong> TBA</td>
</tr>
<tr>
<td><strong>SCHOOL PROMO OFFER:</strong></td>
</tr>
<tr>
<td>TBA</td>
</tr>
<tr>
<td><strong>NON-PROMO LINK:</strong></td>
</tr>
<tr>
<td>Fans also have the option to just purchase tickets without selecting a school and any tickets purchased onsite the day of the event are not available for the school promotional offer.</td>
</tr>
<tr>
<td>TBA</td>
</tr>
</tbody>
</table>

## BALLOONS
Balloons are not permitted at the competition or in the coliseum.

## CONCESSIONS
Concessions will be available. No coolers or outside food items can be brought into the seating area of the arena.

**Parents or designees will not be allowed to enter the back stage area to deliver food or gifts. Please advise your parents.**

## DIRECTIONS TO DENVER COLISEUM
1-70 from either direction to Brighton Boulevard exit, South 1/2 mile Coliseum is on right.

## EMERGENCY (Facility)
In the event of an emergency, participants and spectators will be instructed to proceed through nearest exits - visible in the Coliseum. We ask that all aisles remain clear during competition. CHSAA will not allow an athlete who has been in any state of unconsciousness to compete without written authorization from a physician.

Coaches must have all emergency medical contact information with them on-site.

The CHSAA does not require liability waivers.
PARKING
Parking fees and locations are available.

KULKULSKI BROTHERS VENDORS/SOUVENIRS (Official CHSAA Vendor/Souvenirs)
Souvenir items (t-shirts, sweatshirts, pins, shorts, etc.) will be available at the spirit championships.
Contact: https://kukulskibrothers.myshopify.com/pages/contact
Website: https://kukulskibrothers.myshopify.com/

BARRY WALLACE PHOTOGRAPHY (Official Spirit Photographer)
Photographers will be present to photograph each team prior to their warm-up. The photos will be available for purchase.
Contact: http://www.wallaceathletic.com/?/special/contact/wallace-photography/
Website: http://www.wallaceathletic.com/

MR. VIDEO (Official Spirit Videographer)
A videographer will be present to film each session. The videos will be available for purchase.
Contact: https://mrvideoonline.com/contact-us/
Website: https://mrvideoonline.com/

VIDEOTAPING
Videotaping will be allowed from the stands. Videotaping in the Coliseum aisles is strictly prohibited. Videotaping must not obstruct any person’s view of the competition and no one will be allowed within the competition area to videotape. However, no videotaping will be used for review. Results are final at the end of each classification.
**ATHLETES/COACHES COMPETITION EVENT INFORMATION**

**TECHNICAL APPEALS PROCESS**
Coaches will have 15 minutes after the posting of the prelim scores to review deductions and file an appeal. Technical appeal sheets will be located at the CHSAA table. Appeals can only be filed on the technical deduction sheet. Assistant Commissioner Jenn Roberts-Uhlig will review the appeal; consult with the games committee and judges to work through the appeal. All scores will be final after the time limit has expired. Every team will receive a deduction sheet. Coaches advancing to finals will have the ability to review “final tech sheets before trophy presentation.” There will be no coach-judge contact. All concerns and appeals will go through the CHSAA representatives.

**CHSAA ROUTINE REVIEW**
Representatives will be available to review all skills, stunts, lifts, tricks prior to state competition. All videos will be E-mailed to the reviewer on or before November 19, 2019. Please be advised that interpretations are an informal evaluation. It is your responsibility to clarify rule do’s and don’ts. This is an optional service. Do not depend on your choreographer or outside entities to determine if a skill is legal. If you feel that something may be illegal, send a video. Please allow at least 3 days for a response.

**THERE WILL NOT BE A TECH JUDGE IN THE BACK AT THE STATE COMPETITION**

**E-MAIL VIDEOS TO:**

**CHEER/CO-ED/GAME DAY**
Liz Carey/Brian Franca
E-mail: chsaaacheer@chsaa.org

**POM/JAZZ/HIP-HOP**
Tena Preuss
E-mail: chsaadance@chsaa.org

If you are not able to send by email please send videos to the CHSAA office and we will forward to Liz or Tena. All videos must include the following:

1. Front, side and back view of skill
2. Include your name, team name, and phone contact in your E-mail.
3. Do not send the entire routine, only skill(s) in question.

All questions regarding specific stunts, pyramids, and/or dance skills should be in writing. Do not rely on prior rulings from other competitions.

**COACH BOX**
A **CERTIFIED COACH** (must have attended a CHSAA Mandatory Rules Clinic and completed all necessary requirements) must be in the coach’s box during competition. Coach’s box will be marked for state competition. A coach will be asked to encourage his/her squads during competition in these marked areas. It is imperative that coaches conduct themselves in a controlled manner, as inappropriate behavior is distracting to the judging panel and is a poor representation of your community. One coach in the coach’s box. All other coaches/choreographers, injured athletes will have a front row seat in the stands. **Athletic Director or School Administrator will have to stand in for all non-certified coaches.**
CHSCA TABLE
There will be a CHSCA table set up in the arcade to answer any questions throughout the competition.

COACH PASSES/WRISTBANDS
Only coaches, performers, authorized photographers and press will be allowed on the floor. A section will be reserved for additional coaches and vendors. Each squad will be given two (2) coaches passes/wristbands. At the pass gate only two (2) coaches per squad will be allowed to enter. A maximum of two (2) additional coaches passes/wristbands may be purchased at the check-in door at $10.00 each. These passes/wristbands are designed for coaches and choreographer. Only the 4 coaches with passes/wristbands will be allowed in the warm-up area. No other guests will be permitted.

COMPETITORS/COACHES ENTRANCE
Competitors will be allowed in at 7:00 AM on Friday and 7:00 AM on Saturday. Competitors will be asked to leave the coliseum for the clearing of the house on Saturday and may return to the coliseum at 4:00 PM.

COMPETITOR SEATING
All groups will sit in an assigned area in the north grandstands so that paying spectators will be able to have an unobstructed view of the competitive arena. No teams in uniform will be allowed in the assigned spectator area. Seats cannot be saved on the spectator side by coaches, parents, boosters, or friends. Teams will be asked to move to the designated area.

FINAL SELECTIONS
In each discipline the following advance to finals:

<table>
<thead>
<tr>
<th>Tentative</th>
</tr>
</thead>
<tbody>
<tr>
<td>4A/5A Game Day – 8</td>
</tr>
<tr>
<td>2A/3A Game Day – 5</td>
</tr>
<tr>
<td>2A Cheer – 3</td>
</tr>
<tr>
<td>3A Cheer – 4</td>
</tr>
<tr>
<td>2A Pom – 2</td>
</tr>
<tr>
<td>2A/3A COED – 4</td>
</tr>
<tr>
<td>3A Pom – 2</td>
</tr>
<tr>
<td>4A Cheer – 6</td>
</tr>
<tr>
<td>5A Cheer – 7</td>
</tr>
<tr>
<td>4A Pom – 6</td>
</tr>
<tr>
<td>5A Pom – 5</td>
</tr>
<tr>
<td>4A COED – 4</td>
</tr>
<tr>
<td>Jazz – 3</td>
</tr>
<tr>
<td>Hip-Hop – 6</td>
</tr>
<tr>
<td>5A COED – 4</td>
</tr>
</tbody>
</table>

The number of teams advancing to finals will be finalized two weeks prior to the state competition (Nov. 22).

Please note: The number of teams registered will be the determining factor for advancing teams to finals. Any changes/scratches after the schedule is posted or the day of the event will NOT affect the number of teams advancing.

FLOORING
Cheer/Co-Ed – 54’(W) x 42’(L or deep) if facing mat
Pom/Jazz – 50’ x 50’ Wood (gym) floor

A certified coach must be in the coaching box (not to include choreographers, injured athletes, etc.) during competition. Only one coach can be in the coach’s box.

MASCOTS
Mascots are not allowed to perform. They may show their support by standing outside the designated performance area in the arcade or the first row of coach’s seating and cheer on their squad.

Please see the CHSAA Game Day Information sheet for details regarding mascots being included in your Game Day roster.
MEDICAL/INJURY INTERVENTION
Trainers will be on site. If an injury occurs during the performance and the athlete is unable to complete the performance, the coach is expected to stop the competition until the injured athlete is removed from the competitive area. If a CHSAA official, judge or spotter determines that there is an injury on the floor, they have the ability to stop the performance. Do not allow athletes to compete injured. If an injury occurs during competition, coaches have a responsibility to act in the best interest of their athletes (i.e. stop routine, assist athlete off the floor).

The team will be permitted to leave and re-group and have the option to perform prior to the end of their classification. An alternate may be substituted. Coaches need to communicate with the CHSAA administrator. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The CHSAA administrator/official can intervene at any time.

When it is detected that a participant is bleeding, has an open wound or excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment.

MUSIC INTERPRETATIONS
Pay close attention to the content and language of your music selections. Editing out the profanities or sexual connotations will constitute a penalty, this includes inappropriate movement. Should any music selection constitute a gray area with our technical judge, the coach will need to request in writing an approval to perform that piece of music in public from your administration (Community Approval). CHSAA will not be responsible for your music selections, compliance, etc.

MUSIC INTERRUPTIONS
In the event during the performance there is an interruption due to the failure of the tournament equipment, facilities, etc., the squad affected will be allowed to present their routine again in total. They will, however, only be judged from the spot of interruption. At the end of their classification, the team would repeat their routine. The CHSAA liaison will make the final decision on second performances. Coaches/teams electing for a second performance must take those results.

MUSIC – AT STATE TOURNAMENT
MP3 players and iPods only for music. iPhones are not recommended due to service and interruption issues. No CD’s. Music will be given to the sound technician at the sound table directly behind the announcer’s table and the coach will keep the spare in case of an emergency. It is mandatory that the music be delivered to the sound table two squads’ prior to squad’s competition slot and that a coach or designee be at the sound table during the performance to assist the sound technician. All schools will use the same sound system provided by the competition venue.

Failure to start and stop CD’s/IPods on time will not be seen as a mechanical failure. Time of the performance begins at the first sound of music or member of the squad begins the first word of a cheer, chant or dance.

Music should not contain any suggestive lyrics or chants. Penalty deductions will occur for music containing suggestive lyrics, words, or phrases (bleeped/or covered words included).

If there are technical difficulties (equipment failure) please come to the CHSAA table immediately.

NFHS MUSIC COMPLIANCE INSTRUCTIONS
With your State Spirit Registration, there is a MANDATORY upload of your licensing information to the NFHS Copyright Compliance Database found at www.NFHS.org. You must click on the Resources tab and then find the “Copyright Compliance” link. It will prompt you to create an account and login with the NFHS. When you get to the database, you will need to do the following steps:
1. Manage/create your school,
2. Add/manage an ensemble (group) and indicate whether you have a cheer or dance team,
3. Add your music/license information under “manage selections”.
4. Once this is all complete, you will go to “Search Events” and look under “Colorado” for the CHSAA State Spirit Championships 2019. You will then click “View/Attend” to add your team into the championships.
5. The DEADLINE for submitting your information into this NFHS database is October 18th – along with your CHSAA registration. It is strongly recommended that you complete the free “Understanding Copyright and Compliance Course” offered through the NFHS. After you have uploaded your licensing information you can follow the link HERE and sign in to take the course.

ORDER OF COMPETITION
A scheduling committee and the CHSAA representative will review all registrations and set the schedule. For preliminary and finals, teams will be placed by a random draw. The tentative schedule will be on the website (www.chsaa.org) by November 1, 2019. The CHSAA Spirit Liaison can adjust the schedule. Teams directly involved in changes will be contacted.

**PLEASE NOTE: Prelims on Friday for Cheer/Co-ed and Saturday morning is for Poms/Jazz/Hip-Hop and Saturday evening is the “Finals Showcase”.

Those schools that performed first last year will not perform first this year. Only 2018 first performers will be protected.

OUT OF BOUNDS
Moving or stepping out of the competition floor/mat boundaries will constitute a penalty. Breaking the plane outside the boundaries will not draw a penalty/deduction.

TUMBLING ERRORS
Any tumbling skill that places the athlete at risk.

DROPPED STUNTS
Cradling, dismounting or bringing down a stunt or pyramid early (not timing issue). Base (s) falling to the floor during a cradle or dismount.

QUICK TOSS
Quick toss definition does indicate a release - first two words are "A toss...". Another way to know it's a release is that it's listed in Section 5 - Release Stunts/Tosses.

Because quick tosses start with the top person on the ground rather than in a stunt, the release transition rule (3-5-5) does not apply, meaning that the top person can execute a release skill (twist included) that ends in a stunt without being braced.

PROPS

Cheer Divisions
Signs, flags, poms and megaphones are the ONLY approved props allowed in the Varsity Cheer/CO-ED Divisions. Any items that are attached to the athlete’s body are considered a prop and are ILLEGAL in the varsity cheer/co-ed divisions. However, signs that are IN the skirt are legal.

Dance Divisions
Only handheld props will be ALLOWED in all varsity dance divisions.
• Handheld props may be placed on the dance surface prior to and during competition.
• There will be a deduction for any thrown, tossed, accidentally dropped or stepped on props. EXCEPTION: In the Pom Category Only – pom passes and visual pom tosses are legal.
• Handheld props are not allowed while performing any gymnastic skills and or tricks (cartwheels, front and back walkovers, kips, head springs, stalls, air poses, etc.). EXCEPTION: Side Aerials are permitted in the pom division if the poms are held in one hand, leaving one hand free for safety
• No sharp or hard unyielding materials, or hard attached accessories (fiberglass, metal, hard plastic) can be used.
• Props CANNOT be used as a base!
RESULTS
• During competition the finalists will be announced after their division is concluded and scores have been verified.
• All teams selected to finals will be scored on their finals routine only, no previous scores will be used to determine final results.
• All results will be posted on CHSAAnow.com. Preliminary results will be posted approximately 20 minutes after finalists have been announced from prelims. Final results will be posted approximately 20 minutes after finals have been announced.
• Results will be posted on the CHSAA website by the Wednesday following the competition (www.chsaa.org).

ROUTINE TIME
Cheer - Routine – 2:30 - maximum
Music - 1:30 - maximum.
Dance – Total Routine Time – 2:30
Maximum Music and Routine Time – 2:30
Minimum Music and Routine Time – 1:45
Game Day - TBD

SCORE SHEETS
Teams making it into finals will receive their score sheets to prepare for finals. Score sheets will be available immediately at the CHSAA table following the announcement of the finalist. All other teams will receive score sheets approximately one hour after finals. You can pick them up at the registration table. Any remaining score sheets will be mailed. For score sheets that are not picked up at the state competition, these will be scanned and emailed only upon request of the head coach. All score sheets are final and non-negotiable. If you have comments or concerns, you may contact Jenn Roberts-Uhlig the following week to discuss your score sheet.

WE WILL NOT REVIEW ANY SCORE SHEETS AT THE COMPETITION.

SIGNS
Signs may be placed on mat prior to and during competition. There will be a deduction for excessively thrown/tossed/accidentally dropped signs. Signs are to be made out of material, poster board, Bristol board, corrugated plastic, vinyl (i.e. roll-ups), cloth, are legal. No hard, unyielding materials or hard attached accessories (fiberglass, metal, hard plastic).

SPOTTERS
Additional CHSAA/UCA 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 CHSAA/UCA spotter may interfere with during competition, please have your captain inform the spotters prior to the teams entry onto the mat.

TEAM PICTURES
Team pictures will be taken PRIOR to your performance at the state competition
Ask how you can get a free coaches picture

TIE-BREAKER
Cheer
1. If tied, go to the “overall cheer impression” category and use the highest score
2. If still tied, go to the “stunts or crowd leading” category and use the highest score.
3. If still tie, go to the “overall effect” category and use the highest score

Dance
1. ...If tied, go to the “execution” category and use the highest score
2. If still tied, go to the “technique” category and use the highest score.
3. If still ties, go to the “overall effect” category and use the highest score.
TIME SCHEDULE
State competition information will be posted by November 2, 2018.


Saturday Evening, December 7, 2019 - will be a Finals showcase for all classifications.

UNIFORMS
• All team members must be dressed in school approved uniform that complies with NFHS and CHSAA guidelines.

• Bare midriff – consist of the front area of the stomach to the sides and not the back and shoulders. Dancers are permitted to use flesh tone/nude fabric insets along the midriff and sides, but is not encouraged.

WARM-UPS
Due to changes made to the time schedule, and competition format there will be no space in the arcade for team camps or dressing rooms. There will be a specific location set aside for participants on the concourse. THIS YEAR YOU WILL TAKE YOUR PICTURES PRIOR TO YOUR WARM-UP. Please use the northwest stairs to enter the arcade.

There will be three separate cheer warm-up areas (tumble strips, stunt strip, and full floor). All cheer teams will be given 4 minutes at each station to warm-up. Cheer teams will need to report 4 minutes earlier for station 1 warm-up. The dance warm-up area will have 2 warm-up stations and will be given 4 minutes to warm-up per station.

Only the 4 coaches with passes will be allowed in the warm-up area. No other guests will be permitted.
GENERAL GUIDELINES FOR VARSITY CHEER
(GAME DAY) DIVISIONS

PERFORMANCE RULES
A. The CHSAA Game Day division at the state competition will be **NON-TUMBLING**

B. There will be two divisions:

- **2A/3A**
- **4A/5A**

*COED & ALL-GIRL WILL COMPETE AGAINST EACH OTHER IN THE SAME DIVISION*

B. A Game Day performance will consist of 3 categories and will be 3 minutes in total length (1 minute per category – performed all together). The categories will be as follows:

1. Band Chant
2. Sideline into Cheer
3. Fight Song

GAMEDAY DEDUCTIONS

- Exceeding 3 consecutive 8-counts of incorporation during the fight song.
- Stunting outside the allotted restrictions
- Incorrect Situational Sideline response including calling a general sideline
- Tumbling during the routine

Each of these would be a 2 point deduction

For complete CHSAA Game Day information, please go HERE

GENERAL GUIDELINES FOR VARSITY CHEER
(ALL GIRL & CO-ED) DIVISIONS

TEAM CLASSIFICATION
Team size as directed by classification. There are all-girl squads and co-ed teams. Teams with all girls will be considered a cheerleading squad. Teams with **one male** will be considered a co-ed squad.

PERFORMANCE RULES
A. Maximum roster allowed on competition mat per classification.

- Following the introduction by the announcer, each team will have TWO AND ONE HALF MINUTES to demonstrate its spirit style and expertise.
- Timing will begin with the first movement, voice or the first note of the music, whichever comes first.

B. Each team’s presentation must include at least one skills demonstration (Ex. jumps, tumbling, stunts, dance, etc.) in music section. If a team uses music in their presentation, the musical portion of the presentation must not exceed ONE MINUTE AND THIRTY SECONDS. You may split your music.

C. If a team exceeds either time limit (cheer or music), a ten-point penalty will be assessed for the violation.
D. The competition area for all divisions will be 54’ x 42’ (42’ deep and 54’ wide). This is 9 strips of mat.

E. Teams may load stunts prior to first movement/music, as long as one foot is in contact with the performance surface. Teams may line up anywhere inside the competition area. Teams will receive a 10-point deduction if one foot is not in contact with the performance surface.

G. Deduction sheets will be available approximately 30-45 minutes after performance time at the CHSAA table.
THIS LIST IS **NOT** AN ALL-INCLUSIVE LIST: COACHES SHOULD UTILIZE THIS LIST AS REFERENCE ONLY.

TO SEE A SUGGESTED PYRAMID PROGRESSIONS AND STUNT PROGRESSION CHART, SEE THE LINK ON THE CHSAA WEBSITE ([http://www2.chsaa.org/sports/spirit/](http://www2.chsaa.org/sports/spirit/))
GENERAL GUIDELINES FOR VARSITY DANCE DIVISIONS

1. The routine should be no longer than **TWO AND ONE-HALF MINUTES** in length, with a minimum time limit of **ONE MINUTE FORTY-FIVE SECONDS**. Timing will begin when the music and/or movement begins. Timing concludes when the music concludes. **If time exceeds or is under the required time limit, it will constitute a deduction of 10 points.**

2. Only specific gymnastics/tumbling skills will be permitted in each category (division). Each division will have specific guidelines as to what will be allowed.

3. No knee or split drops where the hands/feet don’t break the fall/impact of the drop.

4. Routines will be judged based on what is suitable in that specific category. For example, a jazz routine would not be suitable to be performed in the pom category with poms and will be judged negatively. Kip-ups and head springs are allowed if performed without poms and/or if there is no weight bearing on the pom, but on the bare hand in contact with the performance surface.

5. **Dance lifts** – Are permitted and are defined as an action in which the dancer is elevated (LIFTED!) from the performance surface with the bases having direct EYE CONTACT on the lifted dancer and then brought back to the performance surface safely. The lifting dancers MUST MAINTAIN the ultimate control of the momentum, positioning, changes in position and return the dancer to the performance surface maintaining hand/arm to body contact. Illegal lifts will draw a 10-point penalty. Please refer to the NFHS for additional guidelines.

6. **Dance Tricks** – An action in which the dancer(s) executes a skill with the support from one or more dancers. A dance trick is comprised of the “supporting” dancer and the “executing dancer”. During all dance tricks the supporting dancers must maintain control and have direct EYE CONTACT with the executing dancer. Any lift that does not maintain line of sight from a base or bases MUST have a spotter to protect the head, neck & shoulders. **Illegal tricks will draw a 20-point penalty.** Any lift above prep level that does not maintain line of sight from a base or bases must have a spotter to protect the head, neck, and shoulders.

   All “hip overhead rotations” performed as a trick or in a lift must be sent in and cleared with our technical judge to ensure proper control and safety.

7. **Partnering Skills** – An action in which **two or more** dancers use support from one another, but is NOT elevated. Partnering skills are permitted and must maintain body to body (must be touching) contact for the duration of the skill and must be performed safely and in control. One of the partners must maintain constant contact with the performance surface.

8. The competition area will be separate from the cheerleading matted area. Performances will be on the wooden floor, with a minimum 50” X 50”. We will use the half basketball court marking when available. Teams will be escorted on to the performance surface to set their opening position. There will be NO entrances.

9. Teams will be penalized for stepping out of bounds, breaking the plane will not be considered out of bounds. **Out of bounds 1 point penalty.**

10. **Videotaping will NOT be used to dispute any penalty judge’s ruling.**

11. Music/Movement Interpretations – Pay close attention to the content and language of your music selections, the appropriateness of your movements and the prop you choose and how you use it. All aspects must be appropriate for family viewing and must be presented in a clean, positive and healthy way. Editing out the profanities or sexual connotations, or inappropriate presentations of violence MAY or WILL constitute a 10-point penalty. This includes props. **THERE WILL NOT BE AN APPEAL OPTION IN REGARDS TO MUSIC TIMING.** Questionable music and or lyrics will require community approval.
12. All costume/uniform selections must adhere to the NFHS guidelines in regard to pant length, jewelry, shoes, etc. Clothing cannot impede ANY the performer's movement or line of sight, keeping the safety of the athlete at the forefront. **Excessive loss of rhinestones/costume pieces will constitute a 5-point penalty.** Lyrical dresses and/or skirts may be worn, however, dresses, skirts and/or sleeves that obstruct the vision of the lifting dancer or spotter, and/or affect the grip of the lifting dancer will result in a 20-point penalty.

13. All clothing must stay on the participant for the duration of the routine- **unless it is used as a "handheld" prop.** (See Prop Rules)

14. Handheld props are allowed in all dance categories. Please be aware that when you remove any article from your costume and use it during your performance, it becomes a handheld prop. See page 20 for prop requirements and safety. **You may not use a prop as a base.**

15. The shoe must cover a minimum of the ball of the foot. See NFHS Page 34, Rule 4, Article 3 for exceptions in regards to lifts and stunts.

**CRITERIA FOR THE VARSITY POM-PON DIVISON**

A pom routine should emphasis uniformity, synchronization, visual effect, strong and athletic pace, sharpness in movement, as well as creativity in groundwork, formations, transitions and level changes while displaying proper spacing.

1. **Poms must be used 80% within the routine by all members.**

2. **Kick Sequence** – This sequence should be no less than four (4) consecutive high kicks above the waist in a row – with the leg striking above the waist position returning to the performance surface without any pauses or leg position changes, keeping the leg straight. Kicks MUST be above the waist. ALL members must kick simultaneously during the 4 kick sequence requirement.

3. Judges will be looking for the following to be included in a Pom Routine:
   ▪ 80% Pom Usage
   ▪ Kick Sequence performed with proper alignment, closures, posture and flexibility.
   ▪ Music, dance style, tempo changes and creativity.
   ▪ Formations changes and use of floor
   ▪ Powerful movements and athletic strength.
   ▪ Sharpness of movement, clean concise angles and motion technique
   ▪ Creative transitions and visual effect.
   ▪ Showmanship and overall presentation and appearance
   ▪ Originality, creativity and difficulty

4. **Gymnastics skills allowed in this division are forward rolls, shoulder rolls, side aerials, one handed cartwheels, front head springs, and kip-up.** **EXCEPTION:** Side aerials can be performed with poms, if poms are held in one hand, leaving one hand free for safety.
CRITERIA FOR THE VARSITY JAZZ DIVISION

A jazz routine is a combination of dance movements with emphasis on body placement, style, balance and control, displaying proper turn and leap technique with strong muscular strength and endurance.

1. **Simultaneous double turn** performed by the entire squad at the same time (double turn is the minimum).

2. **Simultaneous leap** by the entire squad at the same time (leap – traveling in the air striking leg placement and landing at the same time as a team).

3. Judges will be looking for the following to be included in a Jazz Routine:
   - Simultaneous double turn by the entire team
   - Simultaneous leap by the entire squad
   - Dance style, extension, posture, balance and control
   - Muscular strength and endurance
   - Use of floor, spacing, formation changes
   - Musicality, synchronization and uniformity
   - Execution of technical skills
   - Energy level and appropriate showmanship
   - Originality, creativity and difficulty

4. Gymnastics skills allowed in this division are forward rolls, shoulder rolls, side aerials, one handed cartwheels front and back walkovers, **front head springs, and kip-up**.

CRITERIA FOR THE VARSITY HIP-HOP DIVISION

A hip-hop routine should primarily emphasize musicality and the use of hip-hop elements, inclusive of breaking, popping, locking, funk styles and power moves and isolations.

1. A minimum of 4 members must execute a power move (i.e. stalls, air pose) *simultaneously at the same time*. Power Move – Loosely defined as relying on speed, momentum and acrobatic elements for performance (headsprings, stalls and kips are considered power moves).

2. **Partnering Sequence** – ALL participants are required to maintain body-to-body (touching) contact throughout the duration of (1) full 8 count. This can be done in pairs, trios, etc. but one partner must maintain contact with the performance surface for the duration of the partnering sequence.

3. Judges will be looking for the following to be included in a Hip-Hop Routine:
   - 4 member minimum execution of a power move
   - Partnering section for (1) 8 count
   - Style, isolations, rhythm, hip hop technique
   - Popping, locking, breaking
   - Form and strength
   - Use of floor, spacing
   - Technical skills and tricks
   - Music interpretation
   - Originality, creativity and difficulty
4. Gymnastics skills ALLOWED in this division – shoulder rolls, cartwheels, headstands, handstands, backbends, front/back walkovers, stalls, head spins, windmills, kips, rolls headsprings, headstand kip-up, side aerials, back/front handsprings, forward roll. (Airborne skills are NOT allowed when hip overhead rotation occurs – EXCEPTION: Back handsprings, side aerials). These skills can be performed individually or in combination as long as one hand, foot or body part remains in constant contact with the performance surface. Exception: Side Ariel

**TECHNICAL JUDGE**

*Our technical judge/state rules interpreters will be available to review your performance tape and/or music selections prior to the state competition. All performances must be sent on DVD/CD or can be sent through E-mail, you tube, etc. All requests must be sent on or before November 19, 2019. Please be advised that interpretations are an informal evaluation. It is YOUR responsibility to read and clarify the rules. This is an optional service, but strongly suggested. Do not depend on your choreographer and/or outside entities to determine whether a skill is legal or not. Please do not depend on prior rulings from other competitions (league/regionals). All questions regarding dance skills should be in writing.*

**VIDEO SUBMISSION MUST INCLUDE:**

❖ For a skill: Front and side view of the move or skill
❖ For music: A clear recording accompanied by the lyrics you are using in writing.
❖ Include your name, team name, classification and school.
❖ Your contact information, address, E-mail and phone number.

**E-MAIL VIDEOS TO:**
Pom/Jazz/Hip-Hop
E-mail: chsaadance@chsaa.org
# Suggested General Dance Skill Progression Chart

This list is **not** an all-inclusive list. Coaches should utilize this list as reference only.

<table>
<thead>
<tr>
<th>SKILL</th>
<th>NOVICE</th>
<th>DEVELOPING</th>
<th>MATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TURNS</strong></td>
<td>Could include, but not limited to: Chaine, pique, pirouette (singles)</td>
<td>Could include, but not limited to: Pirouettes (doubles) pique, pique ala second, fouette, pirouette in attitude, creative arm and leg variation</td>
<td>Could include but not limited to: Pirouettes in Arabesque, changing spots, execution of turning on both legs, needle/leg extension turn, c-pop, disc-turn, triple/quad turn or more, leg &amp; arm variations</td>
</tr>
<tr>
<td><strong>LEAPS</strong></td>
<td>Could include, but not limited to: Grande jete, side/center/straddle jete (single or more)</td>
<td>Could include, but not limited to: Center jete, switch jete, calypso, arm &amp; leg variations during the leap (single or more)</td>
<td>Could include, but not limited to: Switch center, directional changes, turning switch, executing both legs, any variation of arm &amp; leg positions, turning &amp; transitioning (triple or more)</td>
</tr>
<tr>
<td><strong>JUMPS</strong></td>
<td>Double Stag, tuck, X Jump (Spread Eagle) (single jump)</td>
<td>Toe touch, hurdler, double 9, pike (single or more)</td>
<td>Around the world toe touch, using leg and arm variations, speed and directional changes, repetition to show power (triple or more)</td>
</tr>
<tr>
<td><strong>KICKS</strong></td>
<td>Straight kicks (following CHSAA requirements)</td>
<td>Kicks on both sides (following CHSAA requirements)</td>
<td>Any kick sequence executing skill, battements (kicks) on both sides in different variations/turning and/or transitioning (following CHSAA requirements)</td>
</tr>
<tr>
<td><strong>TRICKS</strong></td>
<td>Creative use of costume, partnerwork, poms (Approved by CHSAA)</td>
<td>Penche, standing scorpion isolations of flexibility, stalls</td>
<td>Any sequence executing both sides, including arm-leg-body variations, air poses, isolation of flexibility, directional changes, approved gymnastic skills</td>
</tr>
<tr>
<td><strong>POM</strong></td>
<td>Arm placement consistent with choreography preference, sharp &amp; concise strength and presentation during movement patterns.</td>
<td>Arm placement consistent with choreography preference, sharp &amp; concise strength and presentation during movement patterns, displaying athleticism and speed.</td>
<td>Arm placement consistent with choreography preference, sharp and concise strength and presentation during the movement patterns, tricks, speed, directional changes, and repetition to show power.</td>
</tr>
<tr>
<td><strong>Airborne</strong></td>
<td>To be free of contact with a person and/or the performing surface</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Air Pose</strong></td>
<td>A technique in hip-hop that involves halting all the body motion on one or two hands in interesting, inverted or balance-intensive positions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Back Walkover</strong></td>
<td>A non-airborne tumbling skill where one moves backward into an arched position with the hands making contact to the ground first then rotates the hips over the head and lands on one foot/leg at a time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cartwheel</strong></td>
<td>A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through the inverted position, landing on one foot at a time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dive Roll</strong></td>
<td>An airborne forward roll where the hands and feet are off the performance surface simultaneously.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Front Walkover</strong></td>
<td>A non-airborne gymnastic skill where one rotates forward through an inverted position by arching the legs and hips over the head and down to the performance surface landing one foot at a time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Handstand</strong></td>
<td>A straight body inverted position where the arms are extended straight by the head and ears.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Head Spin</strong></td>
<td>A hip-hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Headstand</strong></td>
<td>A position in which one supports oneself vertically on one’s head with the hands on the floor supporting the body.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hip over Head Rotation</strong></td>
<td>A movement where the hips move over the head, as in a back walkover or similar tumbling skill.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kip-up</strong></td>
<td>From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position on his/her feet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lifts</strong></td>
<td>An action of trick or choreography that uses two or more individuals, being in constant contact, or one using the other for support.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Partnering</strong></td>
<td>Any type of trick or choreography that uses two or more individuals, being in constant contact, or one using the other for support.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shoulder Roll</strong></td>
<td>A forward or backward roll starting from the squatting or tucked position where the back of the shoulder is the contact with the floor. Head is tilted to the side.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**General Definitions for Dance (Continued)**

<table>
<thead>
<tr>
<th><strong>Power Moves</strong></th>
<th>In hip-hop, technique consists of stalls, air poses, and jumps.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hip-Hop Elements</strong></td>
<td>Popping, locking, breaking, krumping, isolations, leveling.</td>
</tr>
<tr>
<td><strong>Stall</strong></td>
<td>A hip-hop technique that involves halting all busy motion, often in an interesting inverted or balance-intensive position with weight bearing on the elbow, shoulder, or forearm.</td>
</tr>
<tr>
<td><strong>Windmill</strong></td>
<td>Beginning in a position lying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V/shape. The leg motion gives the majority of the power allowing the body to “flip” from a position on the back to a position with the chest to the ground.</td>
</tr>
<tr>
<td><strong>Suggestive Movement</strong></td>
<td>Any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.</td>
</tr>
<tr>
<td><strong>Inappropriate Music</strong></td>
<td>Music that is inappropriate for family audiences and therefore lacks audience appeal. Music should be appealing and entertaining to ALL audience members.</td>
</tr>
<tr>
<td><strong>Inappropriate Attire</strong></td>
<td>All costuming should be age appropriate and acceptable for family viewing. See NFHS for additional guidelines.</td>
</tr>
</tbody>
</table>
JUDGES

JUDGING
The CHSAA will select a panel of qualified judges to score the state championship. There will be a panel of five judges selected for each division/categories: cheer, co-ed, game day, pom-pon, jazz, hip-hop. The five judge’s scores will be averaged. There will be two penalty judges to assess deductions and one timer to assess timing penalties.

The judges will score the teams according to the judging criteria on a 100-point system.

All decisions as rendered by the judges concerning score and rule interpretations and appeals will be accepted as final.

JUDGE’S SELECTION
Judges will be selected based upon their present and past experiences, their professionalism, as well as not having affiliations with schools. Due to their diverse backgrounds, judges will differ in their likes and dislikes. The CHSAA will look at out-of-state judges as well as a couple in state judges. All judges who will be chosen to work the state meet will be going through a training and a review of the score sheets.
PRELIMS FLOOR DIAGRAM

POM, JAZZ, HIP-HOP
FLOOR - SATURDAY

POM, JAZZ, HIP-HOP
FLOOR - SATURDAY

CHEER/CO-ED
MAT - FRIDAY

CHEER/CO-ED
MAT - FRIDAY

P, J & HH
COACH'S BOX

CHEER & CO-ED
JUDGES

ANNOUNCER

POM & JAZZ JUDGES

C & C
COACH'S

CHEER & CO-ED
ENTRANCE

POM, JAZZ & HIP-HOP
ENTRANCE

CHSAA TABLE
SCORESHEETS

To view scoresheets, please see the links below:
(Scoresheets will be available after the clinic)

All-Girl Cheer

COED

Game Day – Crowd Leading

Game Day – Fight Song & Band Chant

Pom

Hip-Hop

Jazz
CHEER/CO-ED CHEER TIME SHEET

TEAM: ____________________________________________________________

Timer #1  TOTAL TIME: □ Is total time > 2:30? □ If Yes, 5 point penalty □

Timer #2  MUSIC TIME: □ Is music time > 1:30? □ If Yes, 5 point penalty □

TOTAL TIME PENALTIES □

Timer #1 Signature

Timer #2 Signature

JAZZ/HIP-HOP TIME SHEET

TEAM: ____________________________________________________________

Timer #1  TOTAL TIME: □ Is total time > 2:30? (Minimum of 1:45) □ If Yes, 10 point penalty □

TOTAL TIME PENALTIES □

Timer #1 Signature

Timer #2 Signature
POMS TIME SHEET

TEAM: ____________________________

Timer #1 TOTAL TIME: _______ Is total time > 2:30? _______ If Yes, 10 point penalty _______
(Minimum of 1:45)

Timer #2 POMS DOWN: _______ Is Poms down > 20%? _______ If Yes, 10 point penalty _______

<table>
<thead>
<tr>
<th>TOTAL TIME</th>
<th>in Seconds</th>
<th>80%</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30</td>
<td>150</td>
<td>120.0</td>
<td>30.0 Seconds</td>
</tr>
<tr>
<td>2:29</td>
<td>149</td>
<td>119.2</td>
<td>29.8 Seconds</td>
</tr>
<tr>
<td>2:28</td>
<td>148</td>
<td>118.4</td>
<td>29.6 Seconds</td>
</tr>
<tr>
<td>2:27</td>
<td>147</td>
<td>117.6</td>
<td>29.4 Seconds</td>
</tr>
<tr>
<td>2:26</td>
<td>146</td>
<td>116.8</td>
<td>29.2 Seconds</td>
</tr>
<tr>
<td>2:25</td>
<td>145</td>
<td>116.0</td>
<td>29.0 Seconds</td>
</tr>
<tr>
<td>2:24</td>
<td>144</td>
<td>115.2</td>
<td>28.8 Seconds</td>
</tr>
<tr>
<td>2:23</td>
<td>143</td>
<td>114.4</td>
<td>28.6 Seconds</td>
</tr>
<tr>
<td>2:22</td>
<td>142</td>
<td>113.6</td>
<td>28.4 Seconds</td>
</tr>
<tr>
<td>2:21</td>
<td>141</td>
<td>112.8</td>
<td>28.2 Seconds</td>
</tr>
<tr>
<td>2:20</td>
<td>140</td>
<td>112.0</td>
<td>28.0 Seconds</td>
</tr>
<tr>
<td>2:19</td>
<td>139</td>
<td>111.2</td>
<td>27.8 Seconds</td>
</tr>
<tr>
<td>2:18</td>
<td>138</td>
<td>110.4</td>
<td>27.6 Seconds</td>
</tr>
<tr>
<td>2:17</td>
<td>137</td>
<td>109.6</td>
<td>27.4 Seconds</td>
</tr>
<tr>
<td>2:16</td>
<td>136</td>
<td>108.8</td>
<td>27.2 Seconds</td>
</tr>
<tr>
<td>2:15</td>
<td>135</td>
<td>108.0</td>
<td>27.0 Seconds</td>
</tr>
<tr>
<td>2:14</td>
<td>134</td>
<td>107.2</td>
<td>26.8 Seconds</td>
</tr>
<tr>
<td>2:13</td>
<td>133</td>
<td>106.4</td>
<td>26.6 Seconds</td>
</tr>
<tr>
<td>2:12</td>
<td>132</td>
<td>105.6</td>
<td>26.4 Seconds</td>
</tr>
<tr>
<td>2:11</td>
<td>131</td>
<td>104.8</td>
<td>26.2 Seconds</td>
</tr>
<tr>
<td>2:10</td>
<td>130</td>
<td>104.0</td>
<td>26.0 Seconds</td>
</tr>
<tr>
<td>2:09</td>
<td>129</td>
<td>103.2</td>
<td>25.8 Seconds</td>
</tr>
<tr>
<td>2:08</td>
<td>128</td>
<td>102.4</td>
<td>25.6 Seconds</td>
</tr>
<tr>
<td>2:07</td>
<td>127</td>
<td>101.6</td>
<td>25.4 Seconds</td>
</tr>
<tr>
<td>2:06</td>
<td>126</td>
<td>100.8</td>
<td>25.2 Seconds</td>
</tr>
<tr>
<td>2:05</td>
<td>125</td>
<td>100.0</td>
<td>25.0 Seconds</td>
</tr>
<tr>
<td>2:04</td>
<td>124</td>
<td>99.2</td>
<td>24.8 Seconds</td>
</tr>
<tr>
<td>2:03</td>
<td>123</td>
<td>98.4</td>
<td>24.6 Seconds</td>
</tr>
<tr>
<td>2:02</td>
<td>122</td>
<td>97.6</td>
<td>24.4 Seconds</td>
</tr>
<tr>
<td>2:01</td>
<td>121</td>
<td>96.8</td>
<td>24.2 Seconds</td>
</tr>
<tr>
<td>2:00</td>
<td>120</td>
<td>96.0</td>
<td>24.0 Seconds</td>
</tr>
</tbody>
</table>

TOTAL TIME PENALTIES _______

__________________________ Timer #1 Signature

__________________________ Timer #2 Signature
## TECHNICAL DEDUCTIONS FOR CHEER/CO-ED CHEER/GAME DAY

<table>
<thead>
<tr>
<th>CHEER/CO-ED RULES</th>
<th>RULE-SECTION</th>
<th>ARTICLE</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sportsmanship/conduct (foul language)</td>
<td>NFHS Rule Book 2-2</td>
<td>1-2</td>
<td>10</td>
</tr>
<tr>
<td>Cheerleader apparel/accessories</td>
<td>NFHS Rule Book 3-1</td>
<td>1-10</td>
<td>10</td>
</tr>
<tr>
<td>Stunting Personnel</td>
<td>NFHS Rule Book 3-2</td>
<td>1-8</td>
<td>10</td>
</tr>
<tr>
<td>Inversions</td>
<td>NFHS Rule Book 3-3</td>
<td>1-8</td>
<td>10</td>
</tr>
<tr>
<td>Non-Release Stunts</td>
<td>NFHS Rule Book 3-4</td>
<td>1-10</td>
<td>10</td>
</tr>
<tr>
<td>Release Stunts/Tosses</td>
<td>NFHS Rule Book 3-5</td>
<td>1-9</td>
<td>10</td>
</tr>
<tr>
<td>Suspended Stunts</td>
<td>NFHS Rule Book 3-6</td>
<td>1-6</td>
<td>10</td>
</tr>
<tr>
<td>Dismounts</td>
<td>NFHS Rule Book 3-7</td>
<td>1-6</td>
<td>10</td>
</tr>
<tr>
<td>Tumbling</td>
<td>NFHS Rule Book 3-8</td>
<td>1-8</td>
<td>10</td>
</tr>
<tr>
<td>Drops (Knee/Split)</td>
<td>NFHS Rule Book 3-9</td>
<td>1-4</td>
<td>10</td>
</tr>
<tr>
<td>Props as Bases</td>
<td>NFHS Rule Book 3-10</td>
<td>1-2</td>
<td>10</td>
</tr>
<tr>
<td>Tumbling Error (per infraction)</td>
<td>Bulletin</td>
<td>Page 49</td>
<td>1</td>
</tr>
<tr>
<td>Dropped Stunt (per drop – technical judge)</td>
<td>Bulletin</td>
<td>Page 49</td>
<td>2</td>
</tr>
<tr>
<td>Excessive tossed signs – Signs must be discarded in a controlled manner</td>
<td>Bulletin</td>
<td>Page 50</td>
<td>5</td>
</tr>
<tr>
<td>Out of Bounds – per infraction</td>
<td>Bulletin</td>
<td>Page 49</td>
<td>1</td>
</tr>
<tr>
<td>Loading Stunts – 1 foot must be in contact with the performing surface</td>
<td>Bulletin</td>
<td>Page 52</td>
<td>10</td>
</tr>
<tr>
<td>Inappropriate Movers/Music – assessed by Technical Judge</td>
<td>Bulletin</td>
<td>Page 48</td>
<td>10</td>
</tr>
<tr>
<td>Exceeding 3 consecutive 8-counts of incorporation during the flight zone (Game Day ONLY)</td>
<td>Bulletin</td>
<td>Page 52</td>
<td>2</td>
</tr>
<tr>
<td>Stunting outside the allotted restrictions (Game Day ONLY)</td>
<td>Bulletin</td>
<td>Page 52</td>
<td>2</td>
</tr>
<tr>
<td>Incorrect Situational Sideline response including calling a general sideline (Game Day ONLY)</td>
<td>Bulletin</td>
<td>Page 52</td>
<td>2</td>
</tr>
<tr>
<td>Tumbling during the routine (Game Day ONLY)</td>
<td>Bulletin</td>
<td>Page 52</td>
<td>2</td>
</tr>
</tbody>
</table>

**Page Numbers May Vary**

### TOTAL POINT DEDUCTIONS

---

**Area of Infraction**

<table>
<thead>
<tr>
<th>BACK OF MAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRONT OF MAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

School Name_________________________ Technical Judge Signature______________________

*All deductions will be subtracted from the average of all the judges’ scores.*

Updated 12/1/2019
## TECHNICAL DEDUCTIONS FOR DANCE

### POM DIVISION RULES

<table>
<thead>
<tr>
<th>Rule Description</th>
<th>Section</th>
<th>Article</th>
<th>Deductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>80% Pom Usage to be assessed on timing sheet</td>
<td>Bulletin</td>
<td>Page 55</td>
<td>10 points</td>
</tr>
<tr>
<td>Kicks, 4 consecutive kicks above the waist by all members at the same time (1-8 ct)</td>
<td>Bulletin</td>
<td>Page 55</td>
<td>5 points</td>
</tr>
</tbody>
</table>

### JAZZ DIVISION RULES

<table>
<thead>
<tr>
<th>Rule Description</th>
<th>Section</th>
<th>Article</th>
<th>Deductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-synchronized dbl. turn by the entire squad (minimum dbl. turn)</td>
<td>Bulletin</td>
<td>Page 56</td>
<td>5 points</td>
</tr>
<tr>
<td>Non-synchronized simultaneous leap by the entire squad</td>
<td>Bulletin</td>
<td>Page 56</td>
<td>5 points</td>
</tr>
</tbody>
</table>

### HIP-HOP DIVISION RULES

<table>
<thead>
<tr>
<th>Rule Description</th>
<th>Section</th>
<th>Article</th>
<th>Deductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non execution of partnering section by the entire team for (1-8 count)</td>
<td>Bulletin</td>
<td>Page 56</td>
<td>10 points</td>
</tr>
<tr>
<td>Non execution of power move or air pose/stall by a minimum of 4 members at the same time</td>
<td>Bulletin</td>
<td>Page 56</td>
<td>10 points</td>
</tr>
</tbody>
</table>

### GENERAL RULES

<table>
<thead>
<tr>
<th>Rule Description</th>
<th>Section</th>
<th>Article</th>
<th>Deductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excessive loss of rhinestones/costume pieces, hairpieces’</td>
<td>Bulletin</td>
<td>Page 55</td>
<td>1 point</td>
</tr>
<tr>
<td>Poms and accessories stepped on or kicked during competition (per infractions)</td>
<td>Bulletin</td>
<td>Page 49</td>
<td>5 points</td>
</tr>
<tr>
<td>Illegal attire (pant length, bare midriffs, footwear, removal, fingernails, braces, glitter, hair in face, etc.)</td>
<td>NFHS Rule 2 &amp; 4</td>
<td>Pages 14, 15 &amp; 34</td>
<td>10 points</td>
</tr>
<tr>
<td>Out of Bounds – per infractions</td>
<td>Bulletin</td>
<td>Page 54</td>
<td>1 point</td>
</tr>
<tr>
<td>Routine Overtime (Overall) – see timing sheet</td>
<td>Bulletin</td>
<td>Page 54</td>
<td>10 points</td>
</tr>
<tr>
<td>Routine Music (1:45) – Under Time</td>
<td>Bulletin</td>
<td>Page 54</td>
<td>10 points</td>
</tr>
<tr>
<td>Jewelry worn, taped by athletes on the competition surface</td>
<td>NFHS Rule 3 &amp; 4</td>
<td>Pages 18 &amp; 34</td>
<td>20 points</td>
</tr>
<tr>
<td>Inappropriate moves, music assessed by technical judge</td>
<td>Bulletin</td>
<td>Page 48</td>
<td>10 points</td>
</tr>
<tr>
<td>Sportsmanship/conduct/foul language</td>
<td>NFHS Rule 2</td>
<td>2, Page 17</td>
<td>20 points</td>
</tr>
<tr>
<td>Chewing Gum/Candy on the performance</td>
<td>NFHS Rule 2</td>
<td>9, Page 15</td>
<td>10 points</td>
</tr>
<tr>
<td>Props (hard unyielding materials used, sharp edges, hard attached accessories)</td>
<td>Bulletin</td>
<td>Page 49</td>
<td>5 points</td>
</tr>
<tr>
<td>Props – stepped on, kicked, tossed, thrown or accidentally dropped</td>
<td>Bulletin</td>
<td>Page 49</td>
<td>5 points</td>
</tr>
<tr>
<td>Props to inappropriate moves, music penalty</td>
<td>Bulletin</td>
<td>Page 48/49</td>
<td>10 points</td>
</tr>
<tr>
<td>Illegal lifts, partnering, gymnastics, pyramids</td>
<td>Bulletin</td>
<td>Page 54</td>
<td>20 points</td>
</tr>
<tr>
<td>Illegal apparel or accessory for activity</td>
<td>Bulletin</td>
<td>Page 55</td>
<td>20 points</td>
</tr>
<tr>
<td>Drops (knee, split)</td>
<td>NFHS Rule 4</td>
<td>1 – Page 47</td>
<td>20 points</td>
</tr>
</tbody>
</table>

**Area of Infraction**

![Diagram of area of infraction]

**Timing Music/Routine**

**Total Point Deductions**

---

School Name ____________________________

______________________________
Technical Judge Signature
KEEP THEIR PATH TO VICTORY WIDE OPEN

$100 GUESTROOM RATES PLUS TAX

$110 INCLUDES BREAKFAST

Give your team something new to discover when you stay at the Renaissance Denver Stapleton Hotel. Our distinctive brand sparks your imagination and keeps you inspired while you focus on the journey towards victory.

The Renaissance Denver Stapleton is located less than five miles/10 minutes to the Coliseum complex.

While you’re in town for the CHSAA Spirit State Championship, you’ll find everything you need at the Renaissance Denver Stapleton Hotel, including newly renovated rooms and easy bus parking at no charge. All inclusions are highlighted below.

- Complimentary parking with easy bus access
- Complimentary guestroom internet access
- Easy access to highway

Book your group rate for CHSAA State Spirit 2019

Renaissance Denver Stapleton Hotel 3801 Quebec St.
Denver, CO 80233
303.399.7500
renaiissancedenver.com

* Limit one (1) breakfast voucher per person per room night, maximum of four (4) breakfast vouchers per guestroom per room night.
KEEP THEIR PATH TO VICTORY WIDE OPEN

$69 GUESTROOM RATES PLUS TAX INCLUDING BREAKFAST

Open up your team’s travel options when you stay at Courtyard. Our unique blend of service and amenities are designed to support you so you remain solely devoted to your athletes.

Courtyard Denver Tech Center is conveniently located less than 20 miles / 30 min. from the Coliseum complex.

While you’re in town for the CHSAA Spirit State Championship, you’ll find everything you need at the Courtyard Denver Tech Center including comfortable rooms, easy bus parking at no charge, and meeting space to accommodate meetings and meals. All inclusions are highlighted below.

- Complimentary parking with easy bus access
- Complimentary guestroom internet access
- Complimentary room upgrade for the head coach*
- Meeting space exclusivity, all on one floor
- Easy access to highway
- Complimentary Team Breakfast

To book your team, please go to [Book your group rate for CHSAA State Spirit Competition](#)

Courtyard Denver Tech Center
6565 South Boston Street
Greenwood Village, CO 80111
303.721.0300
marriott.com/dense

TERMS & CONDITIONS
*Complimentary Room Upgrade for the head coach is based on availability.
DENVER STAPLETON
12/05/2019 - 12/08/2019

7445 EAST 41ST AVENUE
DENVER, COLORADO 80216

CALL 303-333-3303 X 620

Book your group rate for CHSAA State Spirit Competition

For more information, contact gina.pompili@marriott.com

MARRIOTT.COM/DENCA

COMPLIMENTARY BUDGET BREAKFAST FOR UP TO 4, PARKING AND
HIGH SPEED INTERNET ARE INCLUDED IN YOUR $99.00 RATE.
MAP TO DENVER COLISEUM

DIRECTIONS TO THE DENVER COLISEUM
I-70 from either direction to Brighton Boulevard exit. South 1/2 mile. Coliseum is on right.
We will continue our tradition of Community Outreach with “Holiday Spirit”.

We would like each team, judge, worker and spectator to donate a toy(s) to the Christmas Crusade for children with help from Local Law Enforcement. Each toy will be given to a child whose family is unable to afford one.

Bring an unwrapped gift to the State Spirit Championships. Gifts may also be brought to the spirit committee meeting the week following the state competition.

Together We Can Make A Difference
SPORTSMANSHIP PROTOCOL AT ALL CHSAA CONTESTS AND ACTIVITIES

1. **National Anthem**
   When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should stand at attention, remove hats and face the flag.

2. **Cheerleaders/Fans/Spectators**
   ➢ It is recommended that there be positive cheers only.
   ➢ Only cheerleaders may use megaphones.
   ➢ All patrons must wear shirts and shoes. Face painting is allowed.
   ➢ Cheer and tumbling routines must be in front the your team’s student body. Routines that spill onto the area of the opposing team are prohibited.
   ➢ Cheer squads may perform under the basket area outside the free vertical lane lines.

3. **Banners**
   ➢ One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events.
   ➢ The words and graphics on banners must be positive: i.e. “beat”, “outscore”, “conquer”, etc; Negative banners: i.e. “kill”, “scalp”, etc, will be confiscated and may result in no future use of banners.
   ➢ Banners must not block the view of others.

4. **Noisemakers**
   ➢ All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility allows it.
   ➢ An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
   ➢ No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a ‘live-ball’ situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not “in progress” is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not “play-by-play” announcers.
   ➢ There shall be no amplified instruments at any CHSAA playoff events.

CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!!
### SPIRIT STATE CHAMPIONSHIP PHOTOS!

**ORDER FORM** - 1) Print out  2) Collect orders  3) **Turn in at State Championships**

***TWO WAYS TO ORDER***

---

**ORDER FOR THE WHOLE TEAM AND SAVE!**

$20.00 Per Person = Everyone receives (1) 8x10 Group Photo and (1) 8x10 Funny Photo!

Total Number of People on Team x $20.00

$ __________ Total Enclosed

---

**ORDER FOR EACH PERSON**

*NOTE - 5 Order Minimum Please!*

<table>
<thead>
<tr>
<th></th>
<th>Paid</th>
<th></th>
<th></th>
<th>Paid</th>
<th></th>
<th></th>
<th>Paid</th>
<th></th>
<th></th>
<th>Paid</th>
<th></th>
<th></th>
<th>Paid</th>
<th></th>
<th></th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>A</td>
<td>B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

$ __________ Total Enclosed

---

** Package A = $15.00 - (1) 8x10 Group Photo  
Package B = $15.00 - (1) 8x10 Funny Photo

---

School/Team __________________________ Address to send photos to ________________

Contact Name _________________________ ________________________________

Phone _______________________________ _________________________________