

# CHEERLEADING/SPIRIT SQUAD

## (GIRLS AND CO-ED • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

#### Football Cheerleading

First Date of Season: August 1st, 2011

Last Regular Season Contest Small/Medium Schools:  
October 15th, 2011

Last Regular Season Contest Large Schools:  
October 22nd, 2011

#### Hockey Cheerleading

First Date of Season: October 17th, 2011

Last Regular Season Contest: February 11th, 2012

#### Basketball Cheerleading

First Day of Season: November 28, 2011

Last Regular Season Contest Date: March 17, 2012

#### Competitive Cheerleading:

Season TBD

### B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of cheering.

### C. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cheerleading teams while they are members of a school cheerleading team.

### D. RULES

1. All cheer squads must adhere to the National Federation of High Schools Spirit Rules. The National Federation Spirit Rules Book can be purchased through the ASAA office – 907-563-3723 or order online at [www.asaa.org](http://www.asaa.org)
2. All cheer squads planning to travel “out-of-State” to other competitions must agree to participate in the ASAA 2012 March Madness Alaska State Cheerleading Competition. Acknowledgement can be found on the Out-of-State travel request form (see forms section in the ASAA Handbook).

### E. CHEERLEADING GUIDELINES FOR ALL STATE CHAMPIONSHIP GAMES

1. All cheer squads cheering during the tournament games are expected to perform their duties as cheerleaders to support their team and promote good sportsmanship. These duties include cheering on their team’s designated sideline, performing at half-time and encouraging positive crowd support.
2. Squads are expected to abide by the National High School (NFHS) Spirit Rules book.
3. The use of positive, spirit-raising signs are allowed and encouraged. All signs hung in the Sullivan Arena for basketball must be taken

down at the end of each game.

4. Under NFHS rules, mascots are considered to be part of the spirit team of a school. All mascots participating at any state championships events must meet ASAA eligibility requirements.

### F. CHEERLEADING GUIDELINES FOR BASKETBALL STATE CHAMPIONSHIP GAMES

1. The Board of Directors has limited the size of the basketball cheerleading squads to 12 (plus a mascot), while they are cheering on the sidelines during a game, due to safety concerns.
2. At each game, a Cheerleader of the Game will be named for each team. Comparable to the basketball Player of the Game, a sideline cheerleader who has shown the highest qualities of sideline cheerleading on his or her squad during the basketball contest will be recognized at the end of the game. Judging will be based on spirit, leadership, knowledge of the game, motion technique, jumps, dance and tumbling abilities, showmanship, and overall presentation.

All cheerleaders, cheering on the sideline, are eligible for recognition. Please review scoring and selection process in the NEW 2011-2012 Spirit Coaches Handbook.

Performance at the State Cheerleading Competition will not be considered in the scoring process

Cheerleaders are expected to positively represent their schools at all times during the State tournament. Consequently, judges will observe cheerleaders during their entire time at the Sullivan Arena, not only during their respective games. Negative behavior on any level, on or off the floor, may impact a cheerleader’s chance of being named for either honor.

3. Technical judges will observe the squads throughout the whole tournament. If a team violates rules found in the NFHS Spirit Rules Book, the technical judge will write out the violation and review it with the coach. The Technical judge and coach will sign the violation form. If the squad continues to violate the same rule, the squad will be required to sit out the remaining time of the game, or the next game (as determined by the technical judge).
4. All basketball sideline cheer squads will be

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required to perform a half-time routine during each of their games. If a squad chooses not to perform during any of the half-times of their games, the squad will be required to return their passes for entrance into the March Madness Alaska games to ASAA. The squad will be required to pay for admission to any games remaining in the tournament; with no admittance to the sideline for cheering.

5. All half-time performances during the games will be limited to one (1) minute. (This includes the entrance and exit off of the floor).
6. Coaches Meeting: Cheer coaches must attend the Cheer Coaches meeting. Time and place will be announced in the memo located on the ASAA website/cheerleading page.
7. Coaches Certification: All cheer coaches must have competed the NFHS Coach education certification program (or an equivalent certification program), offered through the NFHS website: [www.nfhslearn.com](http://www.nfhslearn.com) or have an application on file in the ASAA office for an extension.

## G. 2012 MARCH MADNESS STATE CHEERLEADING COMPETITION

1. The 2012 March Madness State Cheerleading Competition is an open invitation competition for all high school cheer squads throughout the state of Alaska.
2. Cheer Squad Divisions will be determined at a later date.
3. Floor: The competition will be performed on a regulation competition floor, measuring 42-by-54 feet. No team may perform off of the competition floor.
4. Mascots: Mascots may be used. Please refer to the National Federation Spirit Rules Book for guidelines in the use of mascots.
5. Routine: Competition routine may consist of cheers, chants, dance, jumps and stunting/tumbling.
6. Time Limit: Two minutes and 30 seconds (2 1/2 minutes).
7. Music: Music portion must not exceed 1 minute and 30 seconds (1-1/2 minutes).

Please bring a CD or Ipod and a backup of your music cued to the beginning. All music must be clearly labeled. Your music must run continuously. There must not be any other music on your CD

or Ipod other than that particular squad/mascot/individual/ stunt group performing.

You must submit a separate CD or Ipod for each squad /individual/ mascot/stunt group you have competing. Our technician will test your music for volume as well as start and stop your music during performance. If you have a break between your music for cheer, then continue with more music; make sure that the running time is long enough in between, or you may choose to start and stop your music. All music must be family friendly and appropriate for all ages.

8. Spotters: Team members used only as spotters are considered as part of the team.
9. Rules: National Federation Spirit Rules will be followed.
10. Point Deductions: Please refer to the ASAA Spirit Handbook.
11. Judging: A panel of certified judges which may consist of a Technical Judge and Point Deduction Judge will be used. Check the Spirit Coaches Handbook for specific details.
12. Awards: Please refer to the ASAA Spirit Handbook.
13. Coaches Meeting: Coaches **MUST** attend the Coaches Meeting. Time and place will be announced in the memo located on the ASAA website.
14. Coaches Certification: All coaches must have completed the NFHS Coach Education certification program (or an equivalent certification program), offered through the NFHS website: [www.nfhslearn.com](http://www.nfhslearn.com), or have an application on file in the ASAA office for an extension.