

# **REGION V CHEER**

## *Tournament Information for Coaches*

### GENERAL INFO

- Cheerleaders will use the floor and first row of bleachers across from their team's bench.
- All half time performances are limited to 2 and 1/2 minutes (includes entrance and exit from the floor).
- In games where no squads are being judged;
  - Timeouts - both squads may cheer
  - Halftime (no dance team) - 1st Visitor, 2nd Home
  - Halftime (dance team) - no cheer routines
  - Between quarters – Visitor between 1st & 2nd, Home between 3rd & 4th
- In games where a squad is being judged;
  - Timeouts - both squads may cheer
  - Halftime (no dance team) - 1st judged squad, 2nd other squad
  - Halftime (dance team) – judged squad only, follows dance team
  - Between quarters - judged squad does both
  
- Any stunt or tumbling that NFHS rules require to be done on grass, a mat or a rubberized track will not be allowed during the tournament

### SQUAD JUDGING

- Judging will be based on the entire tournament. One game will be selected for scoring purposes but, judges will observe squads throughout the tournament and may adjust the score sheet.
- Scoring will begin with the timed basketball team warm-up and conclude when the basketball teams leave the floor.
- See separate score sheet for specifics of scoring.
- Places will be awarded by point total of the average of both judges.

### ALL TOURNAMENT SELECTION

- 16 individuals will be selected from all the squads participating in the tournament.
- Criteria for Selection: Dance ability - jumps - motion technique -spirit - dedication - sportsmanship - leadership
- Coaches can select up to 4 members of their team that meet the criteria for nomination.

### DANCE/DRILL ADJUDICATION

- Cheer squads can perform exhibition performances during the adjudication. Squads are not judged and are not required to perform. Performances may not exceed 2 and 1/2 minute. The time begins when the music starts or with the first words or movements on the floor.
- Music must be on a mobile device with head phone jack.

**REGION V  
CHEERLEADING POLICIES**

- All events shall follow National Federation Rules under the NFHS Spirit Rule Book.
- For squads to perform stunts and pyramids a coach must attend a safety clinic, or complete the AACCA Spirit Safetycourse online at nfhslearn.com.
- Music used for all games, competitions and tournaments must be void of all profanity or sexual connotations. Routines and music should be age appropriate.

**REGION V 2A/4A BASKETBALL TOURNAMENT  
Cheerleading All Tournament Nomination**

Coaches may nominate up to 4 individuals from their squad to be considered for the All Tournament team. In order to be considered, an athlete must meet the criteria listed below. Include name, a short physical description, and the individual selection form.

**CRITERIA**

- Puts forth-maximum effort in practice, on the court and off the court.
- Demonstrates outstanding sportsmanship and intercedes when an unsportsmanlike action has taken place.
- Is a leader.
- Demonstrates sound fundamental cheerleading skills.
- Demonstrates outstanding physical skills related to cheerleading.
- Enhances the skill application and development of teammates.