

2024 CENTRAL DIVISION CHEER COMPETITION!

Salt Lake Community College ([4600 South Redwood Road](#))

Friday, January 12th, 2024

ATTENTION: Cheer Coaches

*Thank you for entering your team in the UHSAA CHEER DIVISIONAL Competition, we are so excited about this year's competition and want to make it a great experience for you and your students. Please read the following information and if you have questions or concerns, please feel free to contact us at lori@rccompets.com or 801-910-4557. *I have attached the order of performance with the approximate times. Please realize these are **approximate** and we may move faster or slower depending on how the day goes. We will post the lineup and if there are any changes, they will be posted on the rccompets.com website.*

First of all I have been working on this line up to make some of the changes that many of you requested. So please look at it carefully. We are always improving, and your feedback and positive comments help us get better every year.

PARTICIPANT WAIVERS: Please fill out the student/coaches Roster and Waivers on the website. The waivers you filled out for Winter classic or Practicums work for the rest of the season unless you add anyone.

ARRIVAL: We have grown from last year and there are a lot of routines competing, which is a good thing. Because January 12th is a weekday and the first week of classes for SLCC, we will need to start the competition at 11:00am.

You and your team should arrive no later than 1 hour before your practice gym time and no earlier. It is important that we do not crowd the check in area. **Buses** can drop you off on the North side of the building and park in the north parking lot. The team will walk down the sidewalk on the west side of the building and enter the west doors and go directly to the check in area. When you arrive, if it is wet outside, please have your students wear an extra pair of outside shoes then change into their performing shoes once inside the building. This is so we can keep the hallways and gym floor dry. Don't forget to check your team in at the check in table. If your roster changes from the one you have submitted, please make sure they are updated by check in. **There will be no outside food allowed in the building so please comply! SPECTATORS WILL NOT BE LET IN TO THE ARENA SEATING UNTIL 10:30 am this will depend on weather and the readiness of the arena. PARENTS AND SPECTATORS ARE NOT ALLOWED IN THE PRACTICE HALLWAY, GYM ETC.**

Parents and spectators will park in the North Parking Lot and enter through the East doors. I have attached a campus map.

LOCKER ROOMS: A large locker room and restroom facility will be available for all teams to share. You will be able to put your bags etc. in an assigned racket ball court then you will have an assigned locker room. Please be respectful of the school's facilities and keep them clean.

SEATING: Please tell your spectators to look at the signs in the gym on the lower railing. it will say the SIDE A OR SIDE B etc. that will be the direction you will face. Your team will face the same direction for all routines. **SOMETHING DIFFERENT:** SOME CLASSIFICATIONS WILL FACE DIFFERENT DIRECTIONS BASED ON IF THEY ARE CO-ED OR ALL GIRL. SO PLEASE MAKE SURE THAT YOU GET THAT INFORMATION OUT TO YOUR SPECTATORS. Please make sure that you let everyone know that (no saving seats with blankets etc.) Please make sure that teams do not sit on the spectator side so that paying spectators will have seating.

Keep track of your personal belongings so we don't have anything get lost. Teams can sit in the upper bleachers when they are finished competing. DO NOT SIT IN LOWER AREA, COACHES PLEASE MONITOR YOUR TEAM AND HELP US OUT WITH THIS. **Signs, banners etc. or noise-makers will not be allowed in the stands representing your school.** Make sure your supporters tell those working at the ticket tables what school they are there to watch so your team will be in the running for the **SPIRIT AWARD**. The Spirit Award winner will be the school that brings the most spectators. RC Competes is sponsoring the Spirit Award.

SOUND CHECK: Your music must be recorded on a digital system, either an iPod or your phone. You should also have a backup form of music, which could include an iPod or a CD. Sound check will begin at 10:00 a.m. and last until 10:45 a.m. This is **not mandatory**, and we are offering this opportunity for those who wish to arrive early. If you choose to use your phone, please make sure that it is on airplane mode (last year we had phones go off during performances which caused overtime penalties) Please bring your music to the sound table before your performance. You **MUST** have someone at the sound table during your performance. This is mandatory. If no one is there your team will not go on. This is to make sure that your competition music is turned off and on at the proper time. This person who comes to run the music must be able to tell us how many performers will be entering the floor. **This is for the difficulty score.**

WARM UP GYM: Use of the warm up gym will be done in performance order. **SOMETHING NEW:** *TO LESSON THE CONGESTION OF THE STUDENT ATHLETES WE WILL FOLLOW THIS ROTATION:* Your team will be given a time before your competition time.

1. You will report to the upper west hallway (up the stairs). You can bring bags up there but you must take up as little space as possible. Please stay lined up in your order of your warm up schedule.
2. You will then report to the hallway outside the practice gym.
3. Then you will take the practice gym floor when the practice gym coordinator tells you to. So please only take your place on the floor when he or she tells you it is your time. You will have stations that you will go through for your allotted time. Be courteous to the other teams on the floor at that time. **Do not warm up stunts that should be done on the mat on a hard floor even in the hallways! The use of music in the hallway outside of the practice gym will not be allowed so that each team can hear their music in the practice gym.** There will be spotters in the practice room as well as on the floor for an additional safety layer for your team. These spotters will not be

considered as stunting personal, when determining if your skill is safe. The spotters are there as back up only. We have had a few instances when spotters get caught in the middle of tumbling passes that take place behind the stunts. The Coach needs to warn the spotters before they take the floor. But keep in mind that we are required to have them there for insurance purposes, so their job is safety and if there is stunting going on they need to be there.

When you leave the practice area you will line up outside the competition floor. Please make sure you do not take the floor until the MC has finished reading shout outs etc. and knows the judges are ready and you hear “now taking the floor in the 5A all girl show cheer category Go For It High School” you get the picture. YOUR deduction judges will guide you! Then you will have one 30 seconds to set up poms/signs etc. Please be courteous to these workers. They may have to make changes on the spot for an unforeseen reason and we need your support on this. Coaches, if you have an athlete that is not ready or in pain from a practice room injury or out of breath, you need to tell the deduction judge about it so we can pause if we need to.

JUDGES: There will be penalty judges who will be looking strictly for safety violations and boundary violations as well as timing violations. THERE WILL BE NO WARNINGS!! One of these judges will also be responsible for giving deductions. (refer to new deductions score sheet). On your final tally sheet where you see (penalty points, this is your deductions and your rule violations added together). You will need to look at your score sheet to determine which is which. It is important that you know you are expected to “strictly” follow the NFHS Spirit Rules as well as all Utah Restrictions. Teams who do not comply will be given a safety penalty we will not be giving warnings! **But if clearly you do not understand the safety rules and you have many intended infractions you will be given an NS (no score).** Make sure you review the scoring system. So here are a few things you should double check to make sure you are in compliance:

1. Follow all safety rules
2. Make sure you check the timing of your set up, entrance/exit, and routine. If your routine is 2:29 or 2:30 there is always an element of human error so that is cutting it pretty close.
3. Make sure that you follow the boundary rules
4. Make sure you follow all category rules, please review and make changes if you got deductions for anything at practicums or Winter Classic. Make sure you have the proper number of bases and spotters required in the rule book.
5. Bracers need to make sure they do not drop their head below their waist. The Top person in a basket needs to make sure that if they drop their head back in an arch during toss, that it is back up before the descent.
6. Single base skills need to make sure their spotter is in the correct position for single base skills.
7. We saw a lot of illegal (airborne knee drops) at Winter Classic so please make sure you take those out of the routine.
8. Judges see your routine for the first time on the floor, so if you have something in it that is questionable or “close” to being illegal, I suggest you change it, because judges will have a short amount of time to determine if you are in compliance.
9. You know that judges are human beings, and they may miss some of your difficulty skills and I hope that doesn’t happen but I will apologize for it in advance.

WE REALLY WANT YOU TO SHOW GOOD SPORTSMANSHIP AND RESPECT MYSELF AND EVERYONE ELSE THAT HAS WORKED MANY HOURS TO PROVIDE

AN EDUCATIONAL AND SAFE ATMOSPHERE FOR YOUR ATHLETES. I AM GLAD TO ANSWER QUESTIONS BUT REMEMBER I AM NOT JUDGING. I DON'T HAVE THE AUTHORITY TO OVERTURN A SCORE.

NEW CHALLENGE: HEAD COACHES ONLY (challenges submitted by anyone else will NOT be reviewed): Once your score sheets have arrived in your Google file you will have 15 minutes to submit a challenge. **You can submit more than one challenge per routine and be very specific on what you are challenging, for example: Tumbling first section or Stunts in Cheer, Pyramid in music etc. You may be in practicing for your next routine when your score comes in for a previous routine. So MAKE sure you have an assistant watching for those coming in. Then submit the challenge/challenges within 15 minutes. Remember a judge is reviewing on your behalf and they see something they missed they will be allowed to deduct for that. Be sure you are 100% sure your challenge is right. I have attached a Coaches Explanation Sheet, please read it carefully so that you will know how to submit a challenge.**

JUMP OFF COMPETITION: Please use the following link to sign 2 of your athletes up to compete in the Jump Off Competition. <https://forms.gle/63u8xkkaAV8VEQb58> Please make sure they are prepared and warmed up for the competition. The first round will be 2 consecutive toe touches and the 2nd round will be 3 consecutive jumps of your choice (back handsprings and back tucks and any tumbling is not allowed) with no pauses in between. If a 3rd round is needed the judges will decide based on the skill level of those in the finals. The top 2 in each classification will move on to the state finals.

SHOUT OUTS: You may purchase shout outs for your team before them taking the floor. The cost of a shout out is \$5 and the proceeds from the shout outs go to SLCC CHEER TEAM. These are fun and give your team an extra boost before they take the competition floor.

AWARDS: WILL BE GIVEN AT THE CONCLUSION OF EACH POD AND THOSE MOVING ONTO STATE WILL BE IDENTIFIED. WE WILL BE AWARDING A DIVISION CHAMPION!

CONCESSIONS: A concessions stand will be available all proceeds will go to the SLCC ATHLETICS.

APPAREL: You can purchase apparel on the rccompets.com website. Please share this information with your team and their parents. **If purchasing online, remember that when it says form of payment click pay pal, then on the next page it gives you the option to pay with your credit card. You don't have to sign up for pay pal to purchase. Then pick it up at the competition.**

SPORTSMANSHIP: Please practice good sportsmanship as coaches and your team, before, during and after the competition. We are here to direct the competition, but we are not judging and do not over turn a judges score. We want to host a fun educational event, so let's show our student athletes what sportsmanship is all about.

ADMISSION: Cost of entrance will be \$10.00. For kids 5 years and under the cost of admittance is \$5.00. **If your spectators do not want to stand in line to purchase tickets, they may purchase**

admission tickets online also. We will have a designated line for those who have pre-purchased tickets. Others will purchase tickets at the ticket box office and get their wrist band there.

If purchasing online, remember that when it says form of payment click pay pal, then on the next page it gives you the option to pay with your credit card. You don't have to sign up for pay pal to purchase. Ticket sales will end at 9pm THURSDAY JANUARY 11TH.

QUESTIONS! EMAIL OR TEXT ME ANYTIME!!

LORI RUPP: lori@rccompetes.com or 801-910-4557

KELLIE CHAMBERLAIN: Kellie@rccompetes.com

