



# Cheerleading & Dance

Special Olympics Iowa



# Registration Entries

- ▶ Entries can be mailed to Tanner Nissen at the State Office at 551 SE Dovetail Road, PO Box 620, Grimes, Iowa.
- ▶ They can also be emailed to: [registrations@soiowa.org](mailto:registrations@soiowa.org)
- ▶ Entry forms are available online at [www.soiowa.org](http://www.soiowa.org)
  - ▶ Competitions tab
  - ▶ Then click on Participation Forms
  - ▶ Scroll down the page to find Mid-Winter Tournament
    - ▶ A delegation **may** sign up more than one team for cheer or dance; however, an athlete or Unified Partner can only participate on one team.



# Appropriate Attire



- ▶ Uniforms- Team members must wear outfits alike in style and color.
  - ▶ Shoes must be non-marking soles.
  - ▶ **Bottoms:** Pants, shorts, skorts or skirts must be at least mid thigh and/or knee in length for both males and females. No slits are allowed.
  - ▶ **Tops:** Tank-top, collared shirts or tee shirts (no pockets). No halter tops or spaghetti straps are permitted. Apparel must cover midriff at all times.
    - ▶ A deduction of 5 points will be given for uniform violations.
- ▶ Jewelry- No jewelry of any kind may be worn.
  - ▶ **Exceptions:** Medical ID tags/bracelets, and temporary tattoos are allowed.
    - ▶ A deduction of 5 points will be given for jewelry violations.
- ▶ Hair- For safety reasons, long hair should be out of the face and secured.



# Traditional vs. Unified Team

- ▶ Traditional Team: Teams are made up of all athletes (people with an intellectual disability).
  - ▶ All athletes must have a current physical form on file at the State Office by the registration deadline.
- ▶ Unified Team: The number of Special Olympic Athletes must be equal to, or exceed by one, the number of Unified Partners.
  - ▶ If the Unified Partners exceed the number of athletes during the competition they will compete for participation ribbons only.
  - ▶ All athletes must have a current physical form on file at the State Office by the registration deadline.
  - ▶ All Unified Partners must have a Class A on file with the State Office by the registration deadline.
- ▶ Squad / Dance team size is limited to a minimum of 2 up to a maximum of 16.



# Cheer Competition

- ▶ No music is allowed
- ▶ Two different cheers must be performed.
  - ▶ If a squad performs only 1 cheer and repeats, there will be a 5 point deduction.
  - ▶ If a squad exceeds 3 or more cheers there will be a 5 point deduction.
- ▶ Divisioning is based on ability, squad size and age. The oldest age on the squad will dictate what group the athletes will compete in.
  - ▶ Co-ed teams are allowed but must follow rules of size, age and ability.
- ▶ Size:
  - ▶ **Individual**
  - ▶ **Small squad:** 2-8 members
  - ▶ **Large squad:** 9-16 members
    - ▶ No more than 16 athletes are allowed



# Cheer Competition

- ▶ Age:
  - ▶ **Junior:** 8-21
  - ▶ **Senior:** 22 and over
- ▶ Ability:
  - ▶ **Beginner:** Team non-mount and non-tumble
    - ▶ Must perform at least 1 jump and 1 kick by at least 1 athlete
  - ▶ **Advanced:** Team mount and tumble
    - ▶ Must perform at least 1 jump and 1 kick along with at least 1 tumble, stunt or pyramid by at least 1 athlete.
  - ▶ **Unified Team:**
    - ▶ Beginner or Advanced for ability



# Cheer Competition

- ▶ **A 3 minute time limit will be given.**
  - ▶ This performance time includes changes in signs, pompoms or other props.
  - ▶ If you exceed the allotted 3 minute time the following deductions will be made:
    - ▶ We will ask you to stop after the 3 minutes has passed and there will be a 5 point deduction made.



# Dance Competition



- ▶ A team must perform 2 different dance routines to 2 different songs.
  - ▶ Sound effects are allowed but actual cheers are not
- ▶ The following deductions will be made:
  - ▶ 1 dance to 2 songs, 5 point deduction
  - ▶ 1 dance to 1 song, 5 point deduction
  - ▶ Exceeding 2 dances and 2 songs, 5 point deduction
- ▶ Divisioning: based on ability, team size and age.
  - ▶ The oldest age on the team will dictate the age group athletes will compete in.
  - ▶ Coed teams are allowed but must follow the rules of size, age and ability.





# Dance Competition

- ▶ Size:
  - ▶ **Individual**
  - ▶ **Small team:** 2-8 members
  - ▶ **Large team:** 9-16 members
    - ▶ No more than 16 athletes are allowed
- ▶ Age:
  - ▶ **Junior:** 8-21
  - ▶ **Senior:** 22 and over



# Dance Competition

- ▶ Ability:
  - ▶ **Beginner:** Team non-mount and non-tumble
    - ▶ Must perform at least 1 jump and 1 kick by at least 1 athlete
  - ▶ **Advanced:** Team mount and tumble
    - ▶ Must perform at least 1 jump and 1 kick along with at least 1 tumble, stunt or pyramid performed by at least 1 athlete.
  - ▶ **Unified Team**
    - ▶ Beginner or Advanced for ability
- ▶ **A 2 minute and 30 second time limit will be given**
  - ▶ **Time will begin once the music starts**
  - ▶ If we have to ask you to stop after the 2 minutes and 30 seconds has passed there will be a 5 point deduction made
    - ▶ Music must be suitable for family listening
    - ▶ Music must be in CD format
    - ▶ Music must be ready to start once a volunteer pushes play for the music to begin



# Performance Space

- ▶ Performance space should measure at least 40ft x 25ft for both cheer and dance competition
- ▶ The competition floor will be a plain gym floor
  - ▶ If you need mats for safety reasons please provide those



# Appropriate Equipment

- ▶ Performance Surfaces:


- ▶ Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is **illegal** for use during performance/competitions



# Resources




- Basics of Cheerleading jumps:
  - Watch video: <https://www.youtube.com/watch?v=Yw3GglvEAGc>
- How to do a Toe Touch:
  - Watch video: <https://www.youtube.com/watch?v=jDIF26-Uu2I>



# Special Olympics Iowa Cheerleading and Dance Manual

- ▶ To access the manual for further references and for scoresheets click on the link below:
  - ▶ <http://www.soiowa.org/wp-content/uploads/2015/07/Cheer-and-Dance-Manual-revised-8-3.pdf>
  - ▶ All Special Olympics Iowa Cheerleading and Dance Competitions will be ran according to the rules and regulations in this manual.



# Quiz

- ▶ Click the link to take the quiz:
- ▶ [Cheerleading & Dance Quiz](#)