



# Cheerleading & Dance

Special Olympics Iowa



# Registration Entries

- ▶ Entry forms are available online at [www.soiowa.org](http://www.soiowa.org)
  - ▶ Website: Competitions tab > click on Participation Forms > scroll to 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.
    - ▶ If a cheer squad or dance team needs additional help from an assistant with their stunts, you must fill out a Special Privilege form and turn it in with your registration. Assistants shall be dressed in contrasting attire compared to official team members. For example, assistants shall wear a dark t-shirt and pants in contrast to the athletes' lighter colored uniform (or vice versa).
  - ▶ Entries can be emailed to: [registrations@soiowa.org](mailto:registrations@soiowa.org)
- ~OR~
- ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- ▶ After your entries have been put into GMS you will be sent a Delegation Report.
  - ▶ Review the report and return to the State Office with any corrections.



# 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.
- ▶ No chewing gum allowed



# Appropriate Equipment

- ▶ Cheerleading Props:

- ▶ Poms, signs and megaphones are the only props allowed

- ▶ Dance Props:

- ▶ Flags, banners, signs, poms, megaphones and pieces of cloth are the only props allowed.

- ▶ Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (example: throwing a hard sign across the mat from a stunt is not allowed). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

- ▶ Performance Surfaces:

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



# 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
  - ▶ Will be outlined in blue tape at competition
  - ▶ If you need mats for safety reasons please provide those



# 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. There will be **NO** exceptions to this rule.
  - ▶ 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.
- ▶ If a cheer squad or dance team needs additional help from a coach with their stunts, a Special Privilege form must be filled out and turned in with registration.
- ▶ Coaches must remain inside the box and cannot be in front of the judges table or on the floor
  - ▶ It is not required to have a coach in the coaches' box. We encourage teams to be independent as possible.



# 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.
  - ▶ Timing will start with the first word
  - ▶ If you have an entrance cheer, it will count towards one of your cheers
  - ▶ 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




# Music Copyright Law

- ▶ All music recordings mixed together in routines should be properly licensed and written confirmation of such license should be available upon request. Under U.S. copyright law, music is not permitted to create a re-mix, mash-up or medley without proper written authorization from the copyright owners.




# Resources

- ▶ Basics of Cheerleading jumps:
  - ▶ Watch video: [Cheerleading Jumps](#)
- ▶ How to do a Toe Touch:
  - ▶ Watch video: [Toe Touch](#)



# Special Olympics Iowa Cheerleading and Dance Manual

- ▶ To access the manual for further references and for scoresheets click on the link below:
  - ▶ [Cheerleading and Dance Manual](#)
  - ▶ 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](#)