

# Cheer and Dance

Revised 2020

***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 and dance; however, an athlete or Unified partner can only participate on one team
- Entries can be emailed to: [registrations@soiowa.org](mailto:registrations@soiowa.org)  
~OR~
- Mailed to 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

# Coaching Guidelines



- All practice sessions must be supervised by the coach and held in a location suitable for the activities of cheerleaders/dancers (i.e. use of appropriate mats, away from excessive noise and distractions, suitable athlete to coach ratio, etc.)
- Coaches should recognize an athlete's ability level and focus on providing fundamentals. Athletes should not be pressed to perform activities until everyone has a fundamental understanding of safety requirements
- All cheerleading squads and dance teams should adopt a comprehensive conditioning and strength building program
- Tumbling, partner stunts, pyramids, and jumps should be limited to appropriate surfaces during practice and competition
- If your cheer squad or dance teams needs additional help from a coach with their stunts you must fill out a Special Privilege form and turn it in with your registration entries

# Spectator Guidelines



- Please refrain from using abusive or offensive language towards anyone: officials, coaches, opponents, or fellow spectators
- Please remember that the athletes are amateur athletes and the coaches and officials are all volunteers
- Let the coaches' coach the athletes – **PLEASE** refrain from shouting instructions
- Spectators and fans are prohibited in the competition areas. Only registered/approved coaches and athletes should be in the competition area
- **ALL CHEERS** should stress the spirit of good sportsmanship. Negative comments directed to athletes, coaches, or officials will not be tolerated

# Appropriate Attire



- ▶ **Uniforms:** Team members must wear outfits alike in style and color. All team members must have athletic shoes with a non-marking sole. Consider the athlete when choosing uniforms (No boots may be worn). **A deduction of five points will be giving for uniform violations**
- ▶ **Bottoms:** Women/Men - pants, shorts, skorts or skirts (**must be at least mid-thigh and/or knee in length**). No slit allowed in skorts, shorts or skirts (if a slit exist in uniform it must be sewed up or fabric behind the slit). Briefs or bloomers must be worn with all skirts
- ▶ **Tops:** Tank-top, collared shirts, or T-shirts (no pockets). No halter tops will be allowed. Straps must be at least 1" inch wide. Spaghetti straps will not be permitted. Apparel must cover the midriff at all times
- ▶ **Jewelry:** No jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, stickers, or glitter is allowed. Pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. **A deduction of five points will be giving for jewelry violations. Exceptions:**
  - ▶ Medical ID tags/bracelets and temporary tattoos are allowed
  - ▶ **Hair:** For safety reasons, long hair should be out of the face and secured (if possible)
  - ▶ **Gum:** No gum is allowed

# Traditional vs Unified Team



Traditional Special Olympics teams are made up of all athletes (people with an intellectual disability). All athletes competing must have a current physical form on file at the state office by the registration deadline.

For a Unified team, the number of Special Olympics athletes must be equal to, or exceed by one, the number of Unified partners. Athletes who are involved in a Unified team must also have a physical form on file at 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 at any time during the competition, the number of Unified partners exceeds the number of Special Olympians; the squad and/or team will compete for participation ribbons only. There will be **NO** exceptions to this rule.

**Registration forms will not be accepted without the proper ratio of athletes and Unified partners.**

# Squad Members/Unified Team



2 member squad	1 athlete	1 Unified partner
3 member squad	2 athletes	1 Unified partner
4 member squad	2 athletes	2 Unified partners
5 member squad	3 athletes	2 Unified partners
6 member squad	3 athletes	3 Unified partners
7 member squad	4 athletes	3 Unified partners
8 member squad	4 athletes	4 Unified partners
9 member squad	5 athletes	4 Unified partners
10 member squad	5 athletes	5 Unified partners
11 member squad	6 athletes	5 Unified partners
12 member squad	6 athletes	6 Unified partners
13 member squad	7 athletes	6 Unified partners
14 member squad	7 athletes	7 Unified partners
15 member squad	8 athletes	7 Unified partners
16 member squad	8 athletes	8 Unified partners

# Cheer Competition



- There is no music allowed in this competition. A squad must perform two different cheers. If a squad performs only one cheer and repeats, there will be a five point deduction. If a squad exceeds three or more cheers there will be a five point deduction.
- Having a five second pause between cheers will help the judges identify where one cheer ends and the other cheer begins:
  - There will be two ping pong paddles that are labeled, “cheer 1” and “cheer 2” These will be available to use to allow for the five second pause but are not a requirement nor will deductions be made if they are not used
- **Divisioning:** Will be based on ability, squad size, and age. The oldest age on the squad will determine what age group the athletes will compete in. Co-ed teams are allowed but must follow the rules of size, age, and ability
- **Coaches’ Box:** two coaches will be allowed to coach the squad from the coaches’ box in between the judges’ tables. Coaches must remain inside the box. You may not be in front of the judges table or on the floor



# Cheer Competition Continued



## Size:

Individual

Small squad: 2-8 members

Large squad: 9-16 members

No more than 16 athletes are allowed

## Age:

Junior: 8-21

Senior: 22+

## Ability: (see appendix for definition of ability levels)

- **Beginner:** Team non-mount & non-tumble
  - Must perform at least one jump **and** one kick by at least one athlete
- **Advanced:** Team mount & tumble
  - Must perform at least one jump **and** one kick along with **at least** one tumble, stunt, or pyramid by at least one athlete
- **Unified Team**

**Time:** This performance time includes changes in signs, pompoms or other props. Judging and timing of your performance will start with the first word. So for example, if you have an entrance cheer, it will count towards one of your cheers. **If you exceed the allotted three minute time a five point deductions will be made.**



# Dance Competition

A team must perform two different dance routines to two different songs. **Sound effects are allowed but actual cheers are not.**

**The following deductions will be made:**

- One dance to two songs, five point deduction
- One dance to one song, five point deduction
- Exceeding two dances and two songs, five point deduction

**Divisioning:** Will be based on ability, team size and age. The oldest age on the team will determine what age group the athletes will compete in. Coed teams are allowed but must follow the rules of size, age and ability.

**Time:** A team has a maximum performance time of 2 minutes and 30 seconds. The 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 five point deduction made.**



# Dance Competition Continued

## 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

## Ability:

- **Beginner:** Team non-mount & non-tumble
  - Must perform at least one jump **and** one kick by at least one athlete
- **Advanced:** Team mount & tumble
  - Must perform at least one jump **and** one kick along with **at least** one tumble, stunt or pyramid performed by at least one athlete
- **Unified Team**

# Dance Competition Continued



**Music:** Music must be suitable for family listening. Music must be in a CD format. Hand signals from the coach in the coaches' box will be used to indicate to the volunteer when the music should be started and stopped.

Music must be ready to start once the volunteer pushes play for the music to begin:

- **For example:** Time will not be allotted for a team's music that a volunteer must fast forward to a 1 minute and 30 seconds for to push play for the dance routine to begin
- The volunteer must be able to push play right away for the dance routine to begin and end

**Coaches' Box:** Due to formations, two coaches will be allowed to coach the team from the coaches' box in between the judges' tables. Coaches' must remain inside the box. You may not be in front of the judges table or on the floor.

# Performance Space



## **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.

The performance floor will be outlined by blue tape on the day of competition.

## **Practice Surfaces**

Practice sessions must be held in a location suitable for spirit activities, i.e. appropriate surface/area, reasonably free of obstruction and excessive noise, etc.

## **Performance Surfaces**

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

# Resources



Basics of cheerleading jumps:

- Watch video [Cheerleading Jumps](#)

How to do a toe touch:

- Watch video [Toe Touch](#)

# Quiz



Click the link here:

[Cheerleading and Dance Quiz](#)