

D. Basketball (*Continued*)

- c. Prior to the beginning of the tournament, all coaches must submit the names and the numbers of the 12 players who will compete in the tournament. Once this list has been submitted no additions or changes may be made.
- d. A 30-second shot clock is required in Blue Division and recommended in Red and White Division tournaments. (See paragraph D.5c on page 35 for set-up and use.)
- e. The tournament will be played using 8-minute quarters and/or a "running clock" may be used for the preliminary round of games or the losers bracket games. If the "running clock" is used the procedure found in paragraph D.5d on page 35 should be used with the addition that the last two minutes of the second and fourth quarters the "running clock" be turned off and revert to the "stop and start" clock.
- f. Throughout the KAIAC Tournament, the upper bracket will be considered the home team and will wear white or a light color uniform.
- g. If during the tournament an "IF" game is necessary, it will consist of two periods of ten minutes with a "running clock." If the score is still tied after the two periods, there will be an additional period of five minutes with a "running clock." If the score is still tied then additional five minute periods will be played until there is a winner.

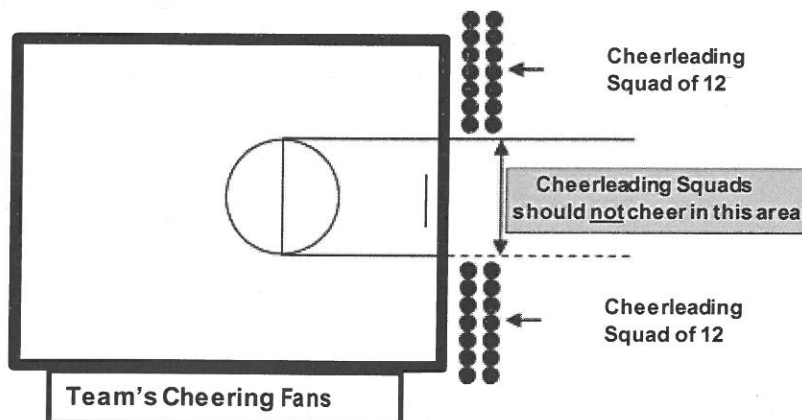
E. Cheerleading

Cheerleading is an opportunity for students to *support* and *represent* the school's athletic program. It demands athleticism and enthusiasm. KAIAC encourages the participation of girls and boys in cheerleading. Cheerleading will compete as two levels based on specific criteria. Spirit and safety guidelines for cheerleading are set in the *National Federation of High School Spirit/Cheer Rulebook* (www.nfhs.org). The other governing board that will be used for rules and guidelines is the American Association of Cheer Coaches and Administrators (www.aacca.com).

1. Roster Size

- a. Regular Season Games - Schools may have Level 1 and Level 2 teams of any size so long as the number of cheerleaders never exceeds 12 on the sidelines during the game. The only exception is half-time routines when the number may exceed 12 when it poses no safety hazard.
- b. At the end of season competition the roster size may not exceed 16 members.

Approved Cheerleaders' Location on a Basketball Court



2. Practices

Cheerleading squads are permitted to practice year-round as a "Cheer or Spirit Club" and perform only at home games during intermissions or half-times of fall or even spring sports. Cheerleader squad must hold a minimum of ten practice days before the regular

E. Cheerleading (*Continued*)

basketball season for the purpose of conditioning and the safety of the student-athlete. The "Official KAIAC Cheerleading Season" will be the basketball season and cheerleaders are only officially to cheer for those games. The one exception to this policy is that DoDDS may perform and compete during the fall football season. The KAIAC Team and All-KAIAC Cheerleader competition will usually take place following the regular basketball season.

3. Game Attendance

- a. Cheerleading squads must attend all home games and must cheer for both boys and girls teams.
- b. Visiting teams are encouraged to bring cheerleading squads for Friday and Saturday games. Cheerleading squads are given the option to travel for weekday games at the discretion of that school's athletic director and administration.
- c. Cheerleading squads must have attended at least 80% of the regular season's KAIAC basketball games in order to be eligible to participate in the KAIAC season ending cheerleading competition. This is based on an honor system which coaches and teams are responsible to uphold.
- d. Schools must turn in a roster prior to the KAIAC season ending competition to the hosting school with alternates in case of injury.

4. Game Procedures

- a. The home team squad and coach should assist the visiting squad in finding locker rooms, pointing out where visiting team and fans should sit and any special local procedures.
- b. Home teams, whenever possible, should try to provide a public address system and CD/MP3 player for the visiting cheerleading teams. However, squads should not assume that all schools can provide sound equipment so they should come prepared with a CD/MP3 player for half-time routines.
- c. Cheerleaders should stand on the sidelines of the court nearest their team and fans. Although squads are no longer required to form an "L" shape on the sidelines, they should not extend their line under the backboard so as to possibly distract a free-throw shooter. It is understood that each school's gym is different and that squads should only cheer in safe areas that will result in minimum distraction to the game and fans.
- d. If the coaches and referees are in agreement, cheerleaders may alternate coming onto the court between quarters and during one-minute time-outs, but they must have cleared the floor by the buzzer, so as to prevent delays in the start-up of the game.
- e. Half-time routines should be no longer than 3-minutes in length, not including the time for placing mats on the floor, with the visiting team going first. The home team squad should sit as a team near mid-court to encourage and cheer for the visiting team.

5. Safety

Cheerleaders and coaches must follow the safety guidelines outlined in the *National Federation of High School Spirit/Cheer Rulebook* (www.nfhs.org) and the American Association of Cheer Coaches and Administrators (www.aacca.com). This information is updated every year, and the conference will provide the coach with the rulebook. Pay special attention to these guidelines:

- a. Coaches should regularly receive training in basic safety as well as in specific cheer safety.
- b. Stunts should be learned progressively, based on the coach's assessment of the cheerleaders' abilities. Stunts should never be performed or practiced without a coach's supervision.

E. Cheerleading (Continued)**6. KAIAC Competition**

- a. A KAIAC cheerleading competition (including Level 1 and Level 2 competitions) will be held on a date established by the host school, preferably coinciding with the basketball tournaments (same dates), but at different locations.
- b. Judges & Spotters:
 - i. A panel of three (3) judges minimum will be hired for the KAIAC competition. Suggestion: If a panel of hired judges cannot be secured, then a panel of judges from participating schools will be assembled and the competition may be conducted as an exhibition / festival / showcase with feedback being provided by the panel.
 - ii. An additional penalty judge will also be hired.
 - iii. 3 spotters will also be provided (can be hired).
- c. Each school must declare one month prior to the competition whether they will compete in Level 1 or Level 2 for the competition. This should be reported to the commissioner for that year.
- d. Half the teams from Level 1 and half the teams from Level 2 will compete in a finalist round and perform their routine a second time.
- e. Each year the host school and participating schools will follow the KAIAC Competition Rules and Regulations set out below. The host school will be required to provide the KAIAC rubric sheet that explains the scoring and the scoring sheets to each participating school. The host school each year will receive a Competition checklist and a copy of the KAIAC Cheer Competition Host School Folder that will give all pertinent details and original handouts to be copied for each participating school. The folder is to be given to the host school at the fall KAIAC AD meeting.

7. KAIAC Cheer Competition Rules and Regulations (Adapted from UCA Competition Document)**a. General Rules:****i. School Divisions:****1) Level 1 Division:**

- 9th-12th grade
- Maximum of 16 members which may include up to 3 males
- Above basic tumbling level (round-off toe touch, front walkover, aerial, front & back handspring, back tuck, layout)
- Above basic stunting level (prep to extension, full-up extension, prep level one-leg, one-leg extension, inversion)
- Above basic jump level (herkie, hurdler, toe touch, pike, sequence combinations)
- Above entry-level experience

2) Level 2 Division:

- 7th-12th grade. Large schools may not utilize 7th and 8th graders.
- Maximum of 16 members which may include up to 3 males
- Basic tumbling level (forward roll, cartwheel, round-off)
- Basic stunting level (thigh stand, shoulder sit, elevator, prep to extension)
- Basic jump level (herkie, toe touch)
- Entry-level experience

ii. School Representation and Team Participation

- 1) All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing.
- 2) Individuals are NOT permitted to compete on two School Teams.

E. Cheerleading (Continued)

- 3) Teams may participate in more than one competition during the season.
 - 4) The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
 - 5) We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.
- iii. Uniform Guidelines
- 1) All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude-colored body suits and liners; however, fringe would not count as a cover.
 - 2) Any team in violation of the uniform guidelines will be assessed a five (5) deduction.
- iv. Time Limitations - Performance Routine
- 1) Each team's presentation must include at least one cheer or sideline chant. The musical portion must not exceed one minute and thirty seconds. Total time limit is two minutes and thirty seconds. The timing will begin with the first movement, voice, or note of music, whichever comes first.
 - 2) If a team exceeds the time limit, a penalty will be assessed for each violation.
 - 3) Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to all for variations in sound equipment.
 - 4) Introductions
 - All team breaks, rituals and traditions need to take place prior to entering the mat.
 - Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.
 - All teams should refrain from any type of excessive celebration following the team's performance.
 - There should not be any organized exits or other activities after the official ending of the routine.
- v. Music - Performance Routine
- 1) Teams may use an unlimited number of songs in their routine at competitions.
- vi. Competition Performance Area - Performance Routine
- 1) Participants must start in the competition area with at least one foot on the ground.
 - 2) Teams may line up anywhere inside the competition area. KAIAC Competitions comply with the NFHS & AACCA surface ruling that school based programs may not compete on a spring floor.
 - 3) Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
 - 4) Any team member stepping outside or touching outside the performance area will cause the squad to receive a .5 penalty per occurrence.
 - 5) A penalty will be assessed when any ONE full hand, foot or body part touches outside of the performance surface. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition areas

E. Cheerleading (*Continued*)

8. Interruption of Performance

- a. Unforeseen Circumstances
 - i. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
 - ii. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.
- b. Fault of Team
 - i. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
 - ii. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
- c. Injury
 - i. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
 - ii. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
 - iii. The injured participant that wishes to perform may not return to the competition floor unless:
 - 1) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - 2) If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - 3) In the event of a suspected concussion, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

9. How to Handle Procedural Questions

- a. Rules and Procedures: Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
- b. Performance: Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

10. Interruptions and/or Rulings

Any interpretation of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the KAIAC Rules Cheer Committee. The KAIAC Cheer Rules Committee will render a judgment in an effort to ensure that the

E. Cheerleading (Continued)

competition proceeds in a manner consistent with the general spirit and goals of the competition. The KAIAC Cheer Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

11. Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team are responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

12. Disqualifications

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

13. Finality of Decisions

By participating in this competition, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

14. Scores and Rankings

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition.

15. Judging Criteria

The judges will score teams using the criteria listed on the KAIAC score sheet. Each team will be evaluated on a 100-point system. Any deductions or violations will be taken off of the final score.

16. Safety Rules - Rules subject to change by AACCA. Go to www.AACCA.org for updates

17. Awards

- a. First, second, and third, place awards will be presented to the top three Level 1 schools. First, and second place awards will be given to the top two Level 2 teams.
- b. "Crowd Favorites"
 - i. i The host school may decide to have "Crowd Favorites" awards given at the competition. It is up to the school to decide which awards will be offered and how the awards are decided. The host school will discuss options for these awards at the fall coaches meeting prior to the competition.
 - ii. ii These are not official KAIAC awards. They will be paid for by the host school.
- c. All-Tournament Patches:
 - i. Coaches from the finalst competition teams in Level 1 and Level 2 will select 3 All-Tournament recipients from their team. Coaches from the non-finalist teams will select 1 All-Tournament recipient from their team.
 - ii. ONLY ONE team per school is eligible to receive All-Tournament Patches
 - iii. Cheer will use an adjusted Hill Formula (see page 31)
- d. All-KAIAC Competition Patches will be given to the 12 cheerleaders with the highest scores. (see below)

E. Cheerleading (Continued)**18. ALL-KAIAC CHEERLEADING COMPETITION GUIDELINES (2015)**

- a. **Explanation:** At the KAIAC Competition Cheerleaders will have the opportunity to compete individually for "All-KAIAC" recognition.
- b. **Participants**
 - i. Up to 3 members of any Level 1 squad
 - ii. Coaches may choose the participants or they may be nominated by their teammates.
- c. **Skills to be performed**
 - i. A spirited entrance of some sort (may include tumbling)
 - ii. A jump of their choice (no double jumps)
 - iii. A UCA style cheer (a video will be provided prior to the competition)
 - iv. A UCA style 32-count dance (a video will be provided prior to the competition)
- d. **Schedule**
 - i. The competition will take place after the Level 1 finals
- e. **Procedures**
 - i. The All-KAIAC Competition will be patterned after the All-American tryouts that typically happen during UCA summer camps.
 - ii. All participating cheerleaders will sit together on the mat/floor.
 - iii. Each cheerleader will tryout in a group of approximately 4.
 - iv. Tryout groups will be a mix of 4 cheerleaders from different schools. For example, if a school sends 3 (three) cheerleaders to participate in All-KAIAC, they won't perform with each other; they will be split up and will perform with cheerleaders from other schools.
 - v. The cheer and dance will be choreographed by an outside source and will be uploaded to the KAIAC Cheerleading website approximately 2 weeks before competition takes place.
 - vi. All-KAIAC scoring rubric and judging sheets will be provided to all competing schools. Copies are located at the end of this section.
- f. **Awards**
 - i. The 12 best cheerleaders will be chosen by the judges based on the score sheet below. There will be no "ranking" of these 12.
 - ii. The top 12 will each receive an All-Tournament Patch.