



## IMPORTANT DATES TO REMEMBER!!!

1. Pre-Tournament Meeting	<p align="center"><b>Sunday, November 8, 2015</b></p> <p align="center"><b>T1/T2 meeting room at Kaimuki High School, 12:00pm -2:00pm</b></p> <p align="center">Map posted at <a href="http://bitly.com/HHSAAcheer">http://bitly.com/HHSAAcheer</a>. Parking at the cafeteria lot.</p>
2. Team Information Sheet	<p align="center"><b>Sunday, November 8, 2015</b></p> <p align="center"><b>Emailed to <a href="mailto:HHSAAACHEER@gmail.com">HHSAAACHEER@gmail.com</a></b></p> <p align="center"><b>Subject: Team Info 2015</b></p>
3. Tournament Roster	<p align="center"><b>due: Wednesday, November 11</b></p> <p align="center"><b>Emailed to <a href="mailto:HHSAAACHEER@gmail.com">HHSAAACHEER@gmail.com</a> and <a href="mailto:roster@hhsaa.org">roster@hhsaa.org</a></b></p> <p align="center">Form posted at <a href="http://bitly.com/HHSAAcheer">http://bitly.com/HHSAAcheer</a>.</p>
4. Team Skill Sheet	<p align="center"><b>Wednesday, November 11, 2015</b></p> <p align="center"><b>(Changes can be made after this date)</b></p> <p align="center"><b>Emailed to <a href="mailto:HHSAAACHEER@gmail.com">HHSAAACHEER@gmail.com</a></b></p> <p align="center"><b>Subject: State Skill Sheet 2015</b></p>



**2015**  
**Zippy's**  
**Cheerleading**  
**State Championship**

**Saturday, November 14, 2015**

**Neal Blaisdell Center**

**Honolulu, Hawaii**

ZIPPY'S STATE CHEERLEADING CHAMPIONSHIP  
**NOVEMBER 14, 2015**  
NEAL BLAISDELL CENTER, HONOLULU HAWAII

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION**

HHSAA Executive Director ..... Chris Chun  
HHSAA Associate Director..... Russell Aoki  
Director of Information & Marketing ..... Natalie Iwamoto  
Assistant Director of Information ..... Wes Nakama  
Cheerleading Coordinator..... Joel Shugart

**TOURNAMENT COMMITTEE**

Tournament Director ..... Joel Shugart  
Medical Personnel ..... ILH Athletic Trainers

**SPECIAL THANKS**

Zippy's ..... Jason Higa, Charlene Kim & Jeanine Mamiya-Kalahiki  
Blaisdell Arena ..... Mary Lewis

## CHEERLEADING

### I. SPECIFIC OBJECTIVES

- A. To select state cheerleading champions through competition.
- B. To recognize the combined efforts of all the participating teams in the tournament.
- C. To encourage the highest principles and standards of general behavior.
- D. To emphasize respect for opponents.
- E. To promote the highest principles of sportsmanship in competition.

### II. JUDGES

- A. The Hawaii State Cheerleading Judges Association (HSCJA), with the approval of the HHSAA Executive Director, shall select the championship's judges. Every effort will be made to select a "balanced" panel of judges so no one private cheer company, local collegiate program, specific gender, specific level of experience or acknowledged "style" of cheerleading is over-represented.
- B. The judges' panel will not have any direct ties and/or relationship with any of the schools participating in the State Competition for a minimum of three (3) years.
- C. Shall be at least eighteen (18) years old with expertise in the fields of cheerleading and/or dance.
- D. The judges' panel shall consist of the following:
  - 1. Three performance judges
  - 2. One range judge
  - 3. Three safety judges
  - 4. Two timers

Note: The highest and the lowest judge's scores WILL NOT be dropped.

### III. JUDGES DECISION

- A. The decision of the judges will be final.
- B. In case of a tie, the total points from the "cheerleading fundamentals" section on the score sheet will determine the winner. In the event that there is a second tie, the total points from the "overall performance" section on the score sheet will determine the winner. In the event of a third tie, the judges will rank the teams and this will determine the winner.
- C. All final score sheets must be verified by the HHSAA Executive Director.
- D. Squads will receive official certificates indicating:
  - 1. School/squad name
  - 2. Total points earned
  - 3. The winning Score
  - 4. Final ranking of individual squad
- E. Original score sheets will be mailed out on the next business day following the state championships.

### IV. ELIGIBILITY

- A. Each participant must be eligible under the rules of his/her league and under the eligibility requirements specified by the HHSAA.

V. RULES GOVERNING TOURNAMENT

- A. The National Federation of State High School Associations' ("NFHS") Spirit Rules Book shall govern the tournament, with HHSAA modifications as necessary.
- B. The HHSAA observes the ACAA and NFHS cheerleading rules, specifically to the "No Double Down Ruling."

VI. TOURNAMENT REPRESENTATION

- A. One-half (50%) of a league's cheerleading squads shall qualify for participation in the state tournament. With respect to any calculated league representation number ending in "0.5" (e.g., 2.5 squads), such number shall be rounded down to the nearest whole number (e.g., 2.5 squads rounded down to 2 squads).

VII. TOURNAMENT FORMAT AND SCHEDULE

A. Tournament Categories

There is no minimum of members and a maximum of 20 members per squad.

Medium – 11 or less squad members

Large – 12 to 20 squad members

All cheerleading squads that have qualified for the state tournament shall be entered in the medium or large category based upon the size of their squad that competed in their league championship (i.e., medium – 11 or less members; large – 12 to 20 members).

- B. The performance order will be determined by seeding based on league championship scores. (Rev 6/2015)

C. Routine Specifications

1. Squads shall perform one routine that incorporates both cheer and dance.
2. Squads must provide a non-squad member to assist in the operation of the performance CD.
3. Any props or uniform additions/deletions must receive prior approval by the HHSAA Cheerleading Coordinator(s) and the HHSAA Executive Director.
4. If a team's routine is interrupted due to failure of the competition equipment, facilities or other factors attributable to the competition rather than the team, the team affected will be allowed to restart its routine.
5. If there is a problem with the music it is the responsibility of the coach to contact the HHSAA State Cheerleading Coordinator immediately.

D. Timing

1. Each team will have **two minutes and thirty seconds (2:30)** of performance time. Squads must not exceed a **maximum of one minute and thirty seconds (1:30)** of music and must perform a **minimum of thirty-five (0:35)** seconds for Cheer/Chant.
2. Timing will begin with the first uniform movement, words, or first note of music, while on the performance mat. Timing will end with the last organized word, movement, or note of music by the team.
3. All squad participants must start their routine in the performance area with at least one foot on the ground. Following their introduction, squads may line up anywhere inside the performance area.

4. All routine entrances must be limited. Only a short-term break, tumbling out, jumps, and brief crowd motivation will be allowed. This will not be timed, but must be brief. No organized exits or other activities are allowed after the official ending of the routine.
5. Teams must exit the performance area immediately following their routine. No organized exits or other activities are allowed after the official ending of the routine.

E. Performance Area

- All competition routines will take place within a matted 42ft. x 42ft area (7 mats). Mat panels will be placed with seams running toward the audience.
- Tournament personnel will assist teams in moving from the warm-up area to the on-deck area. Squads may not enter onto the performance area until they are introduced by the tournament's announcer.
- Each squad will be given time to enter the performances area for the purpose of placing signs, megaphones, and/or poms (i.e. "props".) Prior to the start of the routine, all props must be set down within the performance area and picked up after the conclusion of the performance. Cheerleaders may not reach outside the performance area to retrieve props during the routine. ALL "props" will start completely ON the performance area.
- Signs, megaphones, and pompons are the only props allowed; however if your team is interested in using other props please get approval from HHSAA before use. Signs cannot be used in a theatrical manner, but rather, should have words or symbols associated with school spirit and/or game situations. Signs should not be used just to decorate the performance area, or used as a "break through" for theatrical purposes.

F. Safety Rules

1. All squads will be required to comply with the current NFHS Spirit Rules Book published by the National Federation of State High School Association.
2. Any squad found in violation of the NFHS Spirit Rules Book or tournament's requirements will be assigned a penalty for each infraction.
3. Additional Spotters: Squads will not be required to provide non-squad members as additional spotters for their routine. However, if squads choose to provide them, one per stunt group is preferred and spotters must be knowledgeable on squad's routine & capable in basic spotting. Further, the spotters must comply with all NFHS & HHSAA rules during the routine.
4. Cheerleading coaches are required to attain the AACCA Spirit Safety Certification and a yearly review of the current NFHS safety guidelines as administered by the HHSAA cheerleading coordinator. (Rev. 6/2012)

G. Penalties (Overall Point Deductions)

1. Over or under the time limit: 1 point for every 5 seconds. (i.e., 1-5 seconds over/under = 1 pt deduction, 6-10 seconds over/under = 2 pts. deduction; therefore, 3 seconds over/under = 1 pt deduction, 7 seconds over/under = 2 pts. deduction.)
2. Not following safety regulations: 5 points/major infraction, 2 points/minor infraction.
3. Any missed or dropped stunts or tumbling: 1 point/stunt group or tumbler.
4. Note: Deductions will be subtracted from the final score and no penalties will be assessed after the routine is completed. Please refer to Safety Violation Form for specific details.

G. Schedule

The HHSAA championships will be held on a Saturday when the adequate venue is available.

VIII. SIZE OF SQUAD IN TOURNAMENT

Subject to the guidelines set forth in Section VI.A., schools may bring the following persons for complimentary admission into the state tournament: (1) competing team members and ONE alternate (must be in uniform); (2) two coaches and/or advisor; (3) two spotters; (4) one performance music operator; and (5) one athletic trainer. Names of the above-listed people must be listed on the official tournament roster form that must be signed by the school's athletic director. All other persons must purchase a ticket for entry into the state tournament.

Each person listed on the roster will receive a pass for admission into the tournament venue. **ONLY the Personnel with Passes** will be allowed down onto the floor. **IF THERE IS NO PASS, THERE WILL BE NO ENTRANCE INTO THE TOURNAMENT VENUE OR INTO THE PERFORMANCE AREA.**

IX. UNIFORMS

- A. NFHS Spirit Rules shall prevail.
- B. All squads must wear official school cheerleading uniforms during the tournament. No costumes are allowed in the tournament.

X. AWARDS AND TROPHIES

- A. All scores will be announced during the awards ceremony and posted for media release.
- B. Permanent trophies for medium and large championship and runner-up teams.
- C. 20 medals for championship team members.
- D. 20 medals for runner-up team members.
- E. Additional medals may be requested at the school's expense.

XI. EVALUATION

An evaluation report and results of the tournament are to be submitted by the Sport Coordinators to the HHSAA Executive Director within two weeks after the tournament.

XII. ADMISSION

Adult	\$9.00
Senior Citizens (62 and over)	\$5.00
Students (Grades K-12)	\$5.00

\*Note: See Section VIII., above, for complimentary admission guidelines for team members and coaches.

XIII. STATE TOURNAMENT DISQUALIFICATION RULE

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

## STATE CHEERLEADING CHAMPIONSHIP - BASIC INFORMATION

### I. TOURNAMENT SCHEDULE

#### A. Pre-Tournament Meeting

All head coaches or a representative of participating state tournament squads (including exhibition squads) are **required** to attend a pre-tournament meeting on **Sunday, November 8, 2015, 12:00 pm, in the T1/T2 meeting rooms at Kaimuki High School.** Among other things, this meeting will go over the competition details and determine the squads' order of performance.

#### B. Tournament Date, Location, and Time

The 2015 Zippy's Cheerleading Championship will be held on Saturday, November 14, 2015, at the Neal Blaisdale Center and begin at 12:00 pm.

#### C. Tournament Schedule

1. Check-in & Warm-up Time – 9:00 a.m.
2. Doors open to Competitors – 11:50 p.m.
3. Doors open to spectators – 11:55 p.m.
4. Start of Competition – 12:00 p.m.

### II. JV EXHIBITION PERFORMANCES

#### **SUBJECT TO CHANGE AND AVAILABILITY SET FORTH BY OC16.**

The top THREE JV squads from the OIA, the top THREE JV squads from the ILH, and the top JV squad (1) from the BIIF, MIL, and KIF shall be eligible to participate in exhibition performances at the State Championship. Any unfilled slots shall be filled by the next highest place finishers in that league JV or Intermediate division. These exhibition squads will perform during the breaks in between the Varsity squad performances. All performing exhibition squads must comply with all applicable NFHS, HHSAA, and league rules and regulations. Exhibition coaches for eligible squads are requested to contact their league coordinators for any further information.

### III. HHSAA COMMUNICATION TO LEAGUE COORDINATORS

In order to maximize communication efficiency, the HHSAA Cheerleading Coordinator will provide all State Cheerleading Championships information to each of the leagues' cheerleading coordinators. Therefore, all coaches should contact their respective league coordinators directly regarding any information or questions, and not the HHSAA's Cheerleading Coordinator.





Hawaii High School Athletic Association

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- P.O. BOX 62029 • HONOLULU, HAWAII 96839 •
- PHONE: (808) 587-4495 • FAX: (808) 587-4496
- www.sportshigh.com - info@hhsaa.org •

**ZIPPY'S CHEERLEADING CHAMPIONSHIPS**  
November 14, 2015 @ Blaisdell Arena

**School:**

First Name	Grade	Date of Birth	Date of 1st entry into 9th grade

The above named entries are accurate and complete.

Principal:

Athletic Directors:

Head Coach: \_\_\_\_\_ email: \_\_\_\_\_

Asst. Coaches:

Spotters:

Performance Tape Operator:

Athletic Trainers:

Email to roster@hhsaa.org and HHSAACheer@gmail.com

Deadline: Wednesday, November 11, 2015

**2015 HHSAA State Cheerleading Championship**  
**Due: Sunday, NOVEMBER 8, 2015 OR SOONER**  
Bring to meeting, or e-mail: [HHSAACheer@gmail.com](mailto:HHSAACheer@gmail.com)

## 2015 Team Information Sheet

**School Name:**

Name of Coaches:

**Name of Captain(s):**

**School Colors:**

**School Mascot:**

**Current cheer awards/titles (w/in last 2 years):**

**Squad Motto:**

Unusual or interesting fact about team or team member:

TEAM SKILLS SHEET

Please list all skills in order of your performance (Motions, Dance, Jumps, etc....)

Skill	Description of Skill	Target Range

# 2015 Zippy's State Cheerleading Championship Evaluation

EMAIL TO: Joel Shugart at [HHSAACheer@gmail.com](mailto:HHSAACheer@gmail.com) after the Championships

School Name: \_\_\_\_\_

How was your state championship experience?

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Did you think the facilities were adequate for the 2012 Zippy's State Cheerleading Championship?

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Was the check-in process smooth?

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Was the event staff knowledgeable, respectful, and on-task?

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Did you find the schedule of the days events easy to follow?

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Did your team have enough time to warm-up before your performance?

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What is one thing that would have been helpful to know before the competition?

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Please share any suggestions that you would like HHSAA (not the HHCJA) to consider for next year state championship?

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