

- A. All contests and competitions shall be governed by the High School Federation rules where applicable and/or amended by the CIAC and the CCC.
- B. The visiting cheerleading squad will follow the regulations of the home school unless their school regulations are more restrictive.
- C. Upon arrival it is the responsibility of the home cheerleading coach or Site Director to greet the visiting team.
- D. There will be no tumbling or stunting on the sidelines during Basketball games while the ball is in play.
- E. Cheerleaders must remain outside the playing area during a 30 second time out during a basketball game.
- F. The CCC All Conference Cheerleading team will be selected in the same format as the CIAC All State Cheerleading Team. All Conference Cheerleading packets will be sent out to the head coach regarding the tryouts.
- G. A varsity cheerleading competition will be scheduled between member CCC schools annually. It will not conflict with the CIAC State Cheerleading Championship.
  1. Admission prices for the competition are \$5.00 Adults, \$3.00 Students and \$3.00 for Senior Citizens age 65 and older. Entry fee is \$75.00 per team.
  2. There is no minimum number of cheerleaders required to enter and compete. There is a maximum of no more than twenty (20) per team. (CIAC rule – NOTE: This number may change based upon State Championship Committee recommendations.)
  3. Co-ed teams will compete in their respective divisions.
  4. The CCC Cheerleading championships will follow the guidelines and protocol in accordance with both the National Federation of High School Athletic Associations and the CIAC. The judges will use the same score sheet that the CIAC will use for the State tournament.
  5. The awards given at the championships will be as follows:
    - i. A first, second, and third place trophy/plaque will be awarded for each division (North, South, East, West).
    - ii. A league Grand Champion trophy/plaque will be to the team with the highest overall score. In the event of a tie, the winner will be determined by the highest total of *Overall Effect/Overall Appeal* scores from the judges. In the event that the *Overall Effect/Overall Appeal* score is tied as well, the highest and lowest scores will be dropped for each team. The remaining scores will be added up and the team with the highest will be considered the Grand Champion.
    - iii. In the event of a tie for first place for the League Division both teams will be awarded first place and the next team would place second. In league divisions, there can be multiple winners for first, second, and third place.
    - iv. All Conference Cheerleaders will also be recognized.
  6. **Signs, Noisemakers, and Banners Forbidden**—please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards and streamers are DEFINITELY NOT ALLOWED. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as the cheerleaders. They will not be permitted.
  7. There will be a panel of category judges who will use the score sheet agreed upon by the State Cheerleading Championship Committee. There will also be TWO (2) certified safety judges who will confer and complete one penalty sheet according to national and state safety regulations.
    - i. All judges will be selected from affiliations outside the CCC schools and duly certified. It is recommended that they have experience at the state, regional and/or national levels of judging and/or should represent various certified cheerleading organizations.
    - ii. Tabulators will not be affiliated with any participating school in the championships.

- iii. The championships will follow the same format as the State Championships:
  - a. one round competition
  - b. order of appearance will be randomly selected
  - c. routine between 2 and 2 ½ minutes
  - d. total of 1 minute 30 seconds of recorded material
  - e. props limited to pom-poms, megaphones, and flat sign-boards no larger than 22" x 28".
  - f. Music and props will be evaluated before the competition begins
  - g. Warm-ups for full routines
  - h. 42' x 42' carpeted mat on half a regulation basketball court
  - i. Trainer available to attend to emergency needs.

**All-Conference selection Process:**

1. All Conference Try-Out is open to any varsity member in grades 9-12. Division total – nine (9) from (6 school divisions), eight (8) from (5 school divisions). Adopted 11/5/15
2. Coaches will nominate athletes via email by date designated in paperwork (typically the end of December)
3. Athlete must have cheered for a sport either/both in the fall or/and winter seasons.
4. Nominees must be in good standing with their schools in order to be considered.
5. A coach may nominate up to but not more than 2 cheerleaders if squad has less than 10 members.
6. A coach may nominate up to but not more than 3 cheerleaders if squad has 11-17 members
7. A coach may nominate up to but not more than 4 cheerleaders if squad has 18 or more members.
8. Applications and video/DVD submissions must be postmarked by Monday, January 24, 2011 (corresponding Monday each year).
9. Materials should arrive together and late entries will not be accepted.
10. Guidelines for submissions will be forwarded to the coaches annually.
11. A panel of judges from the CCC Cheerleading League will review applications and video submissions using the guidelines established by the All-State Cheerleading Committee (copies will be forwarded each season for review).

Reviewed: 11/06/09 BS

## **2016-17 CCC Cheerleading By-Laws**

### **I. Purpose**

- a. To promote and improve cheerleading in the Central Connecticut Conference (CCC).
- b. To establish a network system of support and unity among all who are involved in cheerleading.
- c. To provide opportunities, education, training, and growth experiences for cheerleading coaches and cheerleaders.
- d. To promote the highest possible professional standard of coaching.
- e. To build conference-wide unity and sportsmanship among our schools.

### **II. Rules**

- a. CAS/CIAC will prevail as to eligibility.
  - i. During the fall season, CIAC rules will be distributed to all coaches (i.e. # of cheerleaders per team, competition rules and regulations, fines, etc.)
- b. National Federation rules will be followed for issues regarding apparel, participation, and safety (i.e. tumbling, stunting, etc.). Athletic directors will provide a copy of the NHFS rules to coaches
- c. Participation

- i. Cheerleaders may not interfere or impede the progress of an athletic contest at any time.
- ii. When available (with the exception of athletic contests), skills should be conducted with proper safety measures and constraints in place (spotters and mats)
- iii. The visiting cheerleading squad will follow the regulations of the home school unless their school regulations are more restrictive.
  - 1. Upon arrival, it is the responsibility of the home Cheerleading Coach, Site Director, and/or Athletic Director to greet the visiting team
- iv. There will be no tumbling or stunting on the sidelines during basketball games while the ball is in play.
  - 1. Cheerleaders must remain outside the playing area during a 30-second time-out in a basketball game

### III. **Membership**

- a. Includes all member schools in the Central Connecticut Conference (CCC)
- b. Members are bound by the CCC League By-Laws
- c. Classification of schools: North, Central & South regions
  - 1. North Region:
    - a. Blue Division - East Catholic, East Hartford, Hartford Public, Manchester, South Windsor
    - b. White Division - Bloomfield, Fermi, EO Smith, RHAM, Rockville, Tolland
  - 2. Central Region
    - a. Blue Division - Conard, Hall, Glastonbury, Simsbury, Southington
    - b. White Division - Avon, Bulkeley, Farmington, Northwest Catholic, Weaver, Windsor
  - 3. South Region
    - a. Blue Division - Bristol Central, Bristol Eastern, New Britain, Newington, Wethersfield
    - b. White Division - Berlin, Maloney, Middletown, Rocky Hill, Plainville, Platt

### IV. **Scheduling**

- a. CCC Cheerleaders will represent their respective schools in CCC athletic events as determined by the Athletic Director and/or Head Cheerleading Coach

### V. **Meetings**

- a. The CCC Cheerleading Committee will meet twice per season.
  - i. Each member school cheerleading coach is required to attend (at least) one (1) meeting per year (September – March) in order to participate in the CCC League Championship
  - ii. It is the responsibility of the officers and all Athletic Directors to encourage participation at the CCC Cheerleading Committee meetings.

- b. Quorum - A simple majority of member schools (1 vote per school) shall constitute a quorum for the transaction of business
- c. Committee Meetings will be scheduled as needed

**VI. CCC Cheerleading Committee Chairpersons**

- a. The chairpersons (head or divisional) of the CCC Cheerleading Committee shall serve for one (1) school year
  - i. Chairpersons shall volunteer for the position(s) and will then be appointed or elected (if contested) at the last winter season meeting by the CCC Head Cheerleading Coaches
  - ii. Any vacancy may be filled by an affirmative vote of the CCC Cheerleading Coaches. The chairperson elected to fill a vacancy shall serve the balance of the unexpired term of his/her predecessor
  - iii. Chairpersons must be active CCC coaches

Cheerleading Chairperson Responsibilities:

1. Set the date, time and location to select all conference athletes.
2. Advise the AD liaison of the end of season date, time and location.
3. Submit the all-conference selections to the AD Liaison within 24 hours of the meeting, if the AD Liaison is not in attendance.
4. Act as the chief representative of the CCC Cheerleading Committee
5. Update & manage committee by-laws
6. Distribute meeting notices to all member schools
7. Maintain the *CCC Cheerleading Committee Contact List*
8. Keep accurate attendance records at both fall & winter meetings
9. Sit at the head table for the Aqua Turf dinner and present the Champion Certificates to the divisional winners. A few remarks regarding State Tournament results, State Records, etc. is also welcome. (If a chairperson cannot attend, please find a replacement and let the conference secretary know who their replacement will be.)

Division Chairperson Responsibilities:

1. Attend the 4:30pm end of season meeting at the Aqua Turf and inform all head coaches in their division of the meeting and that their attendance is mandatory. In the event of an emergency, an assistant coach should be their designee. This meeting will start promptly at 4:30pm.
2. Participate on judges panel for All-Conference selection

b. League Championship Committee

- i. This committee is responsible for organizing and facilitating the annual CCC League Cheerleading Championship based upon the established criteria
- ii. Host school cheerleading coach serves as chairperson
- iii. Members the committee will volunteer and include a CCC Cheer committee chairperson (head or divisional) as well as the host school AD

**VII. Sportsmanship**

- a. Refer to both National Federation rules & CIAC Sportsmanship statement – Sportsmanship/Conduct.
- b. Cheerleaders and Coaches are primarily responsible for promoting school spirit, displaying and encouraging good sportsmanship, etc.

**VIII. All-Conference Selection**

- a. To be determined by member school coaches at designated try-out
  - i. Tryouts must occur for cheer since no statistics are collected during the seasons
  - ii. Candidates must demonstrate a high level of expertise in a variety of cheer skills
- b. The all-conference criteria will follow all criteria set forth by the state cheerleading committee
- c. Please see the Appendix A for selection criteria, judging information, nomination form, tryout form, and application

**IX. League Championship**

- a. A varsity cheerleading competition will be scheduled between member CCC schools annually. It will not conflict with the CAS/CIAC State Cheerleading Championship.
  - i. All league teams are strongly encouraged to compete. In order to do so, a coach from each team must attend at least ONE (1) regular league meeting scheduled during the year
  - ii. If a member team attends other competitions, they **MUST** attend the CCC Cheerleading Competition
  - iii. There is no minimum number of cheerleaders required to enter and compete. There is a maximum of no more than twenty (20) per team (CIAC rule ~ NOTE: this number may change based upon State Championship Committee recommendations)
  - iv. Co-ed teams will compete in their respective regions.
  - v. Both Junior Varsity and Dance teams from league schools will also be invited to demonstrate an exhibition performance during this competition.
  - vi. This competition will be given priority status over any other event with the exception of the state championship
- b. By the end of the fall season (around December 1<sup>st</sup>), the time, date and location will be recommended by both the competition committee and the host site, with approval by the CCC Athletic Directors. Postponements and rescheduling will be determined by the host site. The rescheduled date should be on the Sunday of the competition weekend
- c. The CCC Cheerleading Championships will follow the format and all criteria set forth by the state cheerleading committee in an attempt to mirror the state championships

- d. The CCC Cheerleading Championships will follow the guidelines and protocol in accordance with both the National Federation of State High School Athletic Associations and the CIAC

d. Host School

- i. The host school will be any school that has the capacity to hold the competition.
- ii. The host school can be the same school two years in a row.
- iii. The host school may run a concession stand, message-gram sale, and/or program sales, and profit from these events
- iv. Each host school will provide their own volunteer workers to man ticket & concession sales, help the teams, and assist in the general procedures of the competition

Awards

- e. The awards given at the championships will be as follows:
  - i. A first, second, third and fourth place trophy/plaque will be awarded for each region
  - ii. A league Grand Champion trophy/plaque will be awarded to the team with the highest overall score. In the event of a tie, the winner will be determined by the highest total of 'Overall Effect/Overall Appeal' scores from the judges. In the event that the 'Overall Effect/Overall Appeal' score is tied as well, the highest and lowest scores will be dropped for each team. The remaining scores will be added up and the team with the highest will be considered the Grand Champion
  - iii. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. In league regions, there can be multiple winners for first, second, and third place
  - iv. All-Conference Cheerleaders will also be recognized

Judges

- f. There will be a panel (4) of category judges who will use the score sheet agreed upon by the State Cheerleading Championships Committee. There will be one (1) additional judge to assess deductions. There will also be one (1) certified safety judge who will confer and complete one penalty sheet according to national and state safety regulations. (Total number of judges = 6)
  - i. All judges will be selected from affiliations outside the CCC schools and duly certified. It is recommended that they have experience at the state, regional and/or national levels of judging and/or should represent various certified cheerleading organizations
- g. Tabulators will not be affiliated with any participating school in the championships
- h. See *Appendix B* for CAS/CIAC score sheets for cheerleading

Format

- i. The championships will follow the same format as the State Championships:
  - i. one round competition
  - ii. order of appearance will be randomly selected by division; starting division rotates each year
  - iii. routine between 2 and 2 ½ minutes
  - iv. props limited to pom-poms, megaphones, and flat sign-boards no larger than 22" x 28"
  - v. 42' x 42' carpeted mat on half a regulation basketball court (2 sets required = 1 for warm-ups; 1 for performance)
  - vi. Warm-ups in separate area/gym (stretch – tumbling – stunts – full mat – perform)
  - vii. trainer available to attend emergency needs
- j. The CCC Cheerleading Committee will collect all proceeds from ticket sales
  - i. Admission will be \$5.00 for adults; \$3.00 for students
  - ii. All expenses (DJ, judges, trophies, etc) will be paid by the CCC
- k. The CCC will use a tee shirt vendor to sell tee shirts at the event and the CCC will profit from these sales
- l. Vendors must fill out paperwork provided by the CCC and be approved. They will pay a \$200 fee
- m. These regulations can be amended at any time per recommendation of the Championship Committee and approval of the CCC Cheerleading Committee and Athletic Directors

*Sources: CCC guidelines entitled "Responsibility of AD Liaison, Sports Advisor Chairperson and Divisional Sports Advisor", 2004-05 ECC Cheerleading By-Laws, 2004-05 Southwest Conference League By-Laws, Hawthorne Area Recreation Association Constitution & By-Laws, South Dakota Cheerleading Coaches Association Constitution & By-Laws.*