Guidelines of the

KENTUCKY CHRISTIAN CHEERLEADING ASSOCIATION

An affiliate of the

KENTUCKY CHRISTIAN ATHLETIC ASSOCATION

NAME

The name of this organization shall be the Kentucky Christian Cheerleading Association.

II. PURPOSE

The purpose of this organization shall be:

1. To bring glory to the Lord Jesus Christ through all cheerleading and related activities.
2. To promote good sportsmanship through cheerleading.
3. To promote Christian fellowship between KCAA member schools.
4. To foster a concern for improvement and progress in cheerleading as a SPORT.
5. To improve the standards of selection of the members of cheerleading squads.
6. To lead students to a knowledge and appreciation of the advantages that participation in this sport will bring.
7. To improve the techniques of coaching.

III. MEMBERSHIP AND DUES

1. School membership is open to all schools who are members of the KCAA for the current school year.
2. Dues shall be $60.00 per varsity squad and $50.00 per junior varsity squad.
3. Dues shall be sent to the KCAA treasurer postmarked no later than November 1st .
4. A certificate of eligibility must be sent to the KCAA cheerleading director.
5. Dues shall be valid for one year. A “year” shall be from the 1st day of November through May 31st of that following year.

GENERAL GUIDELINES

I. PURPOSE

A. A KCAA Cheerleader is to seek and bring glory to the Lord Jesus Christ through all her activities, both on and off the court.

B. She must represent her school with integrity at all times.

C. She shall promote good sportsmanship through cheerleading.

D. She shall promote Christian fellowship among other KCAA member schools.

E. She shall lead their crowd and support their team.

II. CONDUCT

1. Squads will take turns using the floor between quarters. The visiting squad will go first. If a squad doesn’t want to take its turn, the other squad may go ahead.
2. Time-out crowd cheers will also be alternated between squads.
3. A squad should not cheer while the opposing squad is performing a floor cheer or leading a crowd cheer during their turn.
4. Cheerleaders are expected to watch the game enough to choose appropriate chants and cheers. However, they should not become so absorbed in the game that they neglect their duties as a cheerleader.
5. The cheerleaders first interest should be in the game, and especially their team, but their duty is to lead the crowd and support their team.
6. No squad should pick up or participate in any chant or cheer which might be considered unsportsmanlike. The squad shall try to dissuade the crowd from negative cheering; for example, by beginning another cheer or chant.
7. While a team is at the free throw line, negative chants or yells from the opposing squad are unacceptable. All cheers should stop when the shooter receives the ball.
8. The host squad, or a representative should be on hand when the visiting squad arrives to show them where to change and where they will be cheering.
9. Squads should always leave the floor when the buzzer sounds.
10. Cheerleaders should not partake in any refreshments during the game. If it is necessary for a squad member to get a drink, she should not disturb other members of the squad.
11. Conversations between cheerleaders should be kept to a minimum and should be game related. Conversations between cheerleaders and fans should be discouraged.
12. Squads should stay in front of their own crowd so not to interfere with the opposing squad.

III. RULES

We suggest that each school have their own written guidelines governing their own cheerleading program. These regulations should include some of the following.

1. Academic requirements – KCAA MINIMUM GUIDELINES.
2. Grounds for suspension.
3. Try out information.
4. Absence from practice.
5. Absence on the day of a game.
6. Dismissal from the squad for smoking, drinking, drug use, and misconduct in or out of uniform.

COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and success. Each student should be treated with the upmost respect and her welfare should be considered in decisions made by the coach at all times.

The Coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character and the highest expectations of Christian fellowship.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the KCAA, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of drugs, alcohol, and tobacco while in contact with athletes.

The coach shall promote the entire interscholastic program of the school and direct program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to all team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administration.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite athletes or spectators against the officials.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give athletes special consideration.

COMPETITION REGULATIONS

 The following regulations will be adhered to during the KCAA varsity and JV State Tournament. If any KCAA school sponsors a cheerleading competition, we suggest using these KCAA regulations in order to make it less confusing and to maintain uniformity for all competitions. All cheerleaders and coaches must be familiar with the General Guidelines and the Competition Regulations.

I. ELIGIBLITY

A. Only KCAA member squads will be judged during the KCAA State Tournament Competition.

B. To be eligible to compete, member squads must have completed a certificate of eligibility and must have submitted it to the KCAA Cheerleading Director no later than January 1st Names can’t be added or substituted after this date. Should any person participate who isn’t listed on the certificate of eligibility, the squad will be disqualified.

C. Any alternate must be listed on the Certificate of Eligibility.

D. Any Varsity Cheerleader serving as a mascot must be listed on the Certificate of Eligibility.

E. Any other person serving as a mascot need not be listed. However, persons not listed will not be allowed to participate in the State Competition. Any mascot participating in the State Competition must be a Varsity Cheerleader.

F. If any school or squad has been placed on probation by the KCAA, they will not be eligible to compete.

G. No cheerleader may compete on more than one squad.

H. In order for a squad to participate in the State Competition as a Varsity or J.V. squad they must have cheered during the season for that level of team. Therefore, a varsity squad may not compete in the Varsity division unless they have cheered for their varsity team during the season and the same applies for a J.V. squad.

I. Any cheerleader arriving after the official start of judging of their squad will not be allowed to participate.

J. A maximum of 12 members will be allowed to compete in any KCAA competition.

K. Cheerleaders must be no younger than 6th grade to compete in the Varsity division.

L. Cheerleaders in 11th and 12th grades may not compete in the Junior Varsity division.

II. JUDGES

1. There should be 3 judges for the State Tournament Competition. The three judges should not be affiliated with any school represented in the competition.
2. Any questions concerning judging should be asked prior to the start of the competition.
3. Judges should write a brief explanation on the judging sheet concerning any deductions a team receives. A zero may not be given for any individual item unless the squad fails to perform that skill. For example if a squad doesn’t do any jumps there will be a 0 on the score sheet in that category.
4. Judges may give a portion of a point in any category of the score sheet by using decimals.
5. Judges must write dark enough for duplication.
6. Judges must finalize total and combined total in ink.
7. Judges should sign their judging sheet.
8. Reporting of results;
9. To determine placement of squads, the totals from each score sheet for that squad must be added to arrive at the combined total. The combined total should be entered in the blank space provided and verified with the coaches initials.
10. Judges must determine 1st and 2nd places. There will only be a state champion and a state runner up at KCAA State Competition. The names of the two winning teams will be given to the announcer of the event.

III. HANDLING OF JUDGES SHEETS

 KCAA will use the KHSAA All Girl Scoring Grid and Score sheets.

1. The KCAA cheer director in charge of the competition shall write the names of the squads on the judges score sheets before they are given to the judges.
2. A table or area will be provided for judges and coaches to verify score sheets and totals.
3. Judges must handle the score sheets in such a manner as to have the scores and comments remain as confidential as possible.
4. No one except the judges are to see the score sheets until after the results have been announced. Except in verification of score sheets by coaches.
5. Coaches are to not look at any other score sheet other than their own teams.

IV. JUDGING SHEET VERIFICATION

1. The KCAA cheer director must meet with the judges to verify score sheet totals.
2. After the totals have been checked by the judges and the KCAA cheer director, the coaches of each squad will meet with the judges to verify correct score sheet totals.
3. Any squad not verifying their totals forfeits the right ti question score sheet totals and no changes will be made.
4. Each coach must verify their own scores as well as the judges combined total and initial both as being correct.
5. Should an error in tabulation be found, the original score should be circled. The new score shall be written to the side of the original and with reason given and initialed by the judge.
6. The final scores for all the squads will be given to each participating school along with their score sheets after awards have been presented.

V. DEDUCTIONS

 The coach of any squad receiving deductions or being disqualified will be notified during score sheet verification. KCAA will abide by the current NFHS safety guidelines. KCAA will also use KHSAA All girl Scoring Grid and Score sheets. Deductions for any reason will be noted on the particular teams score sheet.

1. Any squad using mascots that are not varsity cheerleaders will receive a 3 point deduction per judge for a total of 9 points.
2. If a squad does not display any type of school identification, they will receive a .05 deduction per judge.
3. Any squad exceeding the time limit 2:30 fort main cheer and 1:30 for spirit cheer will receive a 5 point deduction per judge.
4. Any squad using props other other than poms, signs, flags, or megaphones will receive a deduction of 3 points per judge.
5. Minor deductions like stepping on signs or poms, use of glitter, hair or finger nail violations will receive a deduction of 10 points.
6. NFHS safety violations will receive 25 points in deductions.

VI. DISQUALIFICATION

 Any squad which is disqualified will not be considered for awards.

1. A squad competing with more than 12 members will not be considered for awards.
2. Varsity squads competing with members younger than 6th grade will be disqualified.
3. J.V. squads with members older than 10th grade will be disqualified.
4. If a squad or member violates NFHS safety guidelines they will receive a total of 25 points deducted from their total score.
5. Disqualification of a squad does not eliminate 2 of its members from being chosen for KCAA All State Squad.

VII. SPORTSMANSHIP

 A cheerleaders conduct and attitude should be a credit to her uniform and school at all times. Any unsportsmanlike gesture on the part of a cheerleader will be severely penalized.

VIII. APPEARANCE

 As long as a cheerleader is doing her job, she should not be penalized for any physical defect or handicap.

1. Hair should be neat with length and style optional. Bangs are acceptable but shouldn’t obscure vision. It is recommended that, for safety reasons, long hair be secured away from the face and off the shoulders.
2. Makeup if worn, should be moderate and not distracting. Only clear nail polish is allowed. The reason for this being safety. If a cheerleader is hurt and requires emergency medical treatment having nail polish on fingers inhibits medical monitoring equipment. Nails should be not clearly visible beyond the finger tip as to prevent injury during stunting and tumbling.
3. Posture should be pleasing at all times
4. Uniforms should be neat, clean, and pressed. Skirts may be no shorter than 4 inches above the knee per KCAA guidelines. Pants may be worn in substitution of skirts however pants should not be tight to where undergarment prints are visible.
5. Socks and shoes should be neat and clean, style optional but alike.
6. Jewelry, spirit buttons, or coursages of any type may not be worn during competition. This rule is strictly for safety reasons and will be enforced. If medical medals must be worn they are to be taped to the body under clothing.
7. NO GLITTER! No glitter on the face, body, hair, signs, etc. This is also a safety issue as glitter can get into the eyes.
8. When standing at attention the uniform must cover the midriff.
9. Supports or braces that are hard and unyielding or have rough surfaces must be appropriately covered. Any participant in a hard cast must not participate in stunts.
10. Footwear must be appropriate and must cover the foot.

FLOOR CHEER COMPETITION

 The cheerleading style of any squad is left entirely to the discretion of the particular squad and it’s coach. The KCAA in no way dictates or encourages any particular style of cheering. Judges must judge only the execution of the style, not the style itself.

 The KCAA will use the KHSAA All Girl Scoring Sheets and the KHSAA All Girl Scoring Grid for all routines judged at competition. Deductions for safety, appearance and other violations will follow KCAA, NFHS and KHSAA Guidelines and if a squad receives a deduction it will be noted on the score sheet.

 Squads should take the floor immediately upon hearing their name called.

At competition the order of performance will be selected at random before competition. Once the warm up process is complete squads will take their place with their team on the side of the performance surface. When a team is called to perform the team that performs after them will be called to go “on deck”. Meaning they need to be prepared to take the floor once their name is called after the team performing is finished.

No floor cheer is to exceed two minutes and thirty seconds. The time of the cheer shall commence on the first word, motion, or signal on the part of any squad member. The end of the cheer shall be on the last word or motion on the part of any squad member. However, if the entire squad is not in a standing position for the last word or motions, the time shall continue until each squad member regains a standing position on the floor. For example, if a squad ends their cheer in a pyramid or stunt time will continue to commence until all stunts are cradled and all squad members are in a standing position on the floor.

 Each squad is to perform one floor cheer. This cheer may include a variety of jumps, stunts, motions, tumbling, formations, and partner stunts. It is required that all members perform at least one jump together. No music or sound effects will be allowed, The use of signs and poms is permitted.

Additional spotters may be allowed on the floor to spot stunts. But in no way are spotters allowed on the floor to spot tumbling.

 KCAA State Cheerleading competition will follow all NFHS safety guidelines. Coaches are strongly encouraged to purchase a copy of the current NFHS Spirit Safety Rules book. NFHS updates safety rule books annually and KCAA state competition will abide by the most current NFHS safety guidelines. Coaches may purchase NFHS Spirit safety handbooks online at [www.NFHS.com/](http://www.NFHS.com/)

SPIRIT CHEER COMPETITION

Each squad participating in the KCAA state competition must also perform a spirit cheer. The spirit cheer will be judged separately than the floor cheer; however, the scores for both cheers combined will be totaled to determine State Champion and State Runner up. There will be no special award for spirit cheer. If a squad fails to perform a spirit cheer they will receive a zero on their spirit cheer score sheet and only the score from the floor cheer will be put into their final score.

The spirit cheer may be no longer than one minute and thirty seconds. Spirit cheer must only include motions, formation changes, and jumps. NO STUNTS OR TUMBLING shall be in the spirit cheer. If a squad performs tumbling and stunts in the spirit cheer the deduction will be ???

Squads may use poms, signs, megaphones, flags, and mascots during the spirit cheer. The spirit cheer is to showcase a squads sharp motions, formation changes, school spirit, and over all technique.

AWARDS

1. PARTICIPATION

No award for participation will be given to all squads participating in the KCAA State Competition.

II. COMPETITION PLACING

 Trophies for State Champion and State Runner up will be the only trophies awarded at KCAA State for the competiton.

 III. ALL STATE CHEERLEADING SQUAD

 Two members from each participating squad shall be named to the All-State Cheerleading Squad. This award is based on year-long performance, evaluation from the coach, principal, and teachers.

DEDUCTIONS

1. -6 Using mascots not listed as cheerleaders.
2. -1.5 No school identification on uniform.
3. -15 exceeding the time limit 2:30 for floor cheer and 1:30 for spirit cheer.
4. -9 use of props other than poms, signs, megaphones, or flags.
5. -10 points for stepping on poms or signs, hair or fingernail violation, use of glitter, jewelry, braces, or casts.
6. -25 POINTS FOR ANY NFHS SAFETY VIOLATION.

KHSAA Scoring Grid and Score Sheet information.

All Girl Score sheet. Dance section will be replaced with motions.

**http://khsaa.org/forms/ch116.pdf**

All Girl Difficulty Grid

**http://khsaa.org/forms/ch113.pdf**

KCAA CHEER RULES PROPOSALS

1. Mascot rule. To allow a mascot that isn’t a varsity cheerleader. Allow a designated student to participate as mascot at state competition. Instead of designating a mascot be a varsity cheerleader allow each school to have designated mascots and alternate mascots in order to prevent taking away from the cheerleading squads number of athletes in uniform.
2. Deductions for spirit cheer violations need to be set. Deductions for violating the non tumbling non mount rules of the spirit cheer need to be set. It is suggested that these deductions mimic the 25 point NFHS safety deduction.
3. Include JV in State cheerleading competition using the same rules other than age requirements for JV. Other sports state tournaments include all age divisions. JV can compete before Varsity and awards can be announced all together. By having JV be able to compete it promotes member schools JV programs and assists JV athletes with being able to compete at a JV level before moving up to Varsity and being expected to compete at Varsity level with little or no prior competitive experience. All other sports are provided competition at all age levels the same should be for the KCAA State Cheerleading Competition.
4. Allow music for the main floor cheer competition by following the Christian Cheerleaders of America “Music and Moves policy” all music must be pre-approved. Routines would still be traditional cheer routines but providing music with the level of tumbling and stunting that the sport of cheerleading currently requires to be competitive provides athletes the ability to breathe. It is not an easy task for our kcaa athletes to jump, tumble, and stunt for a full two minutes and thirty seconds all while cheering.

Proposed Music and Moves Policy. The Christian Cheerleaders of America successfully uses this policy to govern their competitons and to ensure that rules are plain and clear and that the violations will be severely punished.

MUSIC, MOVES and DRESS POLICIES AND GUIDELINES

ANY Violation of these rules will result in DISQUALIFICATION without a refund. Violations will be judged by competition judges

and competition director(s). ALL music must be approved by the KCAA cheer director ONE MONTH PRIOR to competing..

A form must be signed and dated by coach once for all events for each season one month prior to KCAA STATE

All words/phrases should be positive and uplifting, not negative, degrading or mocking to other teams/schools. They should not be “slashing” and unsportsmanlike.

No degrading words that undermine authority (police, parental, political, etc), glorify or legitimize illegal substance, drugs, or activities. This also includes legal substances such as tobacco and alcohol. No sexual references or innuendos. No lewd, suggestive words (or gestures). The word “booty” or any other suggestive reference to body parts are not permitted. Nothing representative of the drug or gang culture allowed. No references to violence, murder, etc. No violent screams. Special attention is required to be sure that God,

Jesus Christ is not referred to in any way that might be less than holy and pure and is lowered to the level of humanity. Upbeat Christian contemporary music is allowed and

WELCOMED!

Upbeat secular music is allowed, as long as, it meets the criteria mentioned above; however, we do require that you not use ANY portion of a song if the song in its entirety does not meet the above guidelines (i.e. using a verse of a song in your mix with acceptable words but the

chorus has unacceptable lyrics). The reason for this rule is so that we do not come across as endorsing either the artist or the song when it is recognizable to the audience. This would be detrimental to the testimony of CCA and will not be allowed.

PLEASE NOTE! Certain secular artist’s music is not allowed to be used AT ALL.

We are not judging these artists; however, we have been unable to find ANY selection from

them as acceptable by CCA guidelines. This list includes:69 Boyz, DMX, Eminem, Flo Rida, Nicki Minjai, LMFAO, Lil John, Lil Wayne, Ludacris, Marilyn Manson, Missy Elliot, Nelly, Petey Pablo,Snoop Dog. There may be other songs by other artists that will be disallowed

because of lyrics in the total song. These will be considered on a case by case basis. If you are unsure of the status of any other artist and/or lyrics, contact the KCAA Cheer Director .

ALL MUSIC MUST BE APPROVED WELL IN ADVANCE OF COMPETITION

(4- 6 weeks is suggested in order to allow time for

changes if music is not approved).

Music submitted less than 2 weeks prior to an event for review is subject to a $50 review fee; including any re-submissions due to previous disapprovals/changes.

NOTE: When

submitting music, please list songs and artists use

d in so that we can expediate the approval process.

While reviewing this information you will most likely be able to determine if lyrics

will be accepted or not. Failure to meet the MUSIC policy will result in DIS

QUALIFICATION without refund.

MOVES

No moves done during music or non-music parts of your routine shall have lewd or suggestive movements.No pelvic thrusts, body waves and/or rolls, extreme hip gyrations or upper body movements that have sexual connotations.

No bending with bottom facing audience allowed.

No sticking out tongue or any facial expressions or movements of a sexual nature. If there is any doubt at all that your routine moves are not in line with this policy, you should send a video

NOTE: The Moves Rules will be STRICTLY ENFORCED.

Violations of the MOVES policy will result in DISQUALIFICATION without refund.