

Competition

Participation Details

Taking your squad to competition is a great way to extend the football season and perform in events other than JTA football games. It's a good team building experience and a lot of fun for the girls to watch other squads. There is a lot of excitement at competition!

JTA will pay \$20.00 per girl for one competition. If the per girl fee exceeds this amount, Sponsors will need to collect from parents or the squad fund.

WHAT YOU NEED TO DO

1. Identify which competition you would like your squad to attend. As the dates are announced for the various competitions, a list will be provided to all Sponsors.
2. Start planning early. Competitions start in November.
2. JTA requires at least 2 weeks to process your competition request and submit a check. You must inform Aimee Elles that you are going to competition and how many girls will be attending. All checks will be made out directly to the competition, not to Sponsors.
3. You must have at least 10 girls to participate in competition. If you have girls on your squad who do not want to participate, you can pick-up girls from another JTA squad in the same grade.
4. It's helpful to have a parent meeting to discuss your competition practice schedule, costs, competition rules and guidelines and competition contracts. Each girl will be required to sign a competition contract. Squads will not be able to participate unless there is a contract on file for each girl. No exceptions to this rule.

COMPETITION SUGGESTIONS

ROUTINE A good cheer routine is a combination of sharp motions, jumps, tumbling, stunting and dancing. A good pom routine is a combination of kicks, leaps, turns, and other technical dance skills. Make sure the routine contains more than one formation with good flow from one formation to the next. Routines do not have to be difficult. It is better to have a simple routine performed perfectly than one packed with difficulty preformed poorly. Remember loud voices and expressive faces. Be creative!

TUMBLING AND STUNTING Tumbling and stunting play a big role in cheerleading today. The whole squad does not have to perform a tumbling skill to utilize it. Use what you have, and the whole squad will benefit. If you have one girl who can do back handsprings, use it. You can use cartwheels, round offs, forward and backward rolls. Competition squads perform standing tumbling and running tumbling, so try to use both if you can. Use stunting in at least two areas of your routine. It looks great to use one group stunt and one pyramid.

A stunt group is made up of two bases, a back spot, a front spot, and a flyer.
If you have 20 girls you have four stunt groups. A pyramid is a combination of group stunts joined together by holding hands, feet, etc.

All tumbling and stunting must be grade appropriate and follow INFC rules.

UNIFORM Make sure that every cheerleader is wearing the same thing. Uniform, shoes, socks, hair ribbons, bloomers, and white turtlenecks. White turtle necks are recommended, as it makes the uniform look more complete, hides flaws, and looks sharp on the floor.

MAKE-UP encourage your squad to all wear the same color make-up, applied the same way. If you have a parent who gets upset with the girls wearing make-up, explain that cheer competition is like a dance recital performance, and make-up is just to make the girl shine a little brighter on the floor. Make-up does not need to be applied heavily, but you will see a variety of make-up styles at competition that include false eyelashes and rhinestones applied to faces. If you have enough parents on your squad that would not like their girls to wear make-up, then the whole squad should go with out. Uniformity is the name of the game!

For squads going to competition for the first time, listed below are some inexpensive cosmetics that can be purchased at Walgreen's. These look great on the floor and have long-lasting wear:

Mascara: L'OREAL Original Voluminous, Black (in a grey tube with gold lettering and gold cap)

Lipstick: Mabeline Moisture Extreme #190 Royal Red OR Wet 'N Wild #552

Blush: Isadora Perfect Powder Rouge #01 Blushing Rose

Eye Shadow: Revlon Cream Shadow #400 Not Just Nudes

Glitter spray can also be worn to competition. The girls enjoy wearing it. Most competitions will let girls wear it but not apply it at the facility. So please have girls put it on in the parking lot or at home. Remember: everyone wears it, or no one at all.

HAIR Styles must be alike. Ponytails and big curls are very popular right now. Some squads even go as far as getting pre-curved hairpieces. However, you can achieve the same look by having girls sleep in pink sponge rollers over night.

And, be sure to work on how the squad enters and exits the floor. This is part of your performance, even though the judging does not start until the music does. Entering and exiting should be done in an organized and planned fashion.

Reminder: No gum chewing, no jewelry, and no nail polish!

UPCOMING COMPETITIONS

Fall Cheerfest Broken Arrow - November
www.fallcheerfest.com

Claremore Cheer Challenge - November or December
www.claremoreyouthfootball

Spiritfest Mania Bixby November
www.spiritfestmania.com

Oklahoma City - Platinum Competition - November
www.cachampionships.com

Bricktown Championships Oklahoma City - February
www.spiritcheer.com

Oklahoma Cheer Challenge Broken Arrow - February
www.varsity.com

Ameri Cheer Miami, OK February
800-966-JUMP

Mid America Open National Championship Kansas City - March
www.coacheeranddance.com

EXAMPLE SCORE SHEETS These score sheets are from two different competitions. This should give you a good idea about what the judges look for and how they tabulate scoring.

Choreography
TEAM - CHEER ROCK
Can include cheer, chants, dance, stunts, and tumbling.
Props and props are allowed. Tasteful and age appropriate.
Time limit: 2:35 minutes

TEAM: Jenks Metallic GRADE: 3rd

CHOREOGRAPHY Originality / Creativity Difficulty	10 points	<u>7</u>
OVERALL EXECUTION Precision of Movements Timing Degree of Difficulty Motion Technique	10 points	<u>8</u>
FORMATION Transitions Spacing Use of Floor	10 points	<u>7</u> <i>a little off, messy</i>
PROJECTION Voices Expressions	10 points	<u>9</u> <i>good</i>
SHOWMANSHIP Spirit Energy	10 points	<u>9</u> <i>good</i>
JUMPS	10 points	<u>8</u>
TUMBLING	10 points	<u>7</u> <i>Timing off</i>
STUNTING Stunt Difficulty Precision Uniformity Transition	15 points	<u>8</u>
OVERALL APPEAL	15 points	<u>12</u>
Time Violation = If applies - 5 point deduction		<u>0</u>

JUDGE: 1 2 3 TOTAL 75

Fall Cheerfest Official Score Sheet
Level 2

Team Name: Jenks Metallic Age Division: 3rd grade Judge # 4

TECHNICAL SKILLS	Maximum Points	Score	
Motions	10	<u>9</u>	<i>nice placement</i>
Jumps	10	<u>8</u>	
Tumbling	15	<u>13</u>	
Stunts	15	<u>12</u>	
Dance	10	<u>8</u>	
Routine Execution	Maximum Points	Score	<i>Craddles good</i>
Showmanship/ Expression/ Projection	10	<u>8</u>	<i>Pikes, Walkovers</i>
Formations/ Spacing/ Using of Floor	10	<u>8</u>	
Transitions/ Flow of Routine/ Timing	10	<u>8</u>	
Overall Impression (Crowd appeal, Creativity)	10	<u>8</u>	<i>good energy</i>
Total:	100	<u>82</u>	

Penalty (Circle all that applies)

- Time Violation = 5 point deduction
- Performing tumbling above ability level = 5 point deduction
- Performing stunt above ability level = 5 point deduction

Specialty Award
Circle one

Crowd Pleaser

Best Jumps

Pearly Whites

Good luck and have fun!