



16th ANNUAL UTEP CHEERLEADING CHAMPIONSHIP

FEBRUARY 18, 2024
DON HASKINS CENTER

\$225 per team

**REGISTRATION LINK
COMING SOON**

For more information contact Coach Bianca:
bmarquez6@utep.edu

PAYMENT INFO A Money Order, Cashier's Check, Purchase Order, School District check, Credit Card, Purchase Order, or Cash (NO personal checks or checks without a printed return address will be accepted).

Checks must be made payable to UTEP Cheer.

1. **Mail payment** to the attention of Bianca Marquez- UTEP Cheer,
Brumbelow Building, 201 Glory Road
El Paso, TX 79968.

OR

2. **Hand deliver payment** to the address above between the hours of 8:00am-4:30pm to Ms. Linda or Ms. Claudia in the Athletics Business office. **Business office CAN accept Credit Card payments in person.**

2024 UTEP Cheerleading Championship

Brought to you by the UTEP Cheerleaders

GENERAL INFORMATION

ELIGIBILITY

Entrants must be registered students at the school they are representing and official full-time members of their team at the time of competition. No members shall be older than 12th grade/ or 18 years of age for All- Star division. Other grade and age restrictions apply (See Divisions). The penalty for an eligibility violation will be disqualification.

CATEGORIES/DIVISIONS

UTEP's competition personnel reserve the right to delete, combine, or divide categories and divisions as deemed necessary. If categories/divisions are altered, adjustments will be made in the awards.

MUSIC

Please adhere to the copy right laws for music selections. **There will be IPOD, iPhone and Smart Phone capability. A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

PERFORMANCE MAT DIMENSIONS

1. 54' wide X 42' floor (9 panels- dead mat)

WARM-UPS/ PERFORMANCE GUIDELINES

Teams/Individuals will be given a scheduled meeting time to arrive at the venue for check-in.

(Scheduled meeting and performance times will be released closer to the event date)

- Warm Up Mat #1- 5 minutes (Memorial Gym)
- Warm Up Mat #2 -5 minutes (Memorial Gym)
- Warm Up Mat #3 - 5 minutes (Memorial Gym)
- Performance – (Don Haskins Center)

PERFORMANCE ORDER/SCHEDULES

Typically, performance order is based on the receipt of registrations. Teams that register before February 8th will be the last to perform in that division and teams that register after February 9th will be the first to perform (team names will be drawn). Adjustments may be necessary due to division/team conflicts.

All teams will receive an assigned check-in and warm-up time via email by Friday before the competition. A warm up area will be available with a 54' X 42' mat that you may use only during your assigned times. It is a good idea to stretch, warm up some elements, and mark through your routine before your assigned practice mat time. This should take place in the designated warm up area where the practice mat is located- Memorial Gym.

FOOD

Concessions will be available on the East concourse. Food and or drinks will not be allowed on or close to the competition and/or practice mats.

TICKETS/GENERAL ADMISSION

Three credentials will be allotted to each school/team for advisors and/or coaches at registration. Additional tickets for advisors and/or coaches may be purchased at the check in table on competition day for \$15. **Pre-sale tickets for the general public will be available beginning February 1st for \$12 at the UTEP Ticket Office on Mesa in front of the Don Haskins Center. (They will be \$15 on the day of the event.)**

FORMS

All competitors must submit a Minor Participant Form (waiver)-The host facility, the directors/sponsors and/or UTEP will not be responsible or held liable for any injuries occurring at the competition. A trainer will be on site to provide assistance for emergencies only. Taping of wrists/ankles for individual performers **will not be provided**, unless medically necessary to treat an injury.

TIME Penalties will be assessed as follows:

Penalties will be deducted for going over the total routine time limit.

0-4 seconds over = no penalty

5-9 seconds over = .25 point deduction

10-14 seconds over = .50 point deduction

15 + seconds over = 1.0 point deduction

A) Performance Order/Division Changes

It is the advisor's/coach's responsibility to check all performance schedules for accuracy prior to the team taking the performance floor.

****All cross-over participants must be disclosed when registering team to Coach Bianca; otherwise, changes will not be made once performance order is released*****

- All changes to your original competition registration must be put in writing and handed to the competition director prior to the competition.
- Division changes will not be made after Final Registration on February 14th. A team knowingly performing in an incorrect division will be disqualified from competition, but may perform for evaluation (exhibition) purposes only.
- Division changes will not be allowed day of competition. Please verify you have registered in the correct division.

UTEP Individual Cheerleading Championship

General Requirements:

Each participant will perform the following in this order: 1) three consecutive jumps, 2) one tumbling pass, and 3) a cheer. Overall performance may not exceed 90 seconds. **Music is not allowed.** A partner may not be used during the performance. Judging is based on voice projection, showmanship, cheer execution, spirit, and ability in the areas of jumps

and tumbling, as well as overall impression. There is a **five-trick limit** (jumps, gymnastics, splits) in your cheer performance. A back handspring back tuck, toe touch back handspring, or round-off back tuck are each considered two tricks. There will be a .5 penalty if more than five tricks are performed in your cheer and a separate .5 penalty if the routine exceeds the time limit. There will be four categories:

Youth: 3rd grade and below

Elementary: 4th – 6th grade

Middle School: 7th - 8th

High School: 9th - 12th grade

Males and females will compete in the same division based on grade. There is no limit as to how many individuals may enter from a team.

REMINDER

- **Final Registration is on Wednesday, February 14th**
- **Pre-sale tickets will be available beginning February 1st for \$12 at the UTEP Ticket Office on Mesa St. in front of the Don Haskins Center. (They will be \$15 on the day of the event.)**

ELEMENTARY, MS, HIGH SCHOOL CHEER: USA/ NFHS GUIDELINES

All school teams and individuals must follow USA/NFHS Cheer rules.

Refer to the following links:

- www.usacheer.org
- <https://usacheer.org/2023-24-nfhs-usa-cheer-spirit-rules-book>

The following rules/ skill restrictions will also apply to all team performance routines that fall under the **novice**, **intermediate**, or **advanced** divisions:

Novice:

- STANDING TUMBLING:** Standing tumbling is limited to a standing single back handspring.
- You can connect rolls and walkovers to a single back handspring.
 - Standing back handspring series and jump/back handspring combinations are **not allowed**.
 - Standing tucks are **not allowed**.
- RUNNING TUMBLING:** Running tumbling is limited to front and back handspring series.
- Flips and aerials are **not allowed** (no tucks).
- STUNTS:** Single leg stunts may only be held at prep level or below.
- Extended liberties are **not allowed**.
 - Twisting transitions are limited to a ½ twist by the top person.
 - Exception: Log Rolls/Barrel rolls are allowed.
 - All release moves must land in a cradle.
 - Released switch ups are **not allowed**.
 - The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.
 - Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - Example: Going from a cradle to a handstand or from a prone position to a forward roll is **not allowed**.
- PYRAMIDS:** Extended one leg stunts must be braced with a hand/arm connection by at least one person at prep level or below.
- The connection must be made prior to executing single leg extended stunt.
 - Extended stunts may not brace another extended stunt:
 - Example: Braced extensions
 - Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.
 - Inversions in pyramids are **not allowed** with the exceptions of the inversions allowed under Novice Stunts.
 - Release moves in pyramids are **not allowed** except for the release moves allowed under Novice Stunts.
- DISMOUNTS:** Only straight pop downs, basic straight cradles and ¼ turning dismounts are allowed. (Please see definition of dismount in NFHS rulebook)
- TOSSES:** The only body position allowed is a straight ride.

Intermediate:

- STANDING TUMBLING:** Flips are **not allowed**.
- No standing back tucks or back handspring back tucks.
- RUNNING TUMBLING:** Flips may **ONLY** be performed in tuck position only and from a round off or round off back handspring(s).
- Other skills with hand support prior to the round off or round off back handspring are allowed.
 - Punch fronts are **not allowed**.
 - No twisting while airborne.
 - Exception: Aerial cartwheels are allowed.
 - No tumbling is allowed after a flip or an aerial cartwheel.
 - Cartwheel to tucked flips and/or cartwheel to back handspring(s) tucks are **not allowed**.
- STUNTS:**
- Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition.
 - Release moves at prep level or above are **not allowed**.
 - Released switch ups are allowed if caught at prep level or below, they do not exceed ¼ twist, and they do not pass above extended arm level. Ball ups or other two feet release moves from below prep level are **not allowed** as these skills must follow toss rules.
 - Inversions may not pass through an extended position.
 - Example: Pancake/Fold Over
 - Twisting inversions are **not allowed**.
 - Example: Suspended roll with a full twist
- PYRAMIDS:** Braced flips are **not allowed**.
- Extended single leg skills may not be connected.
 - Pyramid transitions cannot release and twist.
 - All other pyramid skills must follow stunt rules unless braced from initiation of skill with a hand/arm connection.
- DISMOUNTS:** Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two-leg stunt.
- TOSSES:** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

Advanced:

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard 2023-2024 USA Cheer/NFHS Spirit Rules Book with no other skill restriction.

Recreational Cheer: USASF GUIDELINES

Update for 2024: This year, all traditional and performance recreational teams will follow USASF skill rules that apply to Level 1, 2, or 3 based on your recreational level.

- Traditional Rec: 2:30 min routine (Cheer: 1 minute/ Music: 1:30 minute)
- Performance Rec: 2:30 routine (Music 2:30)

All- Star Cheer: USASF GUIDELINES

All-Star teams and soloists must follow USASF rules/ age grid. See www.usasf.net for details.

DIVISIONS:

Exhibition (non- competitive)	ALL AGES
1. Traditional/Performance REC	(levels 1) 8yrs and under
2. Traditional/Performance REC	(level 2) 8yrs and under
3. Traditional/Performance REC	(level 3) 8yrs and under
4. Traditional/Performance REC	(level 1) 12yrs and under
5. Traditional/Performance REC	(level 2) 12yrs and under
6. Traditional/Performance REC	(level 3) 12yrs and under
7. Traditional/Performance REC	(level 1) 16years and under
8. Traditional/Performance REC	(level 2) 16years and under
9. Traditional/Performance REC	(level 3) 16years and under
10. Elementary (Mount)	6th grade and under
11. Elementary (Non- Mount)	6th grade and under
12. Elementary Private/Charter School (Mount)	5 th grade and under
13. Elementary Private/Charter School (Non- Mount)	5 th grade and under
14. Middle School (Mount)	6th - 8th grade
15. Middle School (Non- Mount)	6th - 8th grade
16. High School (Non- Mount)	9th - 12th grade
17. High School Coed (Mount 2 or more males)	9th - 12th grade
18. Freshman/Junior Varsity (mount)	9th - 11th grade
19. Varsity Novice (Mount)	9th - 12th grade
20. Varsity Intermediate (Mount)	9th - 12th grade
21. Varsity Advanced (Mount)	9th - 12th grade
22. Private/Charter School (Novice)	12th grade and under
23. Private/Charter School (Intermediate)	12th grade and under
24. Private/Charter School (Advanced)	12th grade and under

Game Day Competitors

1. Routine length must not exceed 3 minutes.
2. Includes: Band Chant, Situational Response (offense or defense), Crowd -leading cheer, Fight Song (Must be performed in this order)
3. There will not be a cue for the situational response. You can pick an offense or defense.
4. There will not be a buzzer to indicate moving on to the next session.
5. We will follow UIL Spirit Rules/ Guidelines for skill restrictions: <https://www.uiltexas.org/spirit>

25. Game Day Middle School 6th- 8th grade
26. Game Day Private/Charter Middle School 8th grade and under
27. Game Day Private/Charter High School 12th grade and under
28. Game Day HS- 4A

- 29. Game Day HS- 5A
- 30. Game Day HS -6A

All Star Division

- 31. Tiny 1
- 32. Mini 1
- 33. Youth 1
- 34. Junior 1
- 35. Senior 1
- 36. Mini 2
- 37. Youth 2
- 38. Junior 2
- 39. Senior 2
- 40. Youth 3
- 41. Junior 3
- 42. Senior 3
- 43. Senior Coed 3
- 44. Youth 4
- 45. Junior 4
- 46. Senior 4
- 47. Senior Coed 4
- 48. Youth 5
- 49. Junior 5
- 50. Senior 5

- 51. Senior Coed 5
- 52. Junior 6
- 53. Senior (All-Girl) 6
- 54. Senior (COED) 6

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|-----------------------|---------------------------|
| 55. All Star Prep | 1.1 Tiny, Mini Youth |
| 56. All Star Prep | 1.1 Junior, Senior |
| 57. All Star Prep | 2.1 Tiny, Mini Youth |
| 58. All Star Prep | 2.1 Junior, Senior |
| 59. All Star Prep | 2.2 Tiny, Mini Youth |
| 60. All Star Prep | 2.2 Junior, Senior |
| 61. All Star Prep | 3.1 Youth, Junior, Senior |
| 62. All Star Prep | 3.2 Youth, Junior, Senior |
| 63. All Star Novice 1 | (non-ranked division) |
| 64. All Star Novice 2 | (non-ranked division) |
| 65. All Star Novice 3 | (non-ranked division) |

NOTE:

There will be two sessions of competition. The tickets are good for both sessions provided spectators remain in the Don Haskins Center. Re-entry will not be allowed.

*** Three Grand Champions** will be awarded complimentary admission to 2024 UTEP Summer Cheer Camp!
Session 1 June 24th-June 26th, 2024 or
Session 2 June 27th - June 29th, 2024 (restrictions apply)

