

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

2024 CHEERLEADING CHAMPIONSHIPS

ALERT

PLEASE INFORM ALL PARTICIPANTS, COACHES AND SPECTATORS THAT THEY WILL BE THAT ALL BAGS WILL BE CHECKED PRIOR TO ENTRY INTO TRUMBULL HIGH SCHOOL. PLEASE ALLOW EXTRA TIME FOR THESE SECURITY CHECKS TO TAKE PLACE.

Any student-athlete who engages in conduct on or off school grounds or at a school sponsored activity that is in violation of their school or the facilities policy, will be subject to disciplinary consequences by their school's administration AND be ineligible to compete in the State Cheerleading Competition.

The policy at Trumbull High School States: Any student or adult who are in possession of the following contraband or any other items deemed as contraband by security, will be ineligible to compete in the competition. All items will be seized and not returned:

All weapons and nonprescription drugs of any type, including but not limited to: firearms, tazers, mace/pepper spray, knives/razors, box cutters, kubatons, knuckles, door opening devices, scissors, shanks/sharp pointed objects, screwdrivers, metal forks, hair picks, nonprescription drugs, tobacco products, e-cigarettes, vapes, alcohol beverage, glass bottles, BB-guns, water guns.

ALL TICKET SALES FOR CIAC TOURNAMENTS WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING. ALL TICKETS WILL BE PURCHASED PRIOR TO ARRIVING AT THE COMPETITION VIA GO FAN. <https://gofan.co/app/school/CIAC>

Team buses will drop off the teams behind the Trumbull football field. This entrance is for cheerleaders and coaches only. Spectators will enter at the front of the school. Buses will be asked to park in the back of the school or at the middle school. Further directions will be given closer to the the competition.

ONLY CHEERLEADERS WHO WILL COMPETING AND ON THE MAT FOR THE STATE COMPETITION AS WELL AS FOUR ALTERNATES AND THREE COACHES WILL BE ALLOWED TO ENTER THROUGH THE PARTICIPANT ENTRANCE. IF THERE ARE OTHER MEMBERS OF THE TEAM THEY SHOULD NOT BE IN UNIFORM AND ALONG WITH ANY OTHER COACHES WILL BE REQUIRED TO ENTER THROUGH THE SPECTATOR ENTRANCE AND WILL BE REQUIRED TO PAY THE ENTRANCE FEE.

All the information for this year's cheerleading competition is addressed in this packet of information. Coaches, please read all the information. A coaches meeting will be held via Zoom on Sunday, February 25, 2024 at 6:00 pm.

You are invited to a Zoom meeting.
When: Feb 25, 2024 06:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:
<https://casciac-org.zoom.us/joining/register/tZYkd-GupjMoHtXzqI906yMsGMohSEtKGYmT>

After registering, you will receive a confirmation email containing information about joining the meeting.

Each team is being assigned a report time for registration. You may come earlier than your assigned registration time but if you are not there by the registration time, we will assume that you will not be competing.

This year you are being asked to return a music compliance form **and** a copy of your music license by **February 16, 2024**. This form is included in this packet and should be returned to Sherrie Zembrzusi by email (missz14@sbcglobal.net).

The gym will be cleared between the first and second sessions. All Class M and Class S participants are asked to quickly gather their belongings and exit Trumbull High School after the end of the awards so that participants and spectators for COED, Class LL and Class L can enter Trumbull High School

Coaches are asked to bring their music on a cell phone. The DJ will have the proper cord to attach to the phone so your music can play. One coach or designated person will be at the DJ station to make sure that music is played at the right time.

PLEASE BE SURE YOUR CHEERLEADING COACH RECEIVES THIS INFORMATION

Your school has filed a cheerleading Entry Form and has been scheduled to perform in the championship on Saturday, March 2, 2024. This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW. IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.

IF YOU MUST WITHDRAW AFTER 2:00 P.M. ON FRIDAY, MARCH 1, 2024, PLEASE NOTIFY SHERRIE ZEMBRZUSKI AT (203) 233-0881 OR missz14@sbcglobal.net

Five classes of competition have been formed. Your school has been placed in one of these classes based on girl enrollment or having both genders on the squad.

- | | | |
|----|----------|----------------------------------|
| 1) | Class LL | Enrollment – 640 and above |
| 2) | Class L | Enrollment – 422-639 |
| 3) | Class M | Enrollment – 316-421 |
| 4) | Class S | Enrollment - 315 and below |
| 5) | Co-ed | (Both genders make up the squad) |

This year's Championship will be held on **ONE DAY**. The site will be

*Trumbull High School, Trumbull, Connecticut
on Saturday, March 2, 2024*

The **morning competition** on March 2 will be for the **Class M and Class S** teams. The **afternoon session** will involve **COED, Class LL, and Class L teams**. NOTE: The gym will be cleared between the first and second session. There is a **SEPARATE** charge for **EACH** Championship.

Do not arrive prior to the gym opening for your session. Time is needed to make sure that the gym and lobby areas are set up and clean for each session. You will be asked to remain on your bus until the designated time. We ask for your cooperation in this matter.

If a team needs to go earlier than their assigned time in order to attend a school sporting event they need to call or email Sherrie Zembrzuski to make arrangements for a change of order.

Saturday, March 2, 2024

1st Session – Class M, Class S

7:30 a.m. Gym opens for participants
8:00 a.m. Gym opens for spectators
8:30 a.m. Practice begins
8:55 a.m. Announcements
9:00 a.m. Competition begins
11:30 a.m. Competition ends
11:45 a.m. Awards

2nd Session – COED

12:30 p.m. Gym opens for participants
1:00 p.m. Gym opens for spectators
1:30 p.m. Practice begins
1:55 p.m. Announcements
2:00 p.m. Competition begins
3:15 p.m. Competition ends
3:30 p.m. Awards

3rd Session – Class LL, Class L

2:30 p.m. Gym opens for participants
3:00 p.m. Gym opens for spectators
3:30 p.m. Practice begins
3:55 p.m. Announcements
4:00 p.m. Competition begins
7:15 p.m. Competition ends
7:30 p.m. Awards

Sunday, March 3, 2024 is the snow date

1st Session – Class M, Class S

7:30 a.m. Gym opens for participants
8:00 a.m. Gym opens for spectators
8:30 a.m. Practice begins
8:55 a.m. Announcements
9:00 a.m. Competition begins
11:30 a.m. Competition ends
11:45 a.m. Awards

2nd Session – COED

12:30 p.m. Gym opens for participants
1:00 p.m. Gym opens for spectators
1:30 p.m. Practice begins
1:55 p.m. Announcements
2:00 p.m. Competition begins
3:15 p.m. Competition ends
3:30 p.m. Awards

3rd Session – Class LL, Class L

2:30 p.m. Gym opens for participants
3:00 p.m. Gym opens for spectators
3:30 p.m. Practice begins
3:55 p.m. Announcements
4:00 p.m. Competition begins
7:15 p.m. Competition ends
7:30 p.m. Awards

In the event of inclement weather local radio and TV stations will be notified. A decision will be made very early on the morning of March 2, 2024. In addition you can check the CAS-CIAC website, www.casciac.org for any changes to the schedule.

SPECIFIC RULES RELATIVE TO THE COMPETITION

1. Schools will perform according to the order of performance listed within this information packet. Please note: "Bumping up" by Class (division) will occur in each and every case for "no shows". For example -- if your school is slated to perform in Class L in the sixth position and the Class L school ahead of you does not show up, then your squad will perform in the spot ahead and all schools in the Class will "bump up" one Class position.

2. In the first session the first team to perform will be a Class S team followed by a Class M team. In the second session only Coed teams will perform. In the third session a Class L team will perform followed by a Class LL team.
3. Each squad of not more than twenty (20) cheerleaders will be required to **perform a 2 to 2 ½ minute routine.** **THERE IS NO LIMIT TO THE AMOUNT OF MUSIC THAT CAN BE USED.** There will be, in addition to the all girl divisions, a coed division. **All music used must have the proper licensing and squads will be asked to provide a copy of their license. Please see the USA Cheer web site for a list of approved music providers.**
4. Practice times will be assigned prior to the squads arrival at Trumbull High School. Each team will be allotted four (4) minutes to stretch, four (4) minutes on four strips and four (4) minutes on a full mat. Warm-ups will take place just before a team goes on the mat. **WARM-UPS WILL BE IN THE ORDER OF PERFORMANCE AND APPROXIMATELY THIRTY MINUTES BEFORE YOUR PERFORMANCE TIME. PLEASE BE ON TIME AND DO NOT MISS YOUR ASSIGNED WARM-UP TIME.** A safety judge **WILL NOT** be present at this time. Each team is responsible for playing their own music in the warm up area. Penalty points will be deducted for any infraction that occurs during the competition. (See enclosed Penalty Sheet) If you are in doubt about the legality of a stunt or pyramid submit a picture or video by February 16, 2024. A decision will be made within three days of the receipt of the video or picture. Videos can be emailed to Sherrie Zembrzuski at missz14@sbcglobal.net.
5. A team will hear the following prompts from the announcer during the competition: 1) Waiting in the wings is (team's name); 2) In the hole is (team's name); 3) Up next is (team's name); 4) (Team name) you may take the mat and when the team is in position the announcer will say (team name) you may begin. Timing will begin at the first motion or music.
6. **Interruption of Performance:** The Safety Judge or Head Judge has the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted, that team will be given time to regroup before performing their routine from the beginning. Judging will resume from the point in the routine which the Head Judge determines. The routine must be performed full out from the beginning. Any safety deduction that has been assessed will carry over. If the team's coach decides that they will not be able to perform the routine again then they will receive the score that they have received up to that point where the injury occurred. If they have not performed a skill they will receive a "0" in that category. All other circumstances in which there is an interruption of routine or if an injury occurs during the warm-up, the Head Judge or Tournament Director will confer with the on-site medical personnel and decide the time that the team will perform. In all cases, the team will perform their routine from the beginning and must perform it full out.
7. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
8. When the team arrives at Trumbull High School, the advisor is asked to enter with the team and with a copy of their roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the entry form that has been submitted. **ALL CHEERLEADERS MUST HAVE BEEN ACTIVELY CHEERING FOR A MAJORITY OF THE GAMES FOR THE WINTER SEASON. A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON THE ENTRY FORM. ONLY COMPETING CHEERLEADERS, FOUR ALTERNATES AND THREE (3) COACHES WILL BE ALLOWED TO ENTER VIA THE CHEERLEADERS' ENTRANCE. ALL OTHER TEAM MEMBERS AND COACHES MUST ENTER THROUGH THE MAIN SPECTATOR ENTRANCE AND PAY THE ENTRANCE FEE.**
9. Cheerleaders will be able to bring their belongings into the commons. A stream of the competition will be played in the common for their viewing purpose. You are advised that CAS-CIAC and Trumbull High School are not responsible for items lost or stolen.
10. Spectators will not be allowed on the competition floor. Only cheerleaders and coaches with sneakers on will be allowed on the matted surface. Shoes will not be allowed on the competition area.
11. Please remind all spectators that Trumbull High School is a smoke-free facility. Smoking is not allowed inside or outside of the building. There is absolutely **NO SMOKING** at Trumbull High School.
12. No food or drinks are permitted in the gym at Trumbull High School. Only cheerleaders will be allowed to have plastic water bottles inside the gym.
13. A trainer will be available for injuries that occur at the competition. Please bring your own tape if you need to be taped or have a prior injury.

14. Squads given permission to enter after this notice will perform first in the order of performance.
15. **CONDUCT AND GOOD SPORTSMANSHIP** -- For the most part, we have been exceedingly proud of our high school students and their following of adult fans. We especially request that all school personnel -- administrators, faculty and coaches -- give definite emphasis to the subject of good sportsmanship so that your students will conduct themselves in a manner that will reflect nothing but credit upon your school and its fine team. Any seemly or unsportsmanlike conduct on the part of students or adults is a direct reflection on the school. Please remember that you are the guests of the site school, as guests you may want to be invited back next year.
16. The Connecticut Association of Schools (CAS) along with the Connecticut Student Activities Conference (CSAC) Cheerleading Committee are committed to having all spirit teams, coaches, parents and spectators act in a sportsmanlike manner at all times during games and competitions.

A participant, coach, substitute, trainer or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or gestures.
- c. Baiting or taunting an opponent.

NOTE: In accordance with the National Federation of High School Associations, the CAS and CSAC Cheerleading Committee disapproves of “any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.”

The CSAC Cheerleading Committee has decided that should in the event that any of the above occurs, from the time a team enters the competition site to the time the team exits the competition site, that a 10 point penalty will be assessed by the competition officials. This may result in the team placing in a different position and plaques and medals being returned after the results have been announced.

PLEASE NOTE: Coaches are respectfully reminded that the decisions of the competition judges and officials are final when rendered and not subject for discussion or change. Questions or concerns may be addressed to the CSAC Committee in writing. Harassment of any kind, verbal or written will not be tolerated and may result in sanctions against a school or coach. Coaches are asked to remind their team, parents and fans to cheer for their team and not against another team.

17. **PERFORMANCE AREA** – See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court. The performing surface will be a 42' by 42' (seven (7) panels) mat. Stepping off the mat will NOT result in point deduction. Landing a tumbling skill off the mat with the feet or any other body part will result in a ten (10) point deduction. If a tumbling skill is landed on the mat and momentum carries them off the mat there will not be a deduction unless the safety judge determines that it was unsafe for the participant.
18. Seating at Trumbull High School is on a first come, first serve basis. Seats cannot be saved for spectators.
19. **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, AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE COMPETITION.** We also ask that you **DO NOT** bring balloons into Trumbull High School. They are forbidden.
20. *Tee shirts will be available for purchase on the day of the competition.*
21. **Each team will be reimbursed for five (5) tickets. These tickets are to be used for school personnel and spouses, NOT PARENTS. A written request must be sent to the CIAC office and will only be reimbursed to those schools that have paid their entry fee.**

22. **ALL TICKET SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING.**

Admission prices for the competition are:

Children five (5) and under are free;

Military in uniform or with I.D. are free;

Senior Citizens (age 65 and older) and Students (grades 1-12) \$5.00;

Adults (All others not in the above categories) \$10.00.

23. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter unless another entry fee is paid.

24. Check the Connecticut Association of Schools web site on Monday, February 26, 2024 for an updated order of performance.

NEW ENGLAND REGIONAL CHEERLEADING COMPETITION

Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition. The New England Competition is Saturday, March 16, 2024 at Worcester State University in Worcester, Massachusetts. Additional information will be available at a later date from the New England Council.

In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championship, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:

- If a tie remains, the difficulty scores in partner stunts, pyramids and tumbling will be totaled and the team with the highest total will have the opportunity to go to the New England competition.

TRUMBULL HIGH SCHOOL

Trumbull High School
72 Strobel Rd
Trumbull, CT 06611

Use your phone's GPS to acquire the best route to get to Trumbull High School.

:

2023-2024 CAS-CIAC Cheerleading Championship

Music Copyright Compliance Form

IN ORDER TO PROTECT THE CAS-CSAC CHEERLEADING CHAMPIONSHIP AND ITS PARTICIPANTS, WE ARE REQUIRING THAT ALL PARTICIPATING TEAMS PROVIDE PROOF OF MUSIC COPYRIGHT COMPLIANCE PRIOR TO THE COMPETITION.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, _____, verify that all copyright permissions were properly and
Coach's Name
completely obtained by _____, prior to production of
Music Mixer's Name
the 2023-24 CAS-CSAC Cheerleading Championship routine music for the _____
School's Name
team from _____.
Division

These permissions can be verified by certification document(s) **available upon request.**

I acknowledge that this form will be kept on file by the CAS, and **I will need to keep my certification documents on file for a minimum of three (3) years.**

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CAS of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed) _____

Coach Signature _____ Date _____

Administrator / AD Name (Printed) _____

Administrator / AD Signature _____

Date _____

NOTE: A copy of the music license **AND** this form must be completed and returned to Sherrie Zembrzuski by **February 16, 2024** Return via email to Sherrie Zembrzuski (missz14@sbcglobal.net)

2024 CHEERLEADING ROSTER

***Coaches: Please Bring this COMPLETED to Trumbull High School
(Please Print or Type)***

Team Name _____

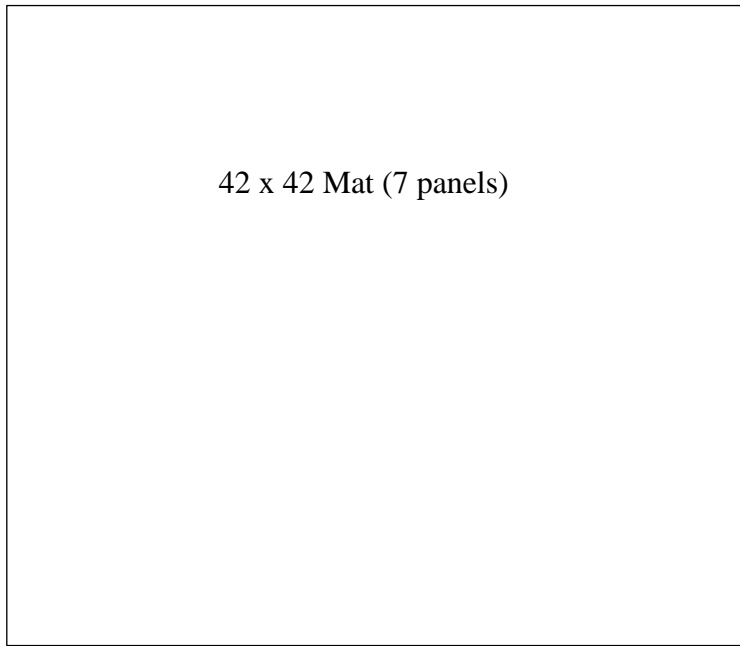
Team members on competition mat today _____

Members of the Team:

- 1). _____
- 2). _____
- 3). _____
- 4). _____
- 5). _____
- 6). _____
- 7). _____
- 8). _____
- 9). _____
- 10). _____
- 11). _____
- 12). _____
- 13). _____
- 14). _____
- 15). _____
- 16). _____
- 17). _____
- 18). _____
- 19). _____
- 20). _____

- Coaches:
- 1). _____
 - 2). _____
 - 3). _____

GYM SET-UP



42 x 42 Mat (7 panels)

DJ

Bleachers for Spectators

Bleachers for Spectators

Judges

ORDER OF PERORMANCE. A SPECIFIC TIME SCHEDULE WILL BE GIVEN 2-3 WEEKS PRIOR TO THE COMPETITION

COMPETITION

		FIRST SESSION CLASS M, CLASS S		SECOND SESSION COED		THIRD SESSION CLASS LL AND CLASS L
1).	S	Ellis Tech	CE	Lewis Mills	L	Hillhouse
2).	M	Stonington	CE	Hale Ray	LL	South Windsor
3).	S	Montville	CE	Wethersfield	L	Amity
4).	M	New London	CE	Portland	LL	Staples
5).	S	Oxford	CE	Fitch	L	Berlin
6).	M	Sheehan	CE	Westbrook	LL	Cheshire
7).	S	Haddam-Killingworth	CE	Shelton	L	Platt
8).	M	Joel Barlow	CE	New Britain	LL	Manchester
9).	S	Notre Dame Fairfield	CE	Norwich Free Academy	L	Masuk
10).	M	Plainville	CE	Jonathan Law	LL	Norwalk
11).	S	St. Paul Catholic	CE	East Hartford	L	East Haven
12).	M	Waterford			LL	Ridgefield
13).	S	Plainfield			L	Bethel
14).	M	Wolcott			LL	Southington
15).	S	Griswold			L	St. Joseph
16).	M	Ledyard			LL	Newington
17).	S	Holy Cross			L	North Haven
18).	M	Branford Branford			LL	Fairfield Ludlowe
19).	S	Shepaug Valley			L	Torrington
20).	M	RHAM			LL	Westhill
21).	S	Lauralton Hall			L	New Milford
22).	M	Sacred Heart Academy			LL	Greenwich
23).	S	Putnam			L	Stratford
24).	M	New Fairfield			LL	Maloney
25).	S	East Hampton			L	Pomperaug
26).	M	Bacon Academy			LL	Conard
27).	S	Morgan			L	Lyman Hall
28).	M	Mercy			LL	Stamford
29).	S	Platt Tech			L	East Lyme
30).	M	Rocky Hill			LL	Newtown
31).	S	Wheeler			L	Farmington
32).	M	Tolland			LL	Brien McMahon
33).	S	Ansonia			L	Bristol Eastern
34).	M	Woodland			LL	Wilton
35).	S	Seymour			L	Avon
36).	M	Foran			LL	Fairfield Warde
37).	S	Coginchaug			L	Bristol Central
38).	M	Northwestern			LL	Danbury
39).					L	Rockville
40).					LL	Middletown
41).					L	Simsbury
42).					LL	Trumbull
43).					L	Killingly
44).					L	Brookfield
45).						