



# CHSAA™



2025

# SPIRIT BULLETIN

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TO: SPIRIT COACHES

FROM: JENN ROBERTS-UHLIG, ASSOCIATE COMMISSIONER  
AUDRA PETERSON CATHY, SENIOR COORDINATOR OF SPORT

RE: COLORADO SPIRIT RULES AND GUIDELINES BULLETIN – STATE COMPETITION INFORMATION

We are excited to kick off another incredible year. Attached you will find the Spirit Bulletin, which contains important guidelines, policies, by-laws, and updates that are essential for you, your student-athletes, and your program. This bulletin is a vital resource and should be referenced throughout both the regular and post-season.

Please note: This bulletin is specific to Spirit. For general policies applicable to all coaches—such as eligibility, transfers, Sunday contact, and more—please refer to the CHSAA Bylaws.

We are honored to serve as your Spirit Commissioner and Sport Coordinator for the 2025-26 season. The State Spirit Championships will be held at the Denver Coliseum on December 11, 12, and 13.

We sincerely thank all coaches for their time, dedication, and commitment to shaping student-athletes and teaching lifelong values. If there's something exciting happening at your school or in your community—whether it's a special event, initiative, or standout story—please reach out. We would love to support and share your accomplishments on CHSAANow.com.

If you have any questions, concerns, or need assistance, don't hesitate to contact us. We wish you the best of luck this season!

Have a great year!

Sincerely,

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ALL COACHES MUST WATCH AN ANNUAL MANDATORY RULES MEETING AND COMPLETE ALL REQUIRED CHSAA COACHING CERTIFICATION REQUIREMENTS THROUGH THE [RSCHOOL PLATFORM](#).

IF INTERESTED IN HOSTING A NON LEAGUE COMPETITION AND PLAN TO USE THE CHSAA SCORE SHEETS, YOU ARE REQUIRED TO FILL OUT AND RETURN THE [NON LEAGUE COMPETITION REQUEST FORM](#).

NON-CERTIFIED COACHES WILL NOT BE ALLOWED IN THE COACH'S BOX AT THE STATE SPIRIT CHAMPIONSHIPS AND SHOULD NOT BE COACHING OR OVERSEEING ANY PRACTICES OR GAMES UNTIL CERTIFIED.

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# CHSAA MISSION STATEMENT

## "Seeking Excellence in Academics, Activities, and Athletics"

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.

Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.



### SEASON CALENDAR

|                         |  |
|-------------------------|--|
| August 11 .....         | First formal practice  |
| August 12 .....         | Pre Season Zoom Meeting  |
| August 16 .....         | First scrimmage  |
| August 21 .....         | First contest  |
| <b>October 31 .....</b> | <b>DEADLINE FOR STATE REGISTRATION –<br/>PAYMENT DUE AT TIME OF REGISTRATION ** NO EXCEPTIONS **</b> |
| November 14 .....       | Check CHSAA website for time schedule  |
| November 21 .....       | Deadline to submit video for review  |
| November 28.....        | Music Compliance Deadline  |
| December 11-13.....     | State Spirit Championships<br>SITE: Denver Coliseum  |
| December 18 .....       | Spirit Committee Meeting<br>Virtual via <a href="#">ZOOM</a> @ 9:00 AM                               |

# CHSAA SPIRIT COMMITTEE

**Ryan Bishop, Chair**

Boulder High School (5A) (2027)  
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**Wendy Coopersmith**

Niwot High School (4A) (2028)  
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**Heather Saunders**

Chaparral High School (5A) (2027)  
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**Mistelle Jimenez**

Eaglecrest High School (5A) (2027)  
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**Eva Martinez**

Holyoke High School (2A) (2028)

**Melissa Sivernell**

Northglenn High School (5A) (2026)  
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**Nicolette Griffith**

Prospect Ridge High School (3A) (2028)  
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**Thomas Rode**

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**Katie Yocum**

Gilpin County (3A) (2026)  
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**STATE RULES INTERPRETER**

Cheer – [Liz Carey](#) & [Brian Franca](#)

Dance – [Tena Preuss](#) & [Didi Logsdon](#)

**CHSAA COMMITTEE MEETING**

Thursday, December 18 @ 9:00 AM

This meeting will be a virtual meeting via [ZOOM](#). If you plan on presenting a proposal or a topic for discussion, please contact [Jenn Roberts-Uhlig](#), Associate Commissioner at CHSAA or [Ryan Bishop](#), CHSAA Committee Chairperson so you can be placed on the agenda. Changes made at the meeting, pending the legislative council process, are in effect for the 2025 season.

**COMMITTEE PROPOSALS**

If you plan on bringing a proposal to the committee you must submit a [CHSAA Committee Proposal Form](#) that has been proposed by a league and signed by the league president. This form is due **one week** prior to the committee meeting. Please email this form back to [Audra Peterson Cathy](#).

**HOW TO GET RECOMMENDED FOR A COMMITTEE:**

Contact your league president, athletic director or Legislative Council Representative in February for a recommendation

The CHSAA Constitution and Bylaws are the official rules of the association. This bulletin provides the regulations for spirit operations, but never supersedes the regulations found in the Constitution and Bylaws nor the NFHS Rulebook.

The By-laws should be read prior to the season and reviewed with your athletic director. You will receive your NFHS Rulebook, Constitution and Bylaws, as well as other pertinent information in your school boxes and school mailings. All bulletins will be posted online in three sections. The GENERAL GUIDELINES, SPORT SPECIFIC, AND SPORTS MEDICINE HANDBOOK. Please read all sections in their entirety. If any questions should arise or interpretations are necessary, please contact Jenn Roberts-Uhlig, Associate Commissioner at CHSAA.

## **MAJOR CHANGES 2025-2026**

1. CLOC TIMELINES & LOGISTICS  
– Constitution & Bylaws, Article 15, Rules 1500.2 - 1500.48 ..... page 42
  
2. CLASSIFICATION & LEAGUE PLACEMENT DETERMINATIONS  
– Constitution & Bylaws, Article 15, Rule 1510 .....page 46
  
3. TRANSFER TYPES (MILITARY, GUARDIANSHIP & ADMINISTRATIVE)  
– Constitution & Bylaws, Article 18, Rules 1800.31 - 1800.33 .....page 68
  
4. AMATEUR STATUS (NAME, IMAGE & LIKENESS)  
– Constitution & Bylaws, Article 20, Rules 2000.1 - 2000.8.....page 83
  
5. ADMINISTRATIVE CONTROL  
– Constitution & Bylaws, Article 2200, Rule 2260.2 .....page 96
  
6. SUNDAY PRACTICE – ICE HOCKEY & ALPINE SKIING  
– Constitution & Bylaws, Article 23, Rule 2310.5 .....page 102

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws as needed. The most updated document can be found at [CHSAANOW.com](http://CHSAANOW.com).

## NATIONAL FEDERATION RULE CHANGES



For information on the 2025-26 Spirit Rules Changes, please click [HERE](#).

**NOTE:** Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.



### SPORT POLICY/PROCEDURE CHANGES

#### Major Changes

- No Major Changes

#### Informational Items

- The committee met December 19, 2024.
- CHSAA will look at streamlining the league competition schedule and judges placement. Form to request league dates is due to the CHSAA office by May 1.
- CHSAA will adjust the judges certification form for better judge placement at league competitions.
- Committee members will work on a breakdown/rubric of dance difficulty and skills.
- CHSAA will look into the time frame for warm up and how it flows with the state competition schedule.

## SPORTS MEDICINE ADVISORY COMMITTEE

For all CHSAA sports medicine policies, procedures, and protocols, please visit the [Sports Medicine Advisory Committee Handbook](#).

Lightning and Tornado Policy and Procedures and Heat Acclimatization and Safety Priorities can be found in the [Sports Medicine Advisory Committee Handbook](#).



## SPORTSMANSHIP

CHSAA [Game Management & Sportsmanship Expectation Guide](#)

### BECOMING AN OFFICIAL/JUDGE

If you or someone you know is interested in becoming an official/judge, please contact [Jenn Roberts-Uhlig](#) or [Audra Peterson Cathy](#).

Spirit Judges Training - Tuesday and Wednesday, September 30 & October 1, 2025

Registration link coming soon.

*You must be a judge to attend this training to be put on the 2025 approved judging list and you will be required to judge at some point during the 2025 season. **This training is not intended for coaches.***

### THE AMERICANS WITH DISABILITY ACT

**Please note:** All rules and policies contained within this bulletin are subject to the ADA's requirement to provide reasonable modifications for a disabled student(s). A reasonable modification(s) shall provide a disabled student with equally effective access [to the activity] unless the provision of such reasonable modification would constitute a fundamental alteration of the essential elements of the activity involved. Please refer to CHSAA bylaw 500 for more detailed information.

### MINI CHAMPIONSHIP TROPHIES

You can find the link for the Personal Trophy PDF [HERE](#)



# COLORADO COACHES CODE OF ETHICS

1. **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.
2. **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.
3. **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.
4. **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.
5. **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.
6. **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.
7. **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.
8. **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.
9. **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.
10. **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.
11. **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSAA rules and bylaws.
12. **CONTINUED DEVELOPMENT** A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)

## Virginia Lorbeer Impact Coach Scholarship

The Virginia Lorbeer Impact scholarship stands as a lasting tribute to the legacy Virginia Lorbeer a beloved coach, mentor and advocate for Spirit in Colorado, whose passion and dedication touched the lives of so many coaches and student athletes.

Although Ginny has passed, her spirit lives on through the values she championed – hard work, compassion, opportunity and the unwavering belief that athletic/activities and education go hand in hand. This annual \$1000 scholarship is awarded in her honor to recognize a coach who embodies those same values. A leader who goes above and beyond for their students and the school’s program, not just in competition, but in the classroom, on the sideline and all that they do to represent their school and community. A coach who pours their heart into building not only strong programs, but great people.

The Virginia Lorbeer Impact Scholarship will be awarded directly to the recipient’s school program.

Nominations are now open until December 1<sup>st</sup>.

The selected coach will be formally recognized at the State Spirit Championships.

If you know a coach whose tireless efforts reflect the legacy of Virginia Lorbeer we invite you to submit a nomination.

[LINK](#)





## *PHILOSOPHY*

Interscholastic athletics/activities shall supplement the secondary curricular program and provide the students with educational experiences and learning outcomes that contribute toward the development of the attributes of good citizenship. This can be accomplished only when the emphasis is placed upon teaching “through school athletics/activities.” Interscholastic athletics/activities can be justified only when this is the primary philosophy and purpose.

The term “spirit groups” may encompass cheer teams and dance/drill/pom teams, as well as other groups designated by the school. Spirit groups shall serve as support groups for the interscholastic athletic program within the school and, as such, play a very important role in the administration of athletics/activities contests. Each team should strive to boost school spirit; promote good sportsmanship; develop good, positive crowd involvement; and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program.

Being one of the most visible and recognizable representatives of a school, spirit groups are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body which is the core of developing effective school spirit and student involvement.

Cheerleader activities should center on “leading” or “directing” the cheering of student and adult fans. In this role, cheerleaders can become the school’s most effective student leaders. These activities should be focused on: creating a cooperative spirit among the cheerleaders, athletes, student bodies, school administrators and the communities; recognizing outstanding plays and examples of good sportsmanship on the part of both teams and aiding the school and game officials in the promotion of good sportsmanship in the administration of the contest. Performing is a secondary role of cheerleader groups and can effectively promote school spirit when included at appropriate times at interscholastic contests, pep rallies and assemblies.

Groups such as dance/drill teams and pom teams should be an integral part of the total activities program. While performances at school events and competitions may be a focus, working in partnership with other school organizations is essential.

Spirit groups have evolved to include competition as athletes. Participants must condition, practice and warm up the same as other athletes in preparation for a performance. Competition should be a secondary consideration for spirit groups unless designated as being a purely competitive team.

Competition requires the development of physical skills performed in a choreographed routine. Each local school system, state high school association or organization governing spirit activities in that state shall determine whether spirit competition is allowed for high school students.

If spirit competition is approved as a part of the school’s activities, it should be placed in perspective with the total educational program and should not interfere with the primary responsibility of spirit groups, which is to support the interscholastic athletic program. Spirit competition should serve to develop leadership, confidence and skill

# THE YEAR AT A GLANCE

## REGULAR SEASON/STATE CHAMPIONSHIP CHECKLIST:

This checklist is designed to assist you in meeting deadlines for state competition:

| PRE-SEASON |   |
|------------|---|
|            | Complete all CHSAA coaches certification requirements in rSchool per bylaw 1620.  |
|            | Spirit coaches <b><u>MUST</u></b> take NFHS and USA Cheer's "Cheer and Dance Safety Certification" course   |
|            | Review Spirit Bulletin  |
|            | Review National Federation Rulebook   |
|            | For professional development & networking opportunities consider attending the CHSCA Spirit Clinic  |
| OCTOBER    |   |
|            | Check CHSAA website starting October 1 to confirm your entry form is in the CHSAA office (timely updates). NOTE: CHSAA will only accept <b><u>one</u></b> entry per division – (example: no sending in a pom entry and jazz entry and choosing one at a later time. If two are turned in they will not be accepted.)  |
|            | <p><b><u><a href="#">IMPORTANT DATES &amp; DEADLINES</a></u></b></p> <p><b><u><a href="#">REGISTRATION LINK</a></u></b></p> <p>Registration Window: October 1<sup>st</sup> – October 31<sup>st</sup><br/>           October 31<sup>st</sup> - DEADLINE</p> <p>Registration Fee: \$250.00 <b>due at time of registration.</b><br/>           – NO EXCEPTIONS –</p> <p><b>NO REFUNDS WILL BE GRANTED AFTER NOVEMBER 15.</b></p> |
| NOVEMBER   |   |
|            | November 14 – Check CHSAA website for time schedule   |
|            | November 21 – Video Review for Interpretations Due (strongly recommended)   |
|            | November 21 – Submission of Rosters Due   |
|            | November 28 – Music Compliance Deadline (NFHS website)  |
|            | Make Reservation for Hotel CHSAA Spirit Host Hotel – see back of bulletin   |
| DECEMBER   |   |
|            | December 11-13 – State Competition (Denver Coliseum)  |
|            | December 18 – Committee Meeting at 9:00am – Virtual via ZOOM  |

If you have questions, please email [Jenn](#) or [Audra](#)

# COACHING REQUIREMENTS & GUIDELINES

## COACHING REGISTRATION REQUIREMENTS

ALL COACHES MUST WATCH AN ANNUAL MANDATORY RULES MEETING AND COMPLETE ALL REQUIRED CHSAA COACHING CERTIFICATION REQUIREMENTS THROUGH THE [RSCHOOL PLATFORM](#). ALL REQUIREMENTS SHOULD BE MET PRIOR TO CONTACT WITH STUDENTS.

## Coach Requirements

- Required annually per bylaw 1620

|   | Sport Specific Rules Video | CHSAA Bylaws Test | Concussion Course | Mental Health and Suicide Course | 1st Aid/CPR/AED Certificate | 1st Year Coaches Course |
|---|----------------------------|-------------------|-------------------|----------------------------------|-----------------------------|-------------------------|
| All Returning Coaches (paid or volunteer) | Annual                     | Annual            | Annual            | Every 2 years                    | Every 2 years               | N/A                     |
| 1st Year Coaches (paid or volunteer)      | X                          | X                 | X                 | X                                | X                           | X                       |

Should be completed prior to the first competitive date of each season.

One time Requirement:

Spirit coaches MUST take NFHS and USA Cheer's "Cheer and Dance Safety Certification" course  
 ALL pole vault coaches MUST take the NFHS "Coaching Pole Vault" course

**NON-CERTIFIED COACHES WILL NOT BE ALLOWED IN THE COACH'S BOX AT THE STATE SPIRIT CHAMPIONSHIPS AND SHOULD NOT BE COACHING OR OVERSEEING ANY PRACTICES OR GAMES UNTIL CERTIFIED.**

For information on all CHSAA coaching registration requirements, please see [CHSAA Bylaw 1620](#).

ALL COACHING REGISTRATION MUST BE COMPLETED AND UPLOADED ON THE [RSCHOOL PLATFORM](#).

If you have any questions concerning the requirements for coaching registration, please contact [Jenn Roberts-Uhlig](#) / (720) 235-5116.

# CHSAA SPIRIT GENERAL GUIDELINES & COACHING GUIDELINES

## DISCIPLINES

Teams may only compete in one discipline. No athlete may cross over to another team for competition purposes. The current system gives each school the opportunity to put a representative team on the floor, in their discipline, not the same team in a different costume. Violation of this rule will result in disqualification of the team(s) in which the athlete competes.

- Cheer and Dance are considered different sports. This split of Cheer and Dance will allow students who attend a school with only one program (e.g., Cheer or Dance) to participate at another school that does offer that program.  
Example: If a school offers only Cheer and does not offer Dance, a student may go to another school to participate in Dance.
- Teams that register as a COED squad will not be allowed to move divisions after they have submitted their state entry if they lose their single male participant.
- Schools will only be able to be represented once in the overarching cheer and dance disciplines.

**IF INTERESTED IN HOSTING A NON LEAGUE COMPETITION AND PLAN TO USE THE CHSAA SCORE SHEETS/MATERIALS, YOU ARE REQUIRED TO FILL OUT AND RETURN THE [NON LEAGUE COMPETITION MATERIALS REQUEST FORM](#).**

## ROSTER LIMITS (Year Round)

- You can only have a varsity roster at team maximum based on roster classification.
- Teams may move participants from the JV team to the Varsity team to fill a void. Example: Injury, sickness, discipline, eligibility, etc. **Alternates are included in the varsity roster limits**
- Based on classification, varsity cheer, varsity co-ed, varsity game day, varsity pom, varsity jazz and varsity hip-hop teams will have roster limits for sideline, competitions and school representation based on classification. Roster limits per class/division:
  - 2A (Cheer/COED/Game Day/Pom) and 3A (Cheer/COED/Game Day/Pom) – maximum of 20
  - 4A/5A(Cheer/Pom/COED/Game Day), All Class Jazz and All Class Hip-Hop – maximum of 28

Rationale: Safety, liability and supervision issues have magnified with unlimited roster sizes. The change also reduces financial burden placed on athletes, schools and parents to maintain unlimited rosters. The CHSAA doesn't differentiate between competitive and non-competitive teams. Our philosophy is support teams first and competition second.

- Your sideline roster is your competition roster and your competition roster is your sideline roster.

## COACHING GUIDELINES & GENERAL GUIDELINES

- A certified coach must be in attendance at all practices, functions, games and competitions. Students should never be left alone with coaches who are not certified.
- No stunting and or advanced skills (cheer, coed, game day, pom, jazz, hip-hop) may not be performed when a registered coach is not present.
- All rules from the National Federation are enforced at all times including jewelry, nails, etc. Coaches need to enforce the jewelry rule at all times, including practice, sideline and competitions.

- Sunday contact and representation of a school team who wish to attend a NFHS recognized National Championships must contact the CHSAA office. [CHSAA Forms](#)
- Spirit has its own classification numbers, cheer & dance. Schools can appeal their placement based on criteria in bylaw 1500.2 to the Classification, Appeals and League Organizing Committee (CLOC).
- Non-Bona fide Transfer: Spirit athletes who transfer without a bona fide family move will have restricted (varsity) eligibility (non-participation in all games, all competitions, performances, pep rallies) for 365 days. Schools may create a stricter standard. If you don't have a JV team you can request restricted varsity per the CHSAA bylaws.
- A sideline program that participates or supports varsity games, competitions, performances, or pep rallies is considered a varsity level spirit program, regardless of whether you participate in competition.
- The Colorado High School Activities Association will continue to emphasize an inclusive atmosphere for the statewide competition without mirroring national or outside programs.
- The official sponsor of the Colorado High School State Spirit Competition is Varsity/UCA and is the #1 spirit company in the nation.
- All athletes must have at least three days of practice prior to representing their school (scrimmages, games, competition, pep assemblies, etc.) and must be members of the team during the school year. **(Additional tryouts for competition are not supported by the philosophy of the CHSAA.)**
- Spring Floors: Illegal for high school use under CHSAA and member competitions. CHSAA cannot ban your teams from competitions on spring floors but the liability becomes that of the individual school.
- Summer practices **must be voluntary**.

## **SAFETY**

Coaches must implement a program that stresses safety and injury prevention. By learning the proper techniques/progressions and by practicing in a safe environment the chances of injury are greatly reduced.

Coaches will:

- Be active participants in the daily operations of the program.
- Set clear expectations and limitations for their team
- Critically assess the level of their team and progress accordingly, (proper warm-up and stretching, sequential educational process leading to skill development).
- Provide safe facilities to perform and execute skills (mats, appropriate ceilings, spotting).
- Provide feedback to alleviate interpersonal and other communication problems.
- Be consistent in the safety-first philosophy.

Your spirit athletes share the responsibility for safe and controlled execution of the activity within the parameters of the program's goals and limitations (set by the coach). Their mental and physical well-being should be paramount in all program developments.

## **SPORTSMANSHIP** – CHSAA Game Management & Sportsmanship Expectation Guide

NOTE: The NFHS disapproves of any form of taunting which is intended or designated to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations and graceful acceptance of results. School spirit is a reflection of these attitudes and behavior. If a school is to succeed in one of its prime functions, that of developing good citizenship, it is necessary that student groups radiate proper sportsmanlike conduct. Sportsmanship is good citizenship in action. The promotion of sportsmanship is a primary responsibility of spirit groups.

1. Spirit teams always should cheer in a positive manner. It is inappropriate to cheer against the other team or to cheer in response to an opposing player's mistake. Initiating response cheers between home and opposing spirit teams or fans is strongly discouraged.
2. Cheers, chants, and music with suggestive words and/or motions/inappropriate lyrics (ex. pointing at opposing teams or fans) shall not be used because in many situations they bring about an inappropriate response.
3. Spirit leaders should call attention to the importance of sportsmanship at all pep rallies. When permitted, placing sportsmanship posters promoting good sportsmanship on the wall of the gym or throughout the school is helpful.
4. Spirit leaders should discourage their followers from yelling or cheering while an opponent is shooting free throws. Intimidation of opponents has no place in high school athletics.
5. Spirit leaders are in a position to preview spirit signs that will be posted for their school's contest (when permitted). Prohibiting inappropriate signs from ever being posted can greatly assist the administration and helps students or school personnel understand the importance for positive signage which is to create and maintain a positive crowd atmosphere.
6. Obnoxious behavior should not be encouraged nor permitted under the guise of school spirit. Opposing players, officials and fans should be treated with respect and dignity. If inappropriate crowd behavior exists, assistance should be obtained from a school administrator or game management

### **Additional Items - CHSAA General Information**

The Colorado High School Activities Association (CHSAA) assumes no responsibility for the payment of copyright, royalty, or any other fees associated with the performances on any material in the cheer/dance competitive series. Other than public performance licenses for the CHSAA Spirit Championships (which will be obtained by Varsity Spirit), the sole responsibility of ensuring that all U.S copyright laws, in connection with music and school performances are adhered to, belong with the school and/or coaches of the representative teams. The CHSAA will not require additional paperwork for performances at state but coaches will be asked to "check" a box on their State registration form that they have completed the NFHS music copyright compliance requirement. All penalties associated with non-compliance will be the responsibility of the school and/or coaches of the team.

### **Player Ejection**

Any player who has been ejected from a match, contest, or performance shall be disqualified for the remainder of that match, contest, or performance. In addition, the player shall be suspended from competition for the next scheduled match, contest, or performance played at the same level (sophomore, junior varsity, or varsity).

### **Coach Ejection**

A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest of the same level. He/she may not coach in any other contest at any level during this time.

A coach ejected from a game is automatically placed on probation according to policies established by the Board of Directors (For necessary action by the school administration, see Bylaw 2420.11).

A coach ejected from a game is required to complete the following courses offered on-line by the National Federation of State High School Associations (NFHS): Sportsmanship; and, Teaching and Modeling Behavior. These courses shall be completed before he/she will be removed from probation and must be finished in a reasonable amount of time during the season to be determined by the school's athletic director.

### **CHSAA Drone Policy**

“The use of drones, also known as unmanned aerial vehicles, is prohibited for any purpose by any persons at all CHSAA-sanctioned events, unless express written permission is obtained: 1) from the host school district during regular season contests, or 2) the CHSAA for any postseason/playoff contest. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purposes of this policy, a drone is any aircraft without a human pilot on board.”

Media members are expected to cooperate with school/school district and CHSAA decisions regarding access to students, coaches and events.

### **Coaches Eligibility Information**

Each coach should become familiar with all eligibility rules. CHSAA Handbook has been distributed to member schools. If you do not have access to this material, contact your athletic director.

### **OUTSIDE COMPETITION**

Players certified to participate as members of any high school sport team may only practice or compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal, which permission shall be granted if: (a) the student's class attendance is not compromised; and (b) the student is in good academic standing under the school's activities policy applicable to all students. Please note sanctioned events.

**Specific CHSAA Bylaws pertaining to Spirit. Click on links below to take you to the detailed information.**

|   |                                |
|---|--------------------------------|
| PLAYING OF AN INELIGIBLE WILL RESULT IN FORFEITURE..... | <a href="#">Article 2400</a>   |
| SUMMER SCHOOL MAKE-UP .....                             | <a href="#">Article 1750.1</a> |
| INTERNATIONAL STUDENT RULE .....                        | <a href="#">Article 1880</a>   |
| ORGANIZED TEAM PRACTICE .....                           | <a href="#">Article 2310.3</a> |
| PHYSICAL EXAMINATION/PARENT CONSENT .....               | <a href="#">Article 1780</a>   |
| MEDICAL RELEASE FOR INJURIES .....                      | <a href="#">Article 1780.2</a> |

[CHSAA Constitution and Bylaws](#)



## NFHS SPIRIT COACHES PARTICIPANTS' RESPONSIBILITIES

### GENERAL

NOTE: The following guidelines have been developed and reviewed to serve as a useful reminder of basic - procedures for coaching spirit teams. No such review is a substitute, however, for an ongoing program of education about coaching and safety techniques, or for ongoing attention to the abilities and physical condition of each team member.

1. Spirit teams should be placed under the direction of a knowledgeable coach.
2. The coach should be knowledgeable in first aid techniques and emergency procedures. Coaches must develop an emergency plan for dealing with injuries at practice, games, performances and competitions. Participants must be made aware of these procedures.
3. Coaches should remain up-to-date on all new techniques, progressions and safety regulations by frequently attending conferences, clinics and rules meetings. The coach should also belong to appropriate professional spirit organizations.
4. Placement of spirit teams at athletic events:
  - a. *Spirit coaches must coordinate the placement of the spirit team with the school administrator in charge.*
  - b. *Whenever possible, spirit teams should be at least 3-4 feet from any boundary line. When teams cheer:
    - (1) *At a wrestling match, they should be ten feet from the edge of the wrestling mat unless the facility does not permit otherwise.*
    - (2) *At a volleyball match, they should not stand in any playable area unless the facility does not permit otherwise.*
    - (3) *Along the end line at a basketball game, they must not stand within the area of the free throw lane extended. (See 2-1-12)**
  - c. *Spirit teams should be aware of actions occurring within the contest and be prepared to move as play advances. They should be aware of the movement of game officials and not interfere with their game responsibilities.*
  - d. *No actions by the spirit team should be made to purposely distract the players.*
5. Rules and eligibility requirements should be shared with every team member.
6. Coaches should conduct pre- and post-season meetings with parents.
7. The coach or other school approved adult representative must be in attendance and accessible at all practices, games, performances, competitions and other spirit activities.
8. The coach should establish a good line of communication with school administrators, the athletic director, coaches and the band director.
9. All spirit activities should be held in a location suitable for spirit teams, free of obstructions, and away from excessive noise or distractions.

10. Warm up and stretching should precede all spirit team performance activities. Suggestions for stunting warm ups at a basketball game when an alternate area is not available may include:
- a. Arrive early to warm up stunts before player warm ups begin.*
  - b. The coach could enlist others to stand between player warm up and stunting warm ups on the sidelines to deflect balls or individuals.*
  - c. Warm up stunts when players return to dressing room after their warm ups.*
  - d. Stunting might have to be delayed until after halftime of the first game if halftime is the first time an appropriate warm up area is available.*
11. Coaches should recognize a team's particular ability level and limit its activities accordingly. "Ability level" refers to the team's talents as a whole, and to individuals who should not be pressed to perform specific activities nor be limited by the ability level of the team.
12. Coaches should not permit loose, slick, baggy clothes, nylon hose/tights which are not appropriate for the specific activity in which they are participating.
13. Coaches and participants should be trained in proper spotting techniques.
14. Proper progression, spotting techniques and when appropriate, matting should be used until stunts are mastered.
15. The coach should approve all cheers, chants, posters, signs, music, etc., and ensure good sportsmanship. All team activities should be approved by the coach.
16. The coach should inform the team that all new skills must first be reviewed and approved by the coach prior to performing them.
17. Coaches should be aware of how the demands placed on a spirit team member might impact the student athlete's academic achievement.
18. Travel arrangements for participants should be approved by the coach and/or the school administration.
19. When a team member is required to wear an insulin pump/pack or similar device during team activities, it shall be the responsibility of the coach to obtain competent medical advice concerning the protection and safety of that individual and other team members with whom she/he may be performing or stunting.

**For additional information on NFHS Spirit Coaching Responsibilities – [NFHS LINK](#)**

- Organizing an Effective Practice Schedule
- Strength and Conditioning
- Spotting
- Characteristics of and Effective Spotter
- Safety Tips for Spotter
- Progressions
- Partner Stunt Progression
- Tumbling Skill Levels
- Transitional Stunts
- Training/Safety Equipment

# TRYOUT PREPARATION

## CHSAA RECOMMENDATION FOR SPIRIT TRYOUTS

**Objective:** Colorado Spirit Coaches should offer a focused and non-biased spirit tryout that evaluates the required skills, athletic abilities, spirit, leadership, and teamwork set forth by the head coach/staff and approved by the school administration. We **strongly** suggest that the coach has final say in the selection of their squad. It is important that you conduct your tryouts. You will minimize controversy and gain support of your administrators, parents and student/athletes.

### I. Pre-tryout Correspondence

- a. Notification of tryouts (4 weeks in advance) via home correspondence to include:
  - 1) Parent Permission Form
  - 2) Copy of rules for athletes
  - 3) Physical Verification Form
  - 4) Date, time, location of clinic and tryouts
  - 5) Coach's letter (philosophy, expectations, financial obligations, time commitments, etc.)

### II. Tryout/Team Selection

- a. Notice of tryouts 4 weeks in advance through social media, sport and school athletics website and any other means of alerting stakeholders of the upcoming dates.
- b. Coaching staff should have a pre-tryout parent/athlete meeting to discuss all aspects of the program, including commitment and costs.
- c. Tryouts should be 3–5 days to accurately assess all athletes, abilities and attributes.
- d. Strongly encourage the coaching staff to meet with each applicant one on one and have either a face-to-face or a phone conversation where each athlete has specific feedback as to what skills they might have been lacking or need to be on any given team or why they may not yet be ready.

**\*\*Note:** The use of teacher evaluations and grade point standards for spirit squads different from that of athletic programs is inequitable. Don't underestimate the value you may have to "turn around" or impact a student/athlete.

### III. Notification of Team Selection

- a. Post listings of names or assigned numbers by the date listed in your pre-tryout correspondence. (Remove list at the end of the day.)
  - b. Remain available for any student with questions or concerns.
  - c. We suggest follow-up communication to student-athletes failing to make cuts explaining what skills need more work and encouragement to try again.
- Communicate your philosophy, rules, and plans with all those involved in your program.
    - Fair and firm
    - Consistent with your decision

## 8<sup>th</sup> Graders

8<sup>th</sup> graders can attend a spirit pre-clinic and try-out at a high school. They cannot practice at a designated spirit team practice until **May 1<sup>st</sup>**.

**\* All students must have parent permission and current physical forms prior to tryouts.**

There are many modifications to these recommendations for tryouts. Be inventive and create what is best for your school.

**\* The CHSAA does not recommend GPA's or teacher evaluation to determine teams.**

# GAME DAY ACTION

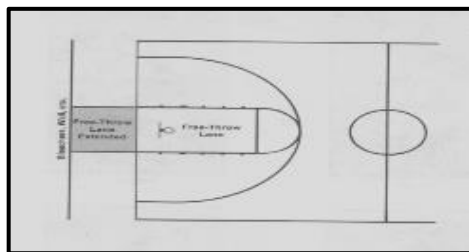
- Cheer and tumbling routines must be in front of the team student body. Routines/tumbling passes that cross to the side of the opposing crowd or team are prohibited. (**Penalty: Team probation**).
- Rule 1 – Section 1 – Article 2 (2025-26 NFHS Spirit Rule Book)  
Participation in spirit team activities during interscholastic contests and spirit competitions must be limited to bona-fide students of the school who are designated as members of the school's spirit team(s). Only those students may participate in spirit team activities on the sidelines, court, field or contest area during an interscholastic event, except when exhibitions during a pregame, halftime or postgame period are authorized by the administration of the participants' school and the host school administration, if applicable. A bona-fide student is one who has not graduated and is eligible to participate with and/or compete for a designated school according to the rules of that state's high school association and/or the local board of education.

## **BASKETBALL CHEER AT THE "T"**

NFHS Rule 2-1-20: Spirit participants shall stand outside the free-throw lane lines extended toward the sidelines throughout a basketball game.

## **WHEN TO CHEER**

1. As your team comes on the floor or field.
2. When your team or a player makes an exceptional play.
3. When a substitution is made on your team. When appropriate, cheer outgoing player and incoming player.
4. As encouragement and tribute to an injured player when that player leaves the game.
5. When an opponent, who has played spectacularly, leaves the game.
6. As encouragement to own team in its drive for a score.
7. As encouragement to own team in defense of its goal.



## **WHEN NOT TO CHEER**

1. When a player is attempting a free throw, the quarterback is calling signals at the line of scrimmage, a server is about to serve in volleyball, a diver is ready to perform, etc.
2. When an opposing player makes a mistake or the opposing team is being penalized.
3. When an opposing player is injured.
4. As important announcements are being made over the public address system.
5. When an unsportsmanlike act has occurred or is occurring.

## **WHEN TO PERFORM**

Spirit teams should be aware of the time available to perform. Appropriate situations for routines are: pre-game, full 60-second timeouts, between quarters, at halftime, and post-game.

## **TECHNIQUES FOR LEADING CHEERS:**

1. Stimulate and control crowd response.
2. Choose the right cheers at the right time.
3. Be certain that words used in a cheer do not suggest, inflame or taunt an audience.
4. For indoor events, do not use artificial noise makers or noise enhancers, including, but not limited to cowbells, sirens, clackers, cans with marbles or rocks inside, air horns or any other noisemaking apparatus. Megaphones may be used only by cheerleaders, directed only toward one's own fans.
5. Divert the crowd's attention by starting a crowd cheer when booing develops.
6. Cheerleaders should get the crowd to respond to their lead by preparing them during pregame warm-ups.
7. It is important that the cheerleader make eye contact with the crowd while leading a cheer; his/her facial expressions are very important in generating enthusiasm and a strong response.
8. Emphasize each word so that each is distinct and the cheer may be understood and followed easily.

# POST SEASON INFORMATION AND FORMAT

## COMPETITIVE DIVISIONS:

|                   |                  |                                   |                   |                      |
|-------------------|------------------|-----------------------------------|-------------------|----------------------|
| 2A All-Girl Cheer | 2A/3A COED Cheer | 2A/3A Game Day Cheer (Non Tumble) | 2A/3A Pom         | 2A/3A Game Day Dance |
| 3A All-Girl Cheer | 4A COED Cheer    | 4A/5A Game Day Cheer (Non Tumble) | 4A Pom            | 4A/5A Game Day Dance |
| 4A All-Girl Cheer | 5A COED Cheer    |                                   | 5A Pom            |                      |
| 5A All-Girl Cheer |                  |                                   | All Class Hip-Hop |                      |
|                   |                  |                                   | All Class Jazz    |                      |

## COMPETITIVE DIVISIONS:

| 2A CHEER   |                                      |  |
|--|--------------------------------------|--|
| <del>Bishop Machebeuf Catholic High School</del> | Front Range Christian School         | <del>Primero Junior-Senior High School</del> |
| Buena Vista High School                          | Genoa-Hugo School                    | Rangely Junior/Senior High School            |
| Byers Junior-Senior High School                  | Gilpin County Undivided High School  | Rocky Ford Junior/Senior High School         |
| <del>Calhan Secondary School</del>               | Hanover Junior-Senior High School    | Rocky Mountain Lutheran High School          |
| Campo Undivided High School                      | Hi-Plains School District R-23       | <del>Rye High School</del>                   |
| Centennial School                                | Hoehne Schools                       | Sanford Junior/Senior High School            |
| Center High School                               | Holyoke Senior High School           | <del>Sargent Senior High School</del>        |
| Cheyenne Wells Junior/High School                | Justice High Charter School          | Sierra Grande K-12 School                    |
| Clear Creek High School                          | Kiowa High School                    | Simla High School                            |
| Colorado Springs Christian Schools               | La Veta Junior-Senior High School    | <del>Skyview Academy</del>                   |
| Cripple Creek-Victor Junior-Senior High School   | Las Animas High School               | South Park High School                       |
| Crowley County Junior and Senior High School     | Liberty Tree Academy                 | Springfield Junior/Senior High School        |
| Custer County High School                        | Limon Junior-Senior High School      | <del>St Mary's High School</del>             |
| Denver Christian School                          | Lotus School for Excellence          | Swink Junior-Senior High School              |
| Dolores Huerta                                   | Lyons Middle/Senior High School      | The Colorado Springs School                  |
| Dolores Secondary School                         | Manzanola Junior-Senior High School  | Trinidad High School                         |
| Dove Creek High School                           | Meeker High School                   | Vail Christian High School                   |
| <del>Eads High School</del>                      | Monte Vista Senior High School       | West Grand High School                       |
| Elbert Junior-Senior High School                 | Peyton Senior High School            | Wiley Junior-Senior High School              |
| Ellicott Senior High School                      | Pikes Peak Christian School          | Yuma High School                             |
| Forge Christian Academy                          | <del>Platte Canyon High School</del> |  |
| Flagler Public School                            |                                      |  |

## 3A CHEER

|   |  |                                   |
|---|--|-----------------------------------|
| Academy of Charter Schools                      | Florence Jr./Sr. High School           | Resurrection Christian            |
| Alameda International Junior/Senior High School | Fort Lupton High School                | Salida High School                |
| Alamosa High School                             | Grand Valley High School               | Sheridan High School              |
| Arrupe Jesuit High School                       | Gunnison High School                   | Sierra High School                |
| Arvada High School                              | Highland High School                   | Stargate Charter School           |
| Aspen High School                               | James Irwin Charter High School        | STEM School Highlands Ranch       |
| Aurora West College Preparatory Academy         | John F Kennedy High School             | Sterling High School              |
| Banning Lewis Ranch Academy                     | La Junta Jr/Sr High School             | Strasburg High School             |
| Bayfield High School                            | Lake County High School                | STRIVE Prep - Smart Academy       |
| Bennett High School                             | Lamar High School                      | The Classical Academy High School |
| Berthoud High School                            | Manitou Springs High School            | The Pinnacle Charter School       |
| Brush High School                               | Manual High School                     | The Vanguard School (High)        |
| Centauri High School                            | Middle Park High School                | University Schools                |
| D'Evelyn Junior/Senior High School              | Mitchell High School                   | Valley High School                |
| Denver West                                     | Moffat County High School              | Weld Central Senior High School   |
| DSST: Byers High School                         | Montezuma-Cortez High School           | Wellington High School            |
| DSST: Conservatory Green High School            | North Fork High School                 | Windsor Charter Academy           |
| DSST: Green Valley Ranch High School            | Pagosa Springs High School             | Woodland Park High School         |
| Eaton High School                               | <del>Peak to Peak Charter School</del> |                                   |
| Elizabeth High School                           | Platte Valley High School              |                                   |
| Estes Park High School                          |  |                                   |

## 4A CHEER

|  |                            |                               |
|--|----------------------------|-------------------------------|
| Adams City High School                   | Green Mountain High School | Pueblo County High School     |
| Air Academy High School                  | Harrison High School       | Pueblo East High School       |
| Aurora Central High School               | Hinkley High School        | Pueblo South                  |
| <del>Battle Mountain High School</del>   | Holy Family High School    | Regis Groff                   |
| Canon City High School                   | Lewis-Palmer High School   | Rifle High School             |
| Cheyenne Mountain High School            | Littleton High School      | Roosevelt High School         |
| Coal Ridge High School                   | Longmont High School       | Sand Creek High School        |
| Conifer Senior High School               | Lutheran High School       | Severance High School         |
| Coronado High School                     | Mead High School           | Silver Creek High School      |
| Dakota Ridge Senior High School          | Mesa Ridge High School     | Skyline High School           |
| Denver North                             | Montbello                  | Skyview                       |
| Discovery Canyon Campus High School      | Montrose High School       | Standley Lake High School     |
| Durango High School                      | Mountain View High School  | Steamboat Springs High School |
| Eagle Valley High School                 | Mullen High School         | Summit High School            |
| Englewood High School/St. Mary's Academy | Niwot High School          | Thomas Jefferson High School  |
| Evergreen High School                    | Northridge High School     | Thompson Valley High School   |
| Falcon High School                       | Palisade High School       | Thornton High School          |
| Fort Morgan High School                  | Palmer High School         | Timnath Middle-High School    |
| Gateway High School                      | Palmer Ridge High School   | Westminster High School       |
| George Washington High School            | Pomona High School         | Wheat Ridge High School       |
| Glenwood Springs High School             | Pueblo Centennial          | Widefield High School         |
| Grand Junction Central                   | Pueblo Central             | Windsor High School           |
| Grand Junction High School               |                            |                               |

## 5A CHEER

|                            |                                  |                                   |
|----------------------------|----------------------------------|-----------------------------------|
| Arapahoe High School       | Fossil Ridge High School         | Northglenn High School            |
| Arvada West High School    | Fountain-Fort Carson High School | Overland High School              |
| Bear Creek High School     | Frederick Senior High School     | Pine Creek High School            |
| Boulder High School        | Fruita Monument High School      | Ponderosa High School             |
| Brighton High School       | Golden High School               | Poudre High School                |
| Broomfield High School     | Grandview High School            | Prairie View High School          |
| Castle View High School    | Greeley Central High School      | Pueblo West High School           |
| Centaurus High School      | Greeley West High School         | Ralston Valley Senior High School |
| Chaparral High School      | Heritage High School             | Rampart High School               |
| Chatfield High School      | Highlands Ranch High School      | Rangeview High School             |
| Cherokee Trail High School | Horizon High School              | Regis Jesuit High School          |
| Cherry Creek High School   | Lakewood High School             | Riverdale Ridge High School       |
| Columbine High School      | Legacy High School               | Rock Canyon High School           |
| Denver South               | Legend High School               | Rocky Mountain High School        |
| Doherty High School        | Liberty High School              | Smoky Hill High School            |
| Douglas County High School | Loveland High School             | Thunderridge High School          |
| Eaglecrest High School     | Monarch High School              | Valor Christian High School       |
| Erie High School           | Mountain Range High School       | Vista Peak 9-12 Preparatory       |
| Fairview High School       | Mountain Vista High School       | Vista Ridge High School           |
| Fort Collins High School   | Northfield High School           |                                   |

## 2A DANCE

| 2A DANCE   |  |  |
|--|--|--|
| <del>Bishop Machebeuf Catholic High School</del> | <del>Front Range Christian School</del>      | <del>Rocky Ford Junior/Senior</del>        |
| <del>Buena Vista High School</del>               | <del>Genoa-Hugo School</del>                 | <del>Rocky Mountain Lutheran</del>         |
| <del>Byers Junior-Senior High School</del>       | <del>Gilpin County High School</del>         | <del>Rye High School</del>                 |
| <del>Calhan Secondary School</del>               | <del>Hanover Junior-Senior</del>             | <del>Sanford Junior/Senior</del>           |
| <del>Campo Undivided High School</del>           | <del>Hi-Plains School District R-23</del>    | <del>Sargent Senior High School</del>      |
| <del>Centennial School</del>                     | <del>Hoehne Schools</del>                    | <del>Sierra Grande K-12 School</del>       |
| <del>Center High School</del>                    | <del>Holyoke Senior High School</del>        | <del>Simla High School</del>               |
| <del>Cheyenne Wells Junior/High School</del>     | <del>Justice High Charter School</del>       | <del>Skyview Academy</del>                 |
| <del>Clear Creek High School</del>               | <del>La Veta Junior-Senior High School</del> | <del>South Park High School</del>          |
| <del>Colorado Springs Christian Schools</del>    | <del>Las Animas High School</del>            | <del>Springfield High School</del>         |
| <del>Cripple Creek-Victor High School</del>      | <del>Limon Junior-Senior High School</del>   | <del>St Mary's High School</del>           |
| <del>Crowley County High School</del>            | <del>Lotus School for Excellence</del>       | <del>Swink Junior-Senior High School</del> |
| <del>Denver Christian School</del>               | <del>Lyons Middle/Senior High School</del>   | <del>The Colorado Springs School</del>     |
| <del>Dolores Huerta</del>                        | <del>Manzanola High School</del>             | <del>Trinidad High School</del>            |
| <del>Dolores Secondary School</del>              | <del>Meeker High School</del>                | <del>Vail Christian High School</del>      |
| <del>Dove Creek High School</del>                | <del>Monte Vista Senior High School</del>    | <del>West Grand High School</del>          |
| <del>Eads High School</del>                      | <del>Peyton Senior High School</del>         | <del>Wiley Junior-Senior High School</del> |
| <del>Elbert Junior-Senior High School</del>      | <del>Pikes Peak Christian School</del>       | <del>Yuma High School</del>                |
| <del>Ellicott Senior High School</del>           | <del>Platte Canyon High School</del>         |  |
| <del>Forge Christian Academy</del>               | <del>Primero High School</del>               |  |
| <del>Flagler Public School</del>                 | <del>Rangely High School</del>               |  |

## 3A DANCE

|  |  |  |
|--|--|--|
| Academy of Charter Schools                     | Estes Park High School                     | Peak to Peak Charter School                  |
| <del>Alameda International Junior/Senior</del> | Florence Jr./Sr. High School               | Platte Valley High School                    |
| <del>Alamosa High School</del>                 | <del>Fort Lupton High School</del>         | <del>Prospect Ridge Academy</del>            |
| Arvada High School                             | Grand Valley High School                   | <del>Resurrection Christian</del>            |
| Aspen High School                              | Gunnison High School                       | Salida High School                           |
| Aurora West College Preparatory A              | <del>Highland High School</del>            | Sheridan High School                         |
| Banning Lewis Ranch Academy                    | <del>James Irwin Charter High School</del> | Sierra High School                           |
| Bayfield High School                           | <del>John F Kennedy High School</del>      | <del>Stargate Charter School</del>           |
| <del>Bennett High School</del>                 | La Junta Jr/Sr High School                 | <del>STEM School Highlands Ranch</del>       |
| Berthoud High School                           | <del>Lake County High School</del>         | Sterling High School                         |
| <del>Brush High School</del>                   | Lamar High School                          | Strasburg High School                        |
| <del>Centauri High School</del>                | Manitou Springs High School                | STRIVE Prep - Smart Academy                  |
| D'Evelyn Junior/Senior High School             | <del>Manual High School</del>              | <del>The Classical Academy High School</del> |
| Denver West                                    | Middle Park High School                    | <del>The Pinnacle Charter School</del>       |
| DSST: Byers High School                        | <del>Mitchell High School</del>            | The Vanguard School (High)                   |
| <del>DSST: Conservatory Green</del>            | Moffat County High School                  | University Schools                           |
| <del>DSST: Green Valley Ranch</del>            | Montezuma-Cortez High School               | <del>Valley High School</del>                |
| <del>Eaton High School</del>                   | North Fork High School                     | Weld Central Senior High School              |
| Elizabeth High School                          | Pagosa Springs High School                 | <del>Wellington High School</del>            |
| <del>Englewood High School</del>               |  | <del>Windsor Charter Academy</del>           |
|  |  | Woodland Park High School                    |

## 4A DANCE

|  |                                       |   |
|--|---------------------------------------|---|
| Adams City High School                         | <del>Green Mountain High School</del> | Pueblo County High School               |
| <del>Air Academy High School</del>             | Harrison High School                  | Pueblo East High School                 |
| Aurora Central High School                     | <del>Hinkley High School</del>        | Pueblo South                            |
| Battle Mountain High School                    | Holy Family High School               | Regis Groff                             |
| Canon City High School                         | Lewis-Palmer High School              | Rifle High School                       |
| Cheyenne Mountain High School                  | Littleton High School                 | Roosevelt High School                   |
| <del>Coal Ridge High School</del>              | Longmont High School                  | <del>Sand Creek High School</del>       |
| Conifer Senior High School                     | <del>Lutheran High School</del>       | Severance High School                   |
| Coronado High School                           | Mead High School                      | Silver Creek High School                |
| Dakota Ridge Senior High School                | Mesa Ridge High School                | <del>Skyline High School</del>          |
| Denver North                                   | Montbello                             | <del>Skyview</del>                      |
| <del>Discovery Canyon Campus High School</del> | Montrose High School                  | Standley Lake High School               |
| Durango High School                            | <del>Mountain View High School</del>  | Steamboat Springs High School           |
| Eagle Valley High School                       | Mullen High School                    | Summit High School                      |
| Evergreen High School                          | Niwot High School                     | <del>Thomas Jefferson High School</del> |
| Falcon High School                             | Northridge High School                | <del>Thompson Valley High School</del>  |
| Fort Morgan High School                        | <del>Palisade High School</del>       | Thornton High School                    |
| Gateway High School                            | Palmer High School                    | Timnath Middle-High School              |
| George Washington High School                  | <del>Palmer Ridge High School</del>   | Westminster High School                 |
| Glenwood Springs High School                   | <del>Pomona High School</del>         | <del>Wheat Ridge High School</del>      |
| <del>Grand Junction Central</del>              | Pueblo Centennial                     | Widefield High School                   |
| Grand Junction High School                     | Pueblo Central                        | Windsor High School                     |

## 5A DANCE

|                                   |                                  |                                    |
|-----------------------------------|----------------------------------|------------------------------------|
| Arapahoe High School              | Fountain-Fort Carson High School | <del>Pine Creek High School</del>  |
| Arvada West High School           | Frederick Senior High School     | Ponderosa High School              |
| <del>Bear Creek High School</del> | Fruita Monument High School      | Poudre High School                 |
| Boulder High School               | Golden High School               | Prairie View High School           |
| Brighton High School              | Grandview High School            | Pueblo West High School            |
| Broomfield High School            | Greeley Central High School      | Ralston Valley Senior High School  |
| Castle View High School           | Greeley West High School         | Rampart High School                |
| Centaurus High School             | Heritage High School             | Rangeview High School              |
| Chaparral High School             | Highlands Ranch High School      | Regis Jesuit High School           |
| Chatfield High School             | Horizon High School              | Riverdale Ridge High School        |
| Cherokee Trail High School        | <del>Lakewood High School</del>  | Rock Canyon High School            |
| Cherry Creek High School          | Legacy High School               | Rocky Mountain High School         |
| Columbine High School             | Legend High School               | Smoky Hill High School             |
| Denver South                      | Liberty High School              | ThunderRidge High School           |
| <del>Doherty High School</del>    | Loveland High School             | Valor Christian High School        |
| Douglas County High School        | Monarch High School              | Vista Peak 9-12 Preparatory        |
| Eaglecrest High School            | Mountain Range High School       | <del>Vista Ridge High School</del> |
| Erie High School                  | Mountain Vista High School       |                                    |
| Fairview High School              | Northfield High School           |                                    |
| Fort Collins High School          | Northglenn High School           |                                    |
| Fossil Ridge High School          | Overland High School             |                                    |

# STATE COMPETITION INFORMATION

The CHSAA State Spirit Championships are conducted to showcase the overall technical, athleticism and competition readiness of Colorado teams while instilling the educational values of training, teamwork, and sportsmanship. Our goal is to ensure that this is the most positive and equitable experience for all, regardless of the point outcome.

***We want you and your team to have a fun and memorable experience at our championship. Please read these competition expectations, rules, and suggestions to ensure that your team and routine are abiding by all regulations. If you have any questions, please do not hesitate to contact our technical judges for clarification.***

**SPORTSMANSHIP** – Coaches please remember the importance of sportsmanship and positively representing your school and program at all times.

## FOR YOUR INFORMATION:

All athletes must meet the minimum eligibility standards listed in the CHSAA Handbook

## STATE COMPETITION INFORMATION

### DATE

Thursday, Friday & Saturday, December 11, 12 & 13

### SITE

Denver Coliseum

### [IMPORTANT DATES AND DEADLINES](#)

### [ENTRY/REGISTRATION LINK](#)

ENTRY/REGISTRATION OPENS - OCTOBER 1<sup>st</sup>

CLOSES – October 31<sup>st</sup> **NO EXCEPTIONS**

The registration fee is \$250.00 – due at time of registration

### [ROSTER UPLOAD – Deadline November 21](#)

To upload your roster for the state competition, please [click here](#).

### TIME SCHEDULE

Game Day Cheer & Dance – Thursday

All-Girl Cheer & COED Cheer – Friday

Dance – Saturday

### VIDEO REVIEW DEADLINE

November 21

### MUSIC COMPLIANCE DEADLINE

November 28

# **SPECTATORS COMPETITION EVENT INFORMATION**

## **ADMISSION PRICES**

### **DAY PASS**

|                   |               |         |
|-------------------|---------------|---------|
| General Admission | Ages 18 to 59 | \$15.00 |
| Students K-12     | Ages 6 to 18  | \$12.00 |
| Senior Citizen    | 60 and older  | \$12.00 |

*\*5 and under = Free*

### **ALL-SESSION PASS**

|                   |               |         |
|-------------------|---------------|---------|
| General Admission | Ages 18 to 59 | \$40.00 |
| Students K-12     | Ages 6 to 18  | \$30.00 |
| Senior Citizen    | 60 and older  | \$30.00 |

*\*5 and under = Free*

## **TICKETS**

Tickets will be available exclusively through the Denver Coliseum, via [AXS](#).

## **BALLOONS**

Balloons are not permitted at the competition or in the arena.

## **CONCESSIONS**

Concessions will be available onsite at the Denver Coliseum.

**Parents or designees will not be allowed to enter the backstage area to deliver food or gifts. Please advise your parents.**

## **EMERGENCY (Facility)**

In the event of an emergency, participants and spectators will be instructed to proceed through nearest exits - visible in the arena. We ask that all aisles remain clear during the competition. CHSAA will not allow an athlete who has been in any state of unconsciousness to compete without written authorization from a physician.

Coaches must have all emergency medical contact information with them on-site.

The CHSAA does not require liability waivers.

## **PARKING**

[Denver Coliseum Parking Map](#)

## **KULKULSKI BROTHERS VENDORS/SOUVENIRS (Official CHSAA Vendor/Souvenirs)**

Souvenir items (t-shirts, sweatshirts, pins, shorts, etc.) will be available at the spirit championships.

[Contact](#) | [Website](#)

### WALLACE PHOTOGRAPHY (Official Spirit Photographer)

Photographers will be present to photograph each team prior to their warm-up. The photos will be available for purchase.

[Contact](#) | [Website](#)

### MR. VIDEO (Official Spirit Videographer)

A videographer will be present to film each session. The videos will be available for purchase.

[Contact](#) | [Website](#)

### LIVESTREAM

The state spirit championships will be livestreamed. The event livestream can be found by clicking [HERE](#).

To access all NFHS Spirit coverage, please click [HERE](#) and search for cheerleading under upcoming events.

### VIDEOTAPING

Videotaping will be allowed from the stands. Videotaping in the arena aisles is strictly prohibited.

Videotaping must not obstruct any person's view of the competition and no one will be allowed within the competition area to videotape. However, **no videotaping will be used for review**. Results are final at the end of each classification.

## ATHLETES/COACHES COMPETITION EVENT INFORMATION

### COACH'S BOX

A **CERTIFIED COACH** (must have attended a CHSAA Mandatory Rules Clinic and completed all necessary requirements) must be in the coach's box during competition. Coach's box will be marked for state competition. A coach will be asked to encourage his/her squads during competition in these marked areas. It is imperative that coaches conduct themselves in a controlled manner, as inappropriate behavior is distracting to the judging panel and is a poor representation of your community. One coach in the coach's box. All other coaches/choreographers, injured athletes will have a front row seat in the stands. **Athletic Director or School Administrator will have to stand in for all non-certified coaches.**

### COACH PASSES/WRISTBANDS

Each squad will be given two (2) coaches wristbands/passes. At the pass gate only two (2) coaches per squad will be allowed to enter. A maximum of two (2) additional coaches wristbands/passes may be purchased at \$10.00 each. These passes will not be purchased onsite. Rather, schools will be invoiced after the competition for these extra passes. Only **those coaches with wristbands & passes** will be allowed in the warm-up area. No other guests will be permitted.

### COMPETITORS/COACHES ENTRANCE

Competitors will be allowed in at 7:45 AM on Thursday, 6:45 AM on Friday and 6:45 AM on Saturday. Competitors will be asked to leave for the clearing of the house each day after the prelim session.

### COMPETITOR SEATING

The north stands will be designated as competitor seating.

### FINAL SELECTIONS

Final Selections in each discipline are determined by taking 25% of final registrations in each discipline:

2A/3A Game Day Cheer – TBA  
4A/5A Game Day Cheer – TBA  
2A/3A Game Day Dance – TBA  
4A/5A Game Day Dance - TBA  
2A Cheer – TBA  
3A Cheer – TBA  
2A Pom – TBA  
2A/3A COED – TBA  
3A Pom – TBA  
4A Cheer – TBA  
5A Cheer – TBA  
4A Pom – TBA  
5A Pom – TBA  
4A COED – TBA  
Jazz – TBA  
Hip-Hop – TBA  
5A COED – TBA

As of Friday, November 16<sup>th</sup>, the finals numbers displayed above are official. Any changes in registration numbers after Friday, November 16<sup>th</sup> we will not change these finals numbers.

The number of teams advancing to finals will be finalized prior to the state competition.

## **FLOORING**

Cheer/Co-Ed/Game Day Cheer – 54' (W) x 42' (L or deep) if facing mat

Pom/Jazz/Hip Hop/Game Day Dance – 52' x 54' Wood (gym) floor

## **MASCOTS**

A mascot may perform at the CHSAA State Competition in the Game Day division only. However, the mascot must be included in the roster numbers. Mascot must also follow mascot/costume guidelines per NFHS page 17 - "A mascot in a full head and/or body costume must NOT stunt or tumble."

Please see the [CHSAA Game Day Cheer Information](#) sheet for details regarding mascots being included in your Game Day Cheer roster.

## **MEDICAL/INJURY INTERVENTION**

An athletic trainer will be on site. If an injury occurs during the performance and the athlete is unable to complete the performance, the coach is expected to stop the competition until the injured athlete is removed from the competitive area. If a CHSAA official, judge or spotter determines that there is an injury on the floor, they have the ability to stop the performance. Do not allow athletes to compete injured. If an injury occurs during competition, coaches have a responsibility to act in the best interest of their athletes (i.e. stop routine, assist athlete off the floor).

The team will be permitted to leave and re-group and have the option to perform prior to the end of their classification. An alternate may be substituted. Coaches need to communicate with the CHSAA administrator. The team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred. The CHSAA administrator/official can intervene at any time.

When it is detected that a participant is bleeding, has an open wound or excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment.

## **MUSIC INTERPRETATIONS**

Pay close attention to the content and language of your music selections. Editing out the profanities or sexual connotations will constitute a penalty; this includes inappropriate movement. Should any music selection constitute a gray area with our technical judge, the coach will need to request in writing an approval to perform that piece of music in public from your administration (Community Approval). CHSAA will not be responsible for your music selections, compliance, etc.

## **MUSIC INTERRUPTIONS**

In the event during the performance there is an interruption due to the failure of the tournament equipment, facilities, etc., the squad affected will be allowed to present their routine again in total. They will, however, only be judged from the spot of interruption. **At the end of their classification, the team would repeat their routine.** The CHSAA liaison will make the final decision on second performances. Coaches/teams electing for a second performance must take those results.

If there is a cell phone issue, including coverage, volume, a call, etc., the team will not be able to perform again.

## MUSIC – AT STATE TOURNAMENT

Music shall be given to the sound technician at the sound table directly behind the announcer's table and the coach will keep the spare in case of an emergency. It is mandatory that the music be delivered to the sound table **two teams prior to team's competition slot** and that a coach or designee be at the sound table during the performance to assist the sound technician. All schools will use the same sound system provided by the competition venue. All iPhones should be placed in airplane mode.

Failure to start and stop music on time will not be seen as a mechanical failure. Time of the performance begins at the first sound of music or member of the team begins the first word of a cheer, chant or dance.

Music should not contain any suggestive lyrics or chants. Penalty deductions will occur for music containing suggestive lyrics, words, or phrases (bleeped/or covered words included).

If there are technical difficulties (equipment failure) please come to the CHSAA table immediately.

## NFHS MUSIC COMPLIANCE INSTRUCTIONS

USA cheer has provided an educational document with interpretations to assist coaches with understanding the U.S copyright laws.

The NFHS has obtained and secured the rights (Provisional License) for all MEMBERS of the NFHS/State Associations, to perform it publicly, however, schools must still obtain permission to use mash-ups and mixes

### NFHS Understanding Copyright and Compliance Course

With your State Spirit Registration, there is a **MANDATORY** upload of your licensing information to the NFHS Copyright Compliance Database found at [www.NFHS.org](http://www.NFHS.org). You must click on the **Resources** tab and then find the "**Copyright Compliance**" link. It will prompt you to create an account and login with the NFHS. When you get to the database, you will need to do the following steps:

1. Manage/create your school,
2. Add/manage an ensemble (group) and indicate whether you have a cheer or dance team,
3. Add your music/license information under "manage selections".
4. Once this is all complete, you will go to "Search Events" and look under "Colorado" for the event titled "2025 CHSAA State Spirit Championships". You will then click "View/Attend" to add your team into the championships. **DO NOT CREATE AN EVENT!**
5. The DEADLINE for submitting your information into this NFHS database is November 14th
6. It is strongly recommended that you complete the free "Understanding Copyright and Compliance Course" offered through the NFHS. You can follow the link HERE and sign in to take the course.



## LICENSING MUSIC FOR CHEER, DANCE, AND GYMNASTICS

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Copyright compliance is an important part of using any material that you did not create. When another person's work is used it is important the creator of that work is compensated for the way it is being used. [Copyright law in the United States](#) is clear in what rights a copyright owner has when it comes to protecting their work and the income that work can generate.

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### MASHUPS

When a school creates a mashup, permission must be secured. The most common uses for mashups are used in Cheer and Dance. A mashup license allows the team to change the original work and create a new work by either combining works or changing them in a way to fit the intended use. Because these changes are beyond a minor edit, the copyright owner has exclusive rights to allow these changes or not.

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### PERMISSIONS NEEDED TO USE MUSIC IN A ROUTINE

Anytime music that is not originally created is used in a routine, permission must be received. There are many ways to obtain the permissions needed, permissions should include:

- Editing if looking to combine songs, or to add sound effects, drum tracks, new lyrics, ect.
- Choreography
- Public Performance
- Mechanical license if a recording of your school band will be used.

Simply purchasing the song, have a streaming subscription, or taking it from YouTube does not provide the permissions needed.

---

### UNALTERED MUSIC EXCEPT FOR TIME

Teams may use music that is unaltered in their routines as long as the music begins at the start of the song and is only ended for timing purposes. No other edits may be used. A public performance license is required for this type of use.

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### PUBLIC PERFORMANCE RIGHTS

Public performance licenses can be obtained to cover an entire school and all public performance needs by visiting the copyright resources page at <https://copyright.nfhs.org/>

## ORDER OF COMPETITION

A scheduling committee and the CHSAA representative will review all registrations and set the schedule. For preliminary and finals, teams will be placed by a random draw. **The tentative schedule will be on the CHSAA website by November 14.** The CHSAA Spirit Administrator, as necessary, can adjust the schedule. Teams directly involved in changes will be contacted.

Those schools that performed first last year will not perform first this year. Only 2024 first performers will be protected. No requests for specific timeslots will be accepted.

## OUT OF BOUNDS

### CHEER

Moving or stepping out of the competition floor/mat boundaries will constitute a penalty. Breaking the planes outside the boundaries will not draw a penalty/deduction.

### DANCE

Dance performance boundary specifications is 52x54. There is no out-of-bounds penalties.

## BUILDING DEDUCTIONS (DROPPED STUNTS)

- Top person becomes weight bearing on the spot of a stunt
- Top person incorrectly places weight on middle layer of a pyramid (if the bracer was not there the stunt would fall)
- Dropping to a load in, cradle, prone or flat back
- Base(s) or spot(s) landing on the ground
- Controlled or uncontrolled lowering of a falling top person
- Dropping to a compromising position
- Tosses that land in a cradled position (upright or vertical position)

## TUMBLING ERRORS

- Hands/knees down on tumbling
- Landing on head, shoulders, back or other compromising positions
- Dropping from an airborne tumbling skill to knees (not landing on feet)
- Hand touch with a pom in hand during any tumbling skill.

## PROPS

### CHEER

Signs, flags, poms, rally towels, and megaphones are the ONLY approved props allowed in the Varsity Cheer/CO-ED Divisions. Any items that are attached to the athlete's body are considered a prop and are ILLEGAL in the varsity cheer/co-ed divisions. However, signs that are **IN** the skirt are legal.

### DANCE

Only handheld props will be ALLOWED in all varsity dance divisions.

- A Pom is considered a handheld prop.
- Handheld props may be placed on the dance surface prior to and during competition.
- There will be a deduction for any thrown, tossed, accidentally dropped or stepped on props.  
*EXCEPTION:* In the Pom Category Only – pom passes and visual pom tosses are legal.
- Handheld props are not allowed while performing any gymnastic skills and or tricks (Aerials ARE allowed while cartwheels, front and back walkovers, kips, head springs, stalls, air poses, etc. are not allowed). Kip-ups and head springs are allowed if performed without poms and/or if there is no weight bearing on the pom, but on the bare hand in contact with the performance surface.

- No sharp or hard unyielding materials, or hard attached accessories (fiberglass, metal, hard plastic) can be used.
- Props CANNOT be used as a base!
- When using a handheld prop, you cannot be weight bearing on that prop at any time including during tricks and/or skills.

## **RESULTS**

- During competition the finalists will be announced after their division is concluded and scores have been verified.
- All teams selected to finals will be scored on their finals routine only, no previous scores will be used to determine final results.
- All results will be posted on [CHSAAnow.com](http://CHSAAnow.com). Preliminary results will be posted approximately 20 minutes after finalists have been announced from prelims. Final results will be posted approximately 20 minutes after finals have been announced.

## **\*ROUTINE TIME\***

Cheer -

Total Routine Time - 2:30 - maximum

Music - 1:45 maximum

Game Day Cheer - Total Routine Time - 3:00

Dance - Total Routine Time - 2:30

Maximum Music and Routine Time - 2:30

Minimum Music and Routine Time - 1:45

Game Day Dance - Total Routine Time - 3:00

## **SCORE SHEETS**

Teams making it into finals will receive their score sheets to prepare for finals. Score sheets will be emailed to the email used to register team on Varsity after scoresheets have been finalized. No hard copies will be available. All other teams will receive score sheets approximately one hour after finals. All score sheets are final and non-negotiable. If you have comments or concerns, you may contact Jenn Roberts-Uhlig the following week to discuss you score sheet.

**WE WILL NOT REVIEW ANY SCORE SHEETS AT THE COMPETITION.**

## **SIGNS**

Signs may be placed on mat prior to and during competition. There will be a deduction for excessively thrown/tossed/accidentally dropped signs. Signs are to be made out of material, poster board, Bristol board, corrugated plastic, vinyl (i.e. roll-ups), cloth, are legal. No hard, unyielding materials or hard attached accessories (fiberglass, metal, hard plastic).

## **SPOTTERS**

Additional CHSAA/UCA spotters will be positioned on the mat during competition. They are strictly there for safety. Stunts that require a constant spotter must be provided within the team. If you have a stunt that you feel a CHSAA/UCA spotter may interfere with during competition, please have your captain inform the spotters prior to the team's entry onto the mat.

## **TEAM PICTURES**

Pictures will be taken prior to your performance. Ask how you can get a free coach's picture.

## **TECHNICAL APPEALS PROCESS**

Coaches will have 15 minutes after the posting of the prelim scores to review deductions and file an appeal. Technical appeal sheets will be located at the CHSAA table. Appeals can only be filed on the technical deduction sheet. Associate Commissioner Jenn Roberts-Uhlig will review the appeal; consult with the games committee and judges to work through the appeal. All scores will be final after the time limit has expired. Every team will receive a deduction sheet. Coaches advancing to finals will have the ability to review "final tech sheets before trophy presentation." There will be no coach-judge contact. All concerns and appeals will go through the CHSAA representatives.

CHSAA appointed Rules Interpreters will be available to review all skills, stunts, lifts, tricks prior to the state competition. Only skill videos will be viewed for legality; Full routines videos will not be accepted. All videos must be emailed to the correct Rules Interpreter on or before the deadline of November 15. Please be advised that interpretations are an informal evaluation, and it is your responsibility as a coach to clarify the do's and don'ts. This is an optional service. Do not depend on your choreographer or outside entities to determine if a skill is legal. If you feel something may be illegal, send a video. Please allow 3 days for a response. If you have received a ruling by the due date noted above, please forward Jenn at CHSAA the original email you sent so she can confirm with the Rules Interpreters that the email was received.

### **E-MAIL VIDEOS TO:**

#### **CHEER/CO-ED/GAME DAY POM/JAZZ/HIP-HOP**

Liz Carey/Brian Franca

Tena Preuss/Didi Logsdon

E-mail: [chsaacheer@chsaa.org](mailto:chsaacheer@chsaa.org)

E-mail: [chsaadance@chsaa.org](mailto:chsaadance@chsaa.org)

Please include [jrobertsuhlig@chsaa.org](mailto:jrobertsuhlig@chsaa.org) on all video submissions

### **All videos must include the following:**

- 1. Front, side and back view of skill**
- 2. Include your name, team name, and phone contact in your E-mail.**
- 3. Do not send the entire routine, only skill(s) in question.**

All questions regarding specific stunts, pyramids, and/or dance skills should be in writing. Do not rely on prior rulings from other competitions.

## **TIE-BREAKER**

### **CHEER (Game Day):**

1. If tied, go to the Overall Impression category on the Game Day/ Crowd Leading Cheer Scoresheet and use the highest score
2. If still tied, go to the Overall Impression category on the Fight Song/Band Chant Scoresheet and use the highest score
3. If still tied, go to the Crowd Leading Cheer category on the Game Day/Crowd Leading Cheer Scoresheet and use the highest score

### **CHEER (Traditional Routine):**

1. If tied, go to the Overall Effect/Dance Impression on Music Scoresheet category and use the highest score
2. If still tied, go to the Overall Cheer Impression on Cheer Scoresheet category and use the highest score.
3. If still tied, go to the Stunt Execution/Technique category on Music Score Sheet and use the highest score

## **TIE-BREAKER**

### **DANCE**

1. If tied, go to the “execution” category and use the highest score
2. If still tied, go to the “technique” category and use the highest score.
3. If still tied, go to the “overall effect” category (“overall impression” for gameday dance) and use the highest score.

## **UNIFORMS**

Team members must be in a school-approved uniform that complies with NFHS and CHSAA guidelines.

Bare midriff – refers to the front area and/or sides of the stomach and not the back and shoulders. Dancers are permitted to use flesh tone/nude fabric insets along the midriff and sides, but it is not encouraged.

## **WARM-UPS**

There will be two separate cheer warm-up areas (tumble strips and full floor). All cheer teams will be given 4 minutes on tumble strips and 7 minutes on full floor. Cheer teams will need to report 4 minutes earlier for station 1 warm-up. The dance warm-up area will have 2 warm-up stations and will be given 4 minutes per station. Only the coaches with wristbands will be allowed in the warm-up area. No other guests will be permitted.

## **COMPETITION FLOOR & CREDENTIALS**

Only CHSAA certified/registered coaches are allowed on performance floor. They must have a correctly dated coaches pass and wristband. All provided in CHSAA team packet. The wristband and coaches pass will be put on coaches by CHSAA appointed liaison at packet pick up and must be worn at all times for duration of the competition.

### **TIME SCHEDULE ... TBA**

|  |   |   |
|--|---|---|
| <b><u>THURSDAY</u></b><br>Game Day Cheer & Dance | <b><u>FRIDAY</u></b><br>All-Girl Cheer & COED Cheer | <b><u>SATURDAY</u></b><br>Poms/Hip Hop/Jazz |
|--|---|---|

*\*A finals showcase will conclude each day.*

**THERE WILL NOT BE A TECH JUDGE IN THE BACK AT THE STATE COMPETITION  
PLEASE UTILIZE VIDEO SUBMISSION FOR ANY QUESTIONS REGARDING LEGALITIES**

## GENERAL GUIDELINES FOR VARSITY CHEER (GAME DAY) DIVISIONS

### PERFORMANCE RULES

A. The CHSAA Game Day division at the state competition will be NON-TUMBLING

B. There will be two divisions:

- 2A/3A
- 4A/5A

\*COED & ALL-GIRL WILL COMPETE AGAINST EACH OTHER IN THE SAME DIVISION\*

C. A Game Day performance will consist of 4 categories and will be 3 minutes in total length. The order of categories will be:

1. Band Chant
2. Situational Sideline
3. Crowd Leading Cheer
4. Fight Song

### GAMEDAY DEDUCTIONS:

- Exceeding 3 consecutive 8-counts of incorporation during the fight song.
- Stunting outside the allotted restrictions
- Tumbling during the routine

For complete CHSAA Game Day information, please go [HERE](#)

## GENERAL GUIDELINES FOR VARSITY CHEER (ALL GIRL & CO-ED) DIVISIONS

### TEAM CLASSIFICATION

Team size as directed by classification. There are all-girl team and co-ed teams. Teams with all girls will be considered an all-girl team. Teams with **one or more males** will be considered a co-ed team.

### PERFORMANCE RULES

1. Maximum roster allowed on competition mat per classification.
  - Following the introduction by the announcer, each team will have **2:30** to demonstrate its spirit style and expertise.
  - Timing will begin with the first movement, voice or the first note of the music, whichever comes first.
2. Each team's presentation must include at least one skills demonstration (Ex. jumps, tumbling, stunts, dance, etc.) in music section. If a team uses music in their presentation, the musical portion of the presentation must not exceed **1:30-1:45**. You may split your music.
3. If a team exceeds 1:45 limit (cheer or music), a five-point penalty will be assessed for the violation.
4. The competition area for all divisions will be 54' x 42' (42' deep and 54' wide). This is 9 strips of mat.
5. Teams may load stunts prior to first movement/music, as long as one foot is in contact with the performance surface. Teams may line up anywhere inside the competition area. Teams will receive a 10-point deduction if one foot is not in contact with the performance surface.
6. Deduction sheets will be available approximately 30-45 minutes after performance time at the CHSAA table.

[chsaacheer@chsaa.org](mailto:chsaacheer@chsaa.org)

### SUGGESTED GENERAL CHEER SKILL PROGRESSION CHART

This list is ***not*** an all-inclusive list: coaches should utilize this list as reference only. Please see progression charts below:

[Pyramid Progressions](#) – [Stunt Progression](#)

## GENERAL GUIDELINES FOR VARSITY DANCE DIVISIONS

1. The routine should be no longer than **2:30** in length, with a minimum time limit of **1:45**. Timing will begin when the music and/or movement begins. Timing concludes when the music concludes. **If time exceeds or is under the required time limit, it will constitute a deduction of 5 points.**

2. Only specific gymnastics/tumbling skills will be permitted in all genres.

Gymnastics skills allowed are forward rolls, shoulder rolls, side aerials, one-handed cartwheel, front head-springs, front and back walkovers, kip-ups, headstands, handstands, backbends, stalls, head spins, windmills, rolls headsprings, headstand kip-up, back/front handsprings, forward roll. These skills can be performed individually or in combination as long as one hand, foot or body part remains in constant contact with the performance surface. (Airborne skills are NOT allowed when hip overhead rotation occurs – EXCEPTION: Back handsprings, side aerials)

3. No knee or split drops are allowed where the hands/feet don't break the fall/impact of the drop.
4. Routines will be judged based on what is suitable in that specific category. For example, a jazz routine would not be suitable to be performed in the pom category with poms and will be judged negatively.
5. **Dance Lifts** – Are permitted and are defined as an action in which the dancer is elevated (LIFTED!) from the performance surface with the bases having direct EYE CONTACT on the lifted dancer and then brought back to the performance surface safely. The lifting dancers MUST MAINTAIN the ultimate control of the momentum, positioning, changes in position and return the dancer to the performance surface maintaining hand/arm to body contact. Any lift ABOVE PREP LEVEL that does not maintain line of sight from a base or bases must have a spotter to protect the head, neck, and shoulders. **Illegal lifts will draw a 10-point penalty.** Please refer to the NFHS for additional guidelines.
6. **Dance Tricks** – An action in which the dancer(s) executes a skill with the support from one or more dancers. A dance trick is comprised of the “supporting” dancer and the “executing dancer”. During all dance tricks the supporting dancers must maintain control and have direct EYE CONTACT with the executing dancer. Any trick that does not maintain line of sight from a base or bases MUST have a spotter to protect the head, neck & shoulders. Any braced trick below prep level in which the executing dancer is in an inverted position must maintain contact with a supporting dancer until the executing dancer's feet return to the performance surface. **Illegal tricks will draw a 10-point penalty.**

**All “hip overhead rotations” performed as a trick or in a lift must be sent in and cleared with our technical judge to ensure proper control and safety.**

7. Competition area will be separate from cheerleading matted area. Performances will be on the wooden floor, with a minimum 52' X 54'. Teams will use the entire floor, with judges positioned at the center court line. Teams will be escorted on to performance surface to set their opening position. There will be NO entrances. **All teams must START and END their routine in bounds.**
8. Videotaping will **NOT** be used to dispute any penalty judge's ruling.

9. Music/Movement Interpretations – Pay close attention to the content and language of your music selections, the appropriateness of your movements and the prop you choose and how you use it. All aspects must be appropriate for family viewing and must be presented in a clean, positive and healthy way. Editing out the profanities or sexual connotations, or inappropriate presentations of violence MAY or WILL constitute a 10-point penalty. This includes props. **THERE WILL NOT BE AN APPEAL OPTION IN REGARDS TO MUSIC TIMING.** Questionable music and or lyrics will require community approval.
10. Excessive loss of rhinestones/costume pieces will constitute a 1-point penalty. Lyrical dresses and/or skirts may be worn, however, dresses, skirts and/or sleeves that obstruct the vision of the lifting dancer or spotter, and/or affect the grip of the lifting dancer **will result in a 10-point penalty.**
11. All clothing must stay on the participant for the duration of the routine- **unless it is used as a "handheld" prop.** (See [Prop Rules](#))
12. The shoe must cover a minimum of the ball of the foot. See NFHS Page 40, Rule 3, Article 3 (b) for exceptions regarding lifts and stunts.
13. A hand touch with a pom in hand on any tumbling skill will constitute a TUMBLING ERROR and a 1 point penalty with be assessed.
14. When preparing to perform a lift or trick, please consider the following:
  1. Where is the connection to the base/s? Above or below prep level?
  2. How is the trick/lift performed? Is it controlled? Where is the weight distributed?
  3. Is the trick self-propelled? Where does the weight bear on the bracers?
  4. Has the line of sight with the bases or bracers been safely established?
  5. Are the bases positioned to safely bear weight and maintain continuous line of sight?
  6. If spotters are needed, are they in a position to intervene of the safety of the executing athlete?
15. Click [HERE](#) to see the Dance Scoresheet Judging Rubric



## CRITERIA FOR THE VARSITY POM-PON DIVISION

*A pom routine should emphasize uniformity, synchronization, visual effect, strong and athletic pace, sharpness in movement, as well as creativity in groundwork, formations, transitions and level changes while displaying proper spacing.*

Judges will be looking for the following to be included in a Pom Routine:

- 80% Pom Usage
- Music, dance style, tempo changes and creativity
- Formations changes and use of floor
- Powerful movements and athletic strength
- Sharpness of movement, clean concise angles and motion technique
- Creative transitions and visual effect
- Showmanship and overall presentation
- Originality, creativity and difficulty

**NOTE: Poms must be used 80% of the routine by all members, or there will be a 10-point penalty.** Hands free poms are permitted in the pom division and can be used to execute lifts, however weight bearing skills where the weight is born primarily on the hands is not allowed while holding “hands-free” poms.

## CRITERIA FOR THE VARSITY JAZZ DIVISION

*A jazz routine is a combination of dance movements with emphasis on body placement, style, balance and control, displaying proper turn and leap technique with strong muscular strength and endurance.*

Judges will be looking for the following to be included in a Jazz Routine:

- Dance style, extension, posture, balance and control
- Muscular strength and endurance
- Use of floor, spacing, formation changes
- Musicality, synchronization and uniformity
- Execution of technical skills
- Energy level and appropriate showmanship
- Originality, creativity and difficulty

## CRITERIA FOR THE VARSITY HIP-HOP DIVISION

*A hip-hop routine should primarily emphasize musicality and the use of hip-hop elements, inclusive of breaking, popping, locking, funk styles, power moves and isolations.*

Judges will be looking for the following to be included in a Hip-Hop Routine:

- Style, isolations, rhythm, hip hop technique
- Popping, locking, breaking
- Form and strength
- Use of floor, spacing
- Technical skills and tricks
- Music interpretation
- Originality, creativity and difficulty



## CRITERIA FOR THE VARSITY GAME DAY DANCE DIVISION

For the first time ever, dance teams will have the opportunity to showcase their skills and see where their spirit matches up against other dance teams from across the state. There will be ONE division for this category. At the CHSAA State Championships, this will be a non-tumbling division.

### UNIFORMS

Teams are encouraged to wear a traditional uniform that you would wear when representing your school. These should be in school colors; uniforms must follow all midriff rules, which states when dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.

### ROUTINE PERFORMANCE AREA

The performance area will consist of a 52'x54" square (1/2 of a basketball court) although there will be NO penalty for going out of bounds, choreography should be completed with the perimeters in mind.

### MUSIC

Schools must use recorded marching band music for the Fight Song and Band Chant categories. All use of music must be compliant with U.S. Copyright Laws. If a high school marching band records their school's original fight song, they will need to get the school's permission to use the song and recording. If a team legally acquires a recording of a band playing a popular recording from an authorized provider, the song can be used as long as no edits are made to the music (other than for timing purposes).

### ROUTINE REQUIREMENTS

Teams will be evaluated and scored on each Game Day category. Within each category, performances will be scored on synchronization, execution of motions, and overall effect. In addition, other subcategories that pertain specifically to each section will be judged. Teams may use poms and signs, but they are not required. No other props are allowed. SIGNS ARE ONLY ALLOWED IN THE FIGHT SONG SECTION. SIGN USAGE IN THE OTHER TWO SECTIONS WILL INCUR A DEDUCTION

**Game Day Dance will consist of three categories:**

**1. Fight Song (1-minute)-** This should be the first element and skills/choreography should reflect your school's traditional Fight Song performed at games and community events.

**2. Spirit Raising Performance (1-minute)-** This element will follow the Fight Song and should have an emphasis on crowd appeal. There will NOT be a cue given by the announcer. Teams will choose to perform ONE of the following:

Sideline Routine

Stand Routine

Drum Cadence

**3. Performance Routine/Band Dance (1-minute)**- The final element is a routine in any of the following styles: Pom, Jazz, Kick, or Hip Hop. There will NOT be a cue given by the announcer. This routine should be designed for crowd entertainment and would be something your team would perform during a timeout or halftime. This is the best time showcase your team's energy and connection to the crowd.

### **TIME LIMITATIONS**

Timing will begin with the first choreographed movement or note of music, whichever is first and timing will end with the last choreographed movement or note of music, whichever is last.

Each category is limited to one (1) minute total time.

### **GAMEDAY DEDUCTIONS**

- Exceeding the time limit in each category
- Tumbling during the routine
- Not performing the correct requirements for each category



## SUGGESTED GENERAL DANCE SKILL PROGRESSION CHART

THIS LIST IS ***NOT*** AN ALL INCLUSIVE LIST: COACHES SHOULD UTILIZE THIS LIST A REFERENCE ONLY.

| SKILL         | NOVICE   | DEVELOPING   | MATURE  |
|---------------|--|--|---|
| <b>URNS</b>   | Could include, but not limited to: Chaine, pique, pirouette (singles)  | Could include, but not limited to: Pirouettes (doubles) pique, pirouette a la seconde, fouette, pirouette in attitude, creative arm and leg variation        | Could include but not limited to: Pirouettes in Arabesque, changing spots, execution of turning on both legs, needle/leg extension turn, c-pop, disc-turn, triple/quad turn or more, leg & arm variations |
| <b>LEAPS</b>  | Could include, but not limited to: Grande jete, side/center/straddle jete (single or more)                                 | Could include, but not limited to: Center jete, switch jete, calypso, arm & leg variations during the leap (single or more)                                  | Could include, but not limited to: Switch center, directional changes, turning switch, executing both legs, any variation of arm & leg positions, turning & transitioning (triple or more)                |
| <b>JUMPS</b>  | Double Stag, tuck, X Jump (Spread Eagle) (single jump)   | Toe touch, hurdler, double 9, pike (single or more)  | Around the world toe touch, using leg and arm variations, speed and directional changes, repetition to show power (triple or more)  |
| <b>KICKS</b>  | Straight kicks (following CHSAA requirements)  | Kicks on both sides  | Any kick sequence executing skill, battements (kicks) on both sides in different variations/turning and/or transitioning (following CHSAA requirements)   |
| <b>TRICKS</b> | Creative use of costume, partnerwork, poms (Approved by CHSAA)   | Penche, standing scorpion isolations of flexibility, stalls  | Any sequence executing both sides, including arm-leg-body variations, air poses, isolation of flexibility, directional changes, approved gymnastic skills   |
| <b>POM</b>    | Arm placement consistent with choreography preference, sharp & concise strength and presentation during movement patterns. | Arm placement consistent with choreography preference, sharp & concise strength and presentation during movement patterns, displaying athleticism and speed. | Arm placement consistent with choreography preference, sharp and concise strength and presentation during the movement patterns, tricks, speed, directional changes, and repetition to show power.        |

# GENERAL DEFINITIONS FOR DANCE



|                               |  |
|-------------------------------|--|
| <b>Airborne</b>               | To be free of contact with a person and/or the performing surface  |
| <b>Air Pose</b>               | A technique in hip-hop that involves halting all the body motion on one or two hands in interesting, inverted or balance-intensive positions.  |
| <b>Back Walkover</b>          | A non-airborne tumbling skill where one moves backward into an arched position with the hands making contact to the ground first then rotates the hips over the head and lands on one foot/leg at a time.  |
| <b>Cartwheel</b>              | A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through the inverted position, landing on one foot at a time.   |
| <b>Dive Roll</b>              | An airborne forward roll where the hands and feet are off the performance surface simultaneously.  |
| <b>Front Walkover</b>         | A non-airborne gymnastic skill where one rotates forward through an inverted position by arching the legs and hips over the head and down to the performance surface landing one foot at a time.   |
| <b>Handstand</b>              | A straight body inverted position where the arms are extended straight by the head and ears.   |
| <b>Head Spin</b>              | A hip-hop technique in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.  |
| <b>Headstand</b>              | A position in which one supports oneself vertically on one's head with the hands on the floor supporting the body.   |
| <b>Hip over Head Rotation</b> | A movement where the hips move over the head, as in a back walkover or similar tumbling skill.   |
| <b>Kip-up</b>                 | From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position on his/her feet.  |
| <b>Lifts</b>                  | An action of trick or choreography that uses two or more individuals, being in constant contact, or one using the other for support.   |
| <b>Partnering</b>             | Any type of trick or choreography that uses two or more individuals, being in constant contact, or one using the other for support.  |
| <b>Shoulder Roll</b>          | A forward or backward roll starting from the squatting or tucked position where the back of the shoulder is the contact with the floor. Head is tilted to the side.  |
| <b>Power Moves</b>            | In hip-hop, technique consists of stalls, air poses, and jumps.  |
| <b>Hip-Hop Elements</b>       | Popping, locking, breaking, krumping, isolations, leveling.  |
| <b>Stall</b>                  | A hip-hop technique that involves halting all busy motion, often in an interesting inverted or balance-intensive position with weight bearing on the elbow, shoulder, or forearm.  |
| <b>Suicide Rubberband</b>     | From an upright position, on the feet-throwing back directly onto the shoulders and kipping back up (Note: this is an illegal skill)   |
| <b>Windmill</b>               | Beginning in a position lying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V/shape. The leg motion gives the majority of the power allowing the body to "flip" from a position on the back to a position with the chest to the ground. |
| <b>Suggestive Movement</b>    | Any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications.  |
| <b>Inappropriate Music</b>    | Music that is inappropriate for family audiences and therefore lacks audience appeal. Music should be appealing and entertaining to ALL audience members.  |
| <b>Inappropriate Attire</b>   | All costuming should be age appropriate and acceptable for family viewing. See NFHS for additional guidelines.   |

# JUDGES

## JUDGING

The CHSAA will select a panel of qualified judges to score the state championship. There will be a panel of judges selected for each division/categories: cheer, co-ed, game day- cheer, pom-pon, jazz, hip-hop, and game day- dance. The judge's scores will be averaged. There will be penalty judges to assess deductions and one timer to assess timing penalties.

The judges will score the teams according to the judging criteria on a 100-point system.

All decisions as rendered by the judges concerning score and rule interpretations and appeals will be accepted as final.

## JUDGE'S SELECTION

Judges are selected based upon their present and past experiences, their professionalism, and lack of affiliations with Colorado schools. Due to their diverse backgrounds, judges will differ in their likes and dislikes. The CHSAA will use out-of-state judges as well as in state judges. All judges chosen to work the state meet will go through training and a review of the score sheets.

## TECHNICAL JUDGE

Our technical judge/state rules interpreters will be available to review your technical skills and/or music selections prior to the state competition. All skills must be sent through e-mail, you tube, etc. **All requests must be sent on or before November 21.** Please be advised that interpretations are an informal evaluation. It is YOUR responsibility to read and clarify the rules. This is an optional service, but strongly suggested. Do not depend on your choreographer and/or outside entities to determine whether a skill is legal or not. Please do not depend on prior rulings from other competitions (league regionals). All questions regarding dance skills should be in writing.

## VIDEO SUBMISSION MUST INCLUDE:

- ❖ For a skill: Front and side view of the move or skill
- ❖ For music: A clear recording accompanied by the lyrics you are using in writing.
- ❖ Include your name, team name, classification and school.
- ❖ Your contact information, address, E-mail and phone number.

For dance related questions, and for video submissions, please email [chsaadance@chsaa.org](mailto:chsaadance@chsaa.org) & [jrobertsuhlig@chsaa.org](mailto:jrobertsuhlig@chsaa.org)

# APPENDIX

**\*SUBJECT TO CHANGE BASED ON VENUE\***




  
**Sport Court of the Rockies**  
 3395 Carder Ct. Unit C-300  
 Highlands Ranch, CO 80129

**DESIGN BY:**  
 Isabel Pfeiffer  
**SENT:**  
 06.02.25

**COLORS:**  
 Court: Hardwood and CHSAA Blue  
 Basketball lines: WHITE

**SURFACE:**  
 Hardwood

|   |   |                 |  |         |
|---|---|-----------------|--|---------|
| <b>PROJECT:</b><br>60'x112' Indoor Basketball | <b>CUSTOMER:</b><br>Colorado High School Activities Association | <b>CONTACT:</b> | <b>DESIGN APPROVED:</b> YES    NO<br><b>SIGNATURE:</b><br><b>DATE:</b> | 21<br>* |
|---|---|-----------------|--|---------|

**UPDATED  
FLOOR  
DIAGRAM  
COMING...**

# **SCORESHEETS**

**To view scoresheets, please see the links below:**

[All-Girl Cheer](#)

[All-Girl Cheer – Music](#)

[CO-ED Cheer](#)

[CO-ED Cheer – Music](#)

[Game Day Cheer – Crowd Leading](#)

[Game Day Cheer – Fight Song & Band Chant](#)

[Game Day Dance](#)

[Pom](#)

[Hip-Hop](#)

[Jazz](#)

# ALL GIRL/CO-ED CHEER TIME SHEET

TEAM: \_\_\_\_\_

|                      |                      |                       |                          | PENALTY                                      |
|----------------------|----------------------|-----------------------|--------------------------|--|
| Timer #1 TOTAL TIME: | <input type="text"/> | Is total time > 2:30? | <input type="checkbox"/> | If Yes, 5 point penalty <input type="text"/> |
| Timer #2 MUSIC TIME: | <input type="text"/> | Is music time > 1:45? | <input type="checkbox"/> | If Yes, 5 point penalty <input type="text"/> |
| TOTAL TIME PENALTIES |                      |                       |                          | <input type="text"/>                         |



\_\_\_\_\_  
Timer #1 Signature

\_\_\_\_\_  
Timer #2 Signature

---

# GAME DAY CHEER TIME SHEET

TEAM: \_\_\_\_\_

|                      |                      |                       |                          | PENALTY                                      |
|----------------------|----------------------|-----------------------|--------------------------|--|
| Timer #1 TOTAL TIME: | <input type="text"/> | Is total time > 3:00? | <input type="checkbox"/> | If Yes, 5 point penalty <input type="text"/> |
| TOTAL TIME PENALTIES |                      |                       |                          | <input type="text"/>                         |



\_\_\_\_\_  
Timer #1 Signature

\_\_\_\_\_  
Timer #2 Signature

# JAZZ/HIP-HOP TIME SHEET

TEAM: \_\_\_\_\_

Timer #1 TOTAL TIME:  Is total time > 2:30?  
(Minimum of 1:45)  If Yes, 5 point penalty

**PENALTY**

TOTAL TIME PENALTIES



\_\_\_\_\_  
Timer #1 Signature

\_\_\_\_\_  
Timer #2 Signature

# POMS TIME SHEET

**TEAM:** \_\_\_\_\_

|                      |   |  | <b>PENALTY</b>   |
|----------------------|---|--|--|
| Timer #1 TOTAL TIME: | <input style="width: 60px; height: 30px;" type="text"/> | Is total time > 2:30?<br>(Minimum of 1:45) | <input style="width: 60px; height: 30px;" type="checkbox"/>                          |
|                      |   |  | If Yes, 5 point penalty <input style="width: 60px; height: 30px;" type="checkbox"/>  |
| Timer #2 POMS DOWN:  | <input style="width: 60px; height: 30px;" type="text"/> | Is Poms down > 20%?                        | <input style="width: 60px; height: 30px;" type="checkbox"/>                          |
|                      |   |  | If Yes, 10 point penalty <input style="width: 60px; height: 30px;" type="checkbox"/> |

| TOTAL TIME | in Seconds | 80%   | 20%          |
|------------|------------|-------|--------------|
| 2:30       | 150        | 120.0 | 30.0 Seconds |
| 2:29       | 149        | 119.2 | 29.8 Seconds |
| 2:28       | 148        | 118.4 | 29.6 Seconds |
| 2:27       | 147        | 117.6 | 29.4 Seconds |
| 2:26       | 146        | 116.8 | 29.2 Seconds |
| 2:25       | 145        | 116.0 | 29.0 Seconds |
| 2:24       | 144        | 115.2 | 28.8 Seconds |
| 2:23       | 143        | 114.4 | 28.6 Seconds |
| 2:22       | 142        | 113.6 | 28.4 Seconds |
| 2:21       | 141        | 112.8 | 28.2 Seconds |
| 2:20       | 140        | 112.0 | 28.0 Seconds |
| 2:19       | 139        | 111.2 | 27.8 Seconds |
| 2:18       | 138        | 110.4 | 27.6 Seconds |
| 2:17       | 137        | 109.6 | 27.4 Seconds |
| 2:16       | 136        | 108.8 | 27.2 Seconds |
| 2:15       | 135        | 108.0 | 27.0 Seconds |
| 2:14       | 134        | 107.2 | 26.8 Seconds |
| 2:13       | 133        | 106.4 | 26.6 Seconds |
| 2:12       | 132        | 105.6 | 26.4 Seconds |
| 2:11       | 131        | 104.8 | 26.2 Seconds |
| 2:10       | 130        | 104.0 | 26.0 Seconds |
| 2:09       | 129        | 103.2 | 25.8 Seconds |
| 2:08       | 128        | 102.4 | 25.6 Seconds |
| 2:07       | 127        | 101.6 | 25.4 Seconds |
| 2:06       | 126        | 100.8 | 25.2 Seconds |
| 2:05       | 125        | 100.0 | 25.0 Seconds |
| 2:04       | 124        | 99.2  | 24.8 Seconds |
| 2:03       | 123        | 98.4  | 24.6 Seconds |
| 2:02       | 122        | 97.6  | 24.4 Seconds |
| 2:01       | 121        | 96.8  | 24.2 Seconds |
| 2:00       | 120        | 96.0  | 24.0 Seconds |

TOTAL TIME PENALTIES

\_\_\_\_\_  
Timer #1 Signature

\_\_\_\_\_  
Timer #2 Signature





## TECHNICAL DEDUCTIONS FOR ALL GIRL/CO-ED CHEER/GAMEDAY

| CHEER/CO-ED RULES  | RULE-SECTION               | ARTICLE    |                 |
|--|----------------------------|------------|-----------------|
| General Risk Management  | NFHS Rule Book 1-1         | 1-21       | 10 points       |
| Sportsmanship/conduct (foul language)  | NFHS Rule Book 1-2         | 1-2        | 10 points       |
| Cheerleader apparel/accessories  | NFHS Rule Book 2-1         | 1-5        | 10 points       |
| Stunting Personnel   | NFHS Rule Book 2-2         | 1-10       | 10 points       |
| Inversions   | NFHS Rule Book 2-3         | 1-8        | 10 points       |
| Non-Release Stunts   | NFHS Rule Book 2-4         | 1-8        | 10 points       |
| Release Stunts/Tosses  | NFHS Rule Book 2-5         | 1-9        | 10 points       |
| Suspended Stunts   | NFHS Rule Book 2-6         | 1-6        | 10 points       |
| Dismounts  | NFHS Rule Book 2-7         | 1-8        | 10 points       |
| Tumbling   | NFHS Rule Book 2-8         | 1-9        | 10 points       |
| Drops (Knee/Split)   | NFHS Rule Book 2-9         | 1-4        | 10 points       |
| Props  | NFHS Rule Book 2-10        | 1-6        | 10 points       |
| <b>Released hard props to the ground</b>   | <b>NFHS Rule Book 2-10</b> | <b>1-2</b> | <b>1 point</b>  |
| <b>Stepping on props while stunting, tumbling, jumps</b>   | <b>NFHS Rule Book 2-10</b> | <b>3</b>   | <b>2 points</b> |
| Tumbling Error (per infraction)  | Bulletin                   | Page 38    | 1 point         |
| Building Deduction (per drop – technical judge)  | Bulletin                   | Page 38    | 2 points        |
| Excessive tossed signs – Signs must be discarded in a controlled manner. *One time per performance | Bulletin                   | Page 39    | <b>1 point</b>  |
| Props used outside the guidelines  | Bulletin                   | Page 38    | <b>5 Points</b> |
| Out of Bounds – per infraction   | Bulletin                   | Page 38    | 1 point         |
| Loading Stunts – 1 foot must be in contact with the performing surface                             | Bulletin                   | Page 43    | 5 points        |
| Inappropriate Moves/Music – assessed by Technical Judge  | Bulletin                   | Page 45    | 10 points       |
| Exceeding 3 consecutive 8-counts of incorporation during the fight song. (Game Day ONLY)           | Bulletin                   | Page 42    | 5 points        |
| Stunting outside the allotted restrictions (Game Day ONLY)   | Bulletin                   | Page 42    | 10              |
| Tumbling during the routine (Game Day ONLY)  | Bulletin                   | Page 42    | 10              |

**\*\*Page Numbers May Vary**

|                                     |
|-------------------------------------|
| <b>TOTAL POINT DEDUCTIONS _____</b> |
|-------------------------------------|

Area of Infraction

|              |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|
| BACK OF MAT  |  |  |  |  |  |  |  |  |
|              |  |  |  |  |  |  |  |  |
| FRONT OF MAT |  |  |  |  |  |  |  |  |

School Name \_\_\_\_\_ Technical Judge Signature \_\_\_\_\_

Classification & Division \_\_\_\_\_

❖ All deductions will be subtracted from the average of all the judges' scores.

*Updated July 10, 2025*



## TECHNICAL DEDUCTIONS FOR DANCE

| <b>POM DIVISION RULES</b>                    | <b>SECTION</b> | <b>ARTICLE</b> | <b>DEDUCTIONS</b> |
|--|----------------|----------------|-------------------|
| 80% Pom Usage to be assessed on timing sheet | Bulletin       | Page 55        | 10 points         |

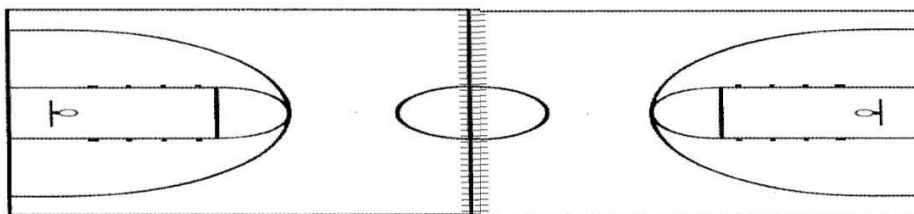
| <b>GENERAL RULES</b>   | <b>SECTION</b>        | <b>ARTICLE</b> | <b>DEDUCTIONS</b> |
|--|-----------------------|----------------|-------------------|
| Excessive loss of rhinestones/costume pieces, hairpieces'  | Bulletin              |                | 1 point           |
| Illegal attire (pant length, bare midriffs, footwear, removal, fingernails, braces, glitter, hair in face, etc.) | NFHS Rule 3 Section 1 | Pages 39-40    | 10 points         |
| Routine Overtime (Overall) – see timing sheet  | Bulletin              |                | 5 points          |
| Routine Music (1:45) – Under Time  | Bulletin              |                | 5 points          |
| Jewelry worn, taped by athletes on the competition surface   | NFHS Rule 3 Section 1 | Pages 40       | 10 points         |
| Inappropriate moves, music assessed by technical judge   | Bulletin              |                | 10 points         |
| Sportsmanship/conduct/foul language  | NFHS Rule 1 Section 2 | 1-2 Page 13    | 10 points         |
| Chewing Gum/Candy on the performance   | NFHS Rule 1.1.9       | Page 10        | 10 points         |
| Props (hard unyielding materials used, sharp edges, hard attached accessories)                                   | Bulletin              |                | 5 points          |
| Props including poms– stepped on, kicked, tossed, thrown or accidentally dropped                                 | Bulletin              |                | 5 points          |
| Copyright noncompliance or illegal music   | Bulletin              |                | 10 points         |
| Weight bearing on skills with props in hands   | NFHS Rule 3 Article 2 | Page 41        | 10 points         |
| Illegal lifts, partnering, gymnastics, pyramids  | Bulletin              |                | 10 points         |
| Illegal apparel or accessory for activity  | Bulletin              |                | 10 points         |
| Drops (knee, split)  | NFHS Rule 3.9.1       | Page 53        | 10 points         |
| Tumbling Error (per infraction)  | Bulletin              |                | 1 point           |
| Game Day Routine Over Time   | Bulletin              |                | 5 points          |
| No Tumbling in Game Day  | Bulletin              |                | 10 points         |
| Illegal use of signs (Game Day)  |                       |                | 10 points         |

### Area of Infraction

|                               |       |
|-------------------------------|-------|
| <b>TIMING MUSIC /ROUTINE</b>  | _____ |
| <b>TOTAL POINT DEDUCTIONS</b> | _____ |

School Name \_\_\_\_\_

\_\_\_\_\_  
Technical Judge Signature



Updated 11/10/2025



## GAME DAY DANCE SCORESHEET

### SCORESHEET BY CATEGORY

#### **FIGHT SONG**

##### **GAME DAY MATERIAL (10 PTS)**

- \* Appropriate use of material and skills relevant to your schools traditional game day.

##### **SYNCHRONIZATION (10 PTS)**

- \* Consistent unison and timing by the team. Uniformity of team movement with the choreography and skills. Consistent and even positioning of dancers throughout all formations and transitions.

##### **EXECUTION OF MOVEMENT (10 PTS)**

- \* Proper control, placement and completion of motions or skills. Quality of strength of motions or skills.

#### **SPIRIT RAISING**

##### **CROWD EFFECTIVENESS (10 PTS)**

- \* Appropriate use of material and skills relevant to your schools traditional game day. Ability to engage and lead the crowd.

##### **SYNCHRONIZATION (10PTS)**

- \* Consistent unison and timing by the team. Uniformity of team movement within choreography and skills. Consistent and even positioning of dancers throughout all formations and transitions.

##### **EXECUTION OF MOVEMENT (10PTS)**

- \* Proper control, placement and completion of motions or skills. Quality of strength of motions or skills.

#### **PERFORMANCE ROUTINE**

##### **CHOREOGRAPHY (10 PTS)**

- \* Elements included in choreography (group work, levels, visuals, etc.) for an entertaining and game day appropriate performance.

##### **SYNCHRONIZATION (10PTS)**

- \* **Consistent unison and timing** by the team. Uniformity of team movement within choreography and skills. Consistent and even positioning of dancers throughout all formations and transitions.

##### **EXECUTION OF MOVEMENT & TECHNIQUE (10PTS)**

- \* Proper control, placement and completion of motions and skills. Quality of strength of motions and skills.

##### **OVERALL IMPRESSION (10PTS)**

- \* Ability to connect with the audience to motivate and leave a lasting impression through projection, genuine expression, energy, crowd interaction and entertainment value. Ability to present a positive image of genuine school spirit **through** the entire performance including transitions.

##### **TOTAL (100 POINTS TOTAL)**

# CHSAA SPIRIT HOST HOTEL INFORMATION

[Book your group rate for CHSAA - State Spirit](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

**Event Summary:**

**CHSAA - State Spirit**


**Start Date: Wednesday, December 10, 2025**

**End Date: Saturday, December 13, 2025**

**Hotel(s) offering your special group rate:**

- Renaissance Denver Hotel & Conference Center for 129.00 USD per night - Last Day to Book : Monday, December 01, 2025

[Book your group rate for CHSAA - State Spirit](#)



BOOK BY DEC 01, 2025

### Renaissance Denver Hotel & Conference Center

★ 3.5 (1901 Reviews) | 17.0 mi to airport

Renaissance Denver Hotel & Conference Center is located near downtown Denver and Denver International Airport (DIA), with convenient access to Union Station and attractions such as Dick's Sporting Goods Park, Denver Zoo and Ball Arena.

[View Hotel Details](#) →

**129.00** USD / Night

Date (3 Nights)  
Wed, Dec 10 - Sat, Dec 13

Rooms & Guests  
1 Room: 1 Adult

[Check Availability](#)



## SPORTSMANSHIP PROTOCOL AT ALL CHSAA CONTESTS AND ACTIVITIES

### 1. National Anthem

When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should stand at attention, remove hats and face the flag.

### 2. Cheerleaders/Fans/Spectators

- It is recommended that there be positive cheers only.
- Only cheerleaders may use megaphones.
- All patrons must wear shirts and shoes. Face painting is allowed.
- Cheer and tumbling routines must be in front of your team's student body. Routines that spill onto the area of the opposing team are prohibited.
- Cheer squads may perform under the basket area outside the free vertical lane lines.

### 3. Banners

- One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events.
- The words and graphics on banners must be positive: i.e. "beat", "outscore", "conquer", etc; Negative banners: i.e. "kill", "scalp", etc, will be confiscated and may result in no future use of banners.
- Banners must not block the view of others.

### 4. Noisemakers

- All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility allows it.
- An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
- No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a 'live-ball' situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not "in progress" is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not "play-by-play" announcers.
- There shall be no amplified instruments at any CHSAA playoff events.

**CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!!**

**WE WILL BE  
PROVIDING**



**PANORAMIC STYLE  
8X24 PRINTS LIKE  
THESE SAMPLES**

**DISCOUNTED  
PRICE ONLY**

**\$30**



**TEAMS MAY OPT FOR  
TRADITIONAL STYLE  
PHOTOS AS WELL!!**



**CHSAA OFFICIAL  
PHOTOGRAPHER 775 230 4320**

# COLORADO HIGH SCHOOL COACHES ASSOCIATION



✓ INDIVIDUAL  
COACH SIGN UPS  
[www.colohsca.org](http://www.colohsca.org)

✓ SCHOOL BUNDLE-  
AD's sign up ALL of  
your coaches

Bundle Link—

<https://colohsca.sportngin.com/register/form/556868267>

## WHY JOIN?

It's YOUR professional organization

- 01 BENEFITS**  
TWO Million dollar liability insurance, admission card to state tournament events, hospitalities, can nominate for all state and scholarships, CHSCA communications, and apply for Coaching training grants.
- 02 EDUCATION**  
Coaching clinics, new coach trainings, online learning calls, coaching resources, leadership training, PLUS... we're working on more online learning opportunities!
- 03 ALL STATE GAMES**  
We run the biggest and BEST All-State games in the state! Hosted by CSU Pueblo we bring together top senior athletes from across the entire state to compete. HEAD COACH must be a member to nominate a player for all state.
- 04 RECOGNITION**  
Colorado Coaches Hall of Fame, Sport Coach of the Year Awards, Longevity Awards, Achievement Awards, Special Recognition Awards, Nominations to National Coach of the Year Awards.

