

SOUTHWEST SUBURBAN CONFERENCE: Competitive Cheerleading: Sport Guidelines

I. Season Limitations

- A. Practice may begin on Wednesday, November 4, 2009.
- B. First contest may be held on Wednesday, November 4, 2009.
- C. Season ends on Saturday, April 3, 2010.

II. Contest and Individual Limitations

- A. Five (5) dates. (Exclusive of the IHSA State Series)
- B. No individual shall be permitted to participate on a competitive cheerleading team unless he/she is a rostered participant on the school's winter sideline cheerleading team.

III. Levels of Competition

- A. Varsity
- B. Sophomore

IV. Head Coaches Meetings

- A. Pre-season meeting will be hosted by Joliet West High School at 6:00 p.m. on October 28 at Bolingbrook as a part of the SWSC winter mega-meeting.
- B. Post-season head coaches meeting will be held at a location to be determined at 6:00 p.m. on Monday, February 22.

V. Championships and Awards

- A. A championship trophy shall be awarded to the winner at the Varsity level of the Conference *Division* Tournament.
- B. An engraved plate will be awarded to the winner at the sophomore level of the Conference *Division* Tournament.
- C. Individual Awards (based upon finish in the conference tournament)
 1. The All-Conference Team will consist of ***nineteen (19) athletes in an 8-team division and eighteen (18) athletes in a 7-team division.*** The criteria established for awarding these is as follows:
 - a. First and second place teams will receive four (4) selections each.***
 - b. Third place team will receive three (3) selections.***
 - c. Fourth through sixth place teams will receive two (2) selections each.***
 - d. Seventh and eighth place teams will receive one (2) selection each.***
 2. At the post-season meeting, the coaches will vote for All-Conference selections.
 3. The procedure is as follows:
 - a. Each school will nominate athletes based upon number permitted.
 - b. Remaining schools will approve nominations by vote.
 - c. If an individual is not approved, a school may nominate another athlete.
 - d. If a school nominates more than the number permitted, the remaining schools will vote on who is selected from that school.

VI. Conference Tournament

- A. It is the responsibility of the host school to mail out an informational packet to all Athletic Directors, coaches and judges assigned to work the conference tournament.
- B. The information packet should include:

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1. Entry fee and deadline.
 2. Roster
 3. Pass gate list
 4. Site, date, and time.
 5. Warm-up rotation information.
 6. Competition rotation and format information. Follow IHSA format.
 7. Listing of the names of the judges that have been selected to officiate.
 8. Hospitality room information.
 9. Information regarding team entrance, locker room and spectator entrance.
- C. The resource athletic director will contract officials for the next year's conference tourney as soon as possible after the conclusion of the post-season meeting. Coaches will submit a list of their top ten (10) officials (or IHSA top 15 list) to the resource AD to use as a guide to select the officials.
- D. A certified athletic trainer is required at the conference tournament.
- E. The host school shall do the draw for competition order at the pre-season meeting. The draw must be random and follow IHSA guidelines. The order shall be identical for both levels.
- F. Each level will be allowed seven (7) minutes for tumbling/stunting warm-up on a minimum of two (2), 42' x 6' cheer strips, followed by seven (7) minutes on the full practice mat for warm-up. This warm-up will begin thirty (30) minutes before scheduled to perform on the competition mat.
- G. Competition Procedures
1. All sophomore teams will perform.
 2. All varsity teams will perform.
 3. Awards ceremony to follow.
- H. Beginning in 2010, the BLUE division will compete 1st followed immediately by the RED division. This will alternate yearly.
- I. The conference tournament will follow IHSA sectional guidelines.
- J. Admission prices will be \$5 for adults; \$2 for students; under 5 and seniors are free.

VII. Officials

- A. For the Conference Championship Tournament, six (6) officials will be hired.
- B. These officials will consist of:
1. Three (3) panel officials
 2. One (1) head official
 3. Two (2) technical officials
- C. Each official will receive a flat fee based upon the NISOC scale.

VIII. Reporting Results

- A. Each host school will report conference championship tournament results to the Resource A.D. and the Historian.
- B. Each host school is responsible to report results of the championship tournament immediately after the event to all local newspapers.