



CHEERLEADING PLAN

Date	Event	Location-Address
3/29/25	HCAL Cheer Championship	Rice University- 6100 Main St, Houston, TX

Overview of Document

This document outlines the logistical and registration information regarding the 2024-25 Honor Charter Athletics League Cheerleading Competition. The competition will be held at Rice University Tutor Field House on March 29, 2025.

Please reference the outline provided below to help you find the information that you need for the competition.

- Competition Guidelines
- Team Registration Form
- Competition Score Sheets
- Competition Day Schedule
- Additional Resources for Coaches and Teams

Additional Coach Requirements

To be in compliance, coaches must complete the complete list of requirements with the addition of the following 2 courses. Failure to complete the courses will result in team disqualification.

[NFHS Cheer and Dance Safety Certification](#) \$85

[Coaching Cheer and Dance](#) \$50

Awards

High School

- Performance Division (1st-3rd)
- Game Day Divisions (1st-3rd)
- Crowd Leading Division (1st-3rd)
- **Overall HCAL Cheer Champion- best combined score from competing in all divisions**

Middle School

- Performance Division (1st-3rd)
- Game Day Division (1st-3rd)
- Crowd Leading Division (1st-3rd)
- **Overall HCAL Cheer Champion- best combined score from competing in all divisions**



Competition Guidelines

Athlete Eligibility

Each team must have a roster submitted and only those cheerleading will be allowed to compete. **Team compliance form (submitted to Director) and rosters must be submitted in the HCAL website by March 10, 2025 and all compliance requirements must be met.**

- Every competing member must be academically eligible.
- If the team competes with a mascot or additional spirit members, those students do not have to be members of the actual cheerleading program. These students cannot be involved in any stunts or tumbling parts of the routine. These students must be included on your roster and eligible.

Competition Surface and Warm-Up/Touch

- A competition mat will be provided. Teams will compete on the traditional 9 panel cheer surface, 42' x 54' competition floor, marked on the panels with an "X" in the middle of the middle section.
- Teams will receive a warm-up/touch on the competition surface prior to the competition to finalize routines on the space teams will use to compete. Teams will receive 10 minutes for Game Day Division and 5 minutes for Performance and Crowd leading divisions, for a maximum time of 20 minutes if competing in all 3 divisions. This warm-up/touch time will be held in the morning before the competition. Teams will warm up in the order that they compete for the HCAL Cheer Competition. Warm-up/touch times will be available no later than one week prior to the HCAL Cheer Competition.
- There will be a holding areas for teams in the morning prior to the event.

Competition Divisions

Our competition divisions are modeled after the National Cheerleaders Association (NCA) high school competition divisions. HCAL will utilize the rules, requirements, score sheet set up and judging criteria from the NCA.

For more information, you can visit the website: [NCA Rule Book](#)

Crowd Leading Divisions

This division emphasizes crowd leading ability with crowd effective material. Routines in this division will still include transitional stunts and pyramids but the cheer section will encourage a crowd response as if you were leading the fans at an actual game! Teams can use all sideline appropriate props such as signs, poms and megaphones in their routines. Routine Length: 2:30 minutes (Music up to 1:45 minutes)

Performance Division: This division showcases the athleticism of cheerleading with a focus on visual elements. Teams competing in this division have routines that consist of transitional stunts, pyramids and a cheer. The cheer does not have to encourage crowd participation. Routine Length: 2:30 minutes (Music up to 1:45 minutes)

Game Day Division - click on link to see an example

The Game Day format will consist of **one** 3-minute performance that includes all three Game Day categories, plus a Game Situation Response. These categories will be performed in the following order:

- **BAND CHANT:** Compete with your traditional school band chant or adapt any NCA Summer Camp material to easily fit this category. Incorporate props such as signs, poms, megaphones and flats. Recorded band music must be used.
- **GAME DAY SITUATIONAL RESPONSE:** Each team will respond to audio cues by a game announcer, as heard at football and basketball games. In order to imitate the Game Day environment, audio cues will include an announcer-lead situational cue to which the team will show a definitive OFFENSE or DEFENSE response. Squads should focus on crowd effectiveness, motion technique and skills relevant to game day.
- **GAME DAY CHEER:** Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is highly encouraged.
- **GAME DAY FIGHT SONG: Showcase** your traditional team fight song with poms, signs, flags, megaphones and/or banners to bring your school pride to the competition floor!



Judging will be based on the following criteria:

- Crowd communication, including crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphone, and/or banners.
- Placement, synchronization, and strength of motions.
- Overall impression and crowd appeal.
- Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.
- Crowd communication, including crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphone, and/or banners.
- Placement, synchronization, and strength of motions.
- Overall impression and crowd appeal.

Specific Skill Restrictions

- No baskets, sponge, elevator, or similar type tosses permitted.
- No inversions from stunts.
- No twisting dismounts from stunts.
- Single leg extended stunts are limited to liberties and liberty hitches.
- No running tumbling.
- Standing tumbling is limited to standing back handsprings and standing backtucks.
- A kick will not be considered as a skill and can be performed at any time during the routine.

For more information, you can visit the website:

[Game Day Routine and Fight Song](#)

[Game Day Band Chant](#)

[Game Day Cheer](#)

[NCA Scoring and Rules](#)

Team Registration Form (must be completed by Feb. 14th)

This final registration [survey link](#) must be completed and submitted to HCAL by Friday, February 14th. Failure to complete is survey will result in your team not being allowed to participate in the competition.

Competition Score Sheets

HCAL will provide NCA affiliated judges for the HCAL Cheerleading Competition. For sample score sheets, please use the HCAL website to access them. HCAL will be utilizing the [Intermediate Scoring Guidelines and Score Sheets](#).

Competition Day Schedule

After all registration forms are received, we will be able to complete the Warm-Up/Touch and Performance Order will be finalized and sent out prior to the competition.

Available Resources for Coaches and Teams

- Example videos from NCA High School Nationals of these competitions can be found at: [NCA Resources](#)
- The NCA School Rulebook can be found here: [NCA Rule Book](#)