

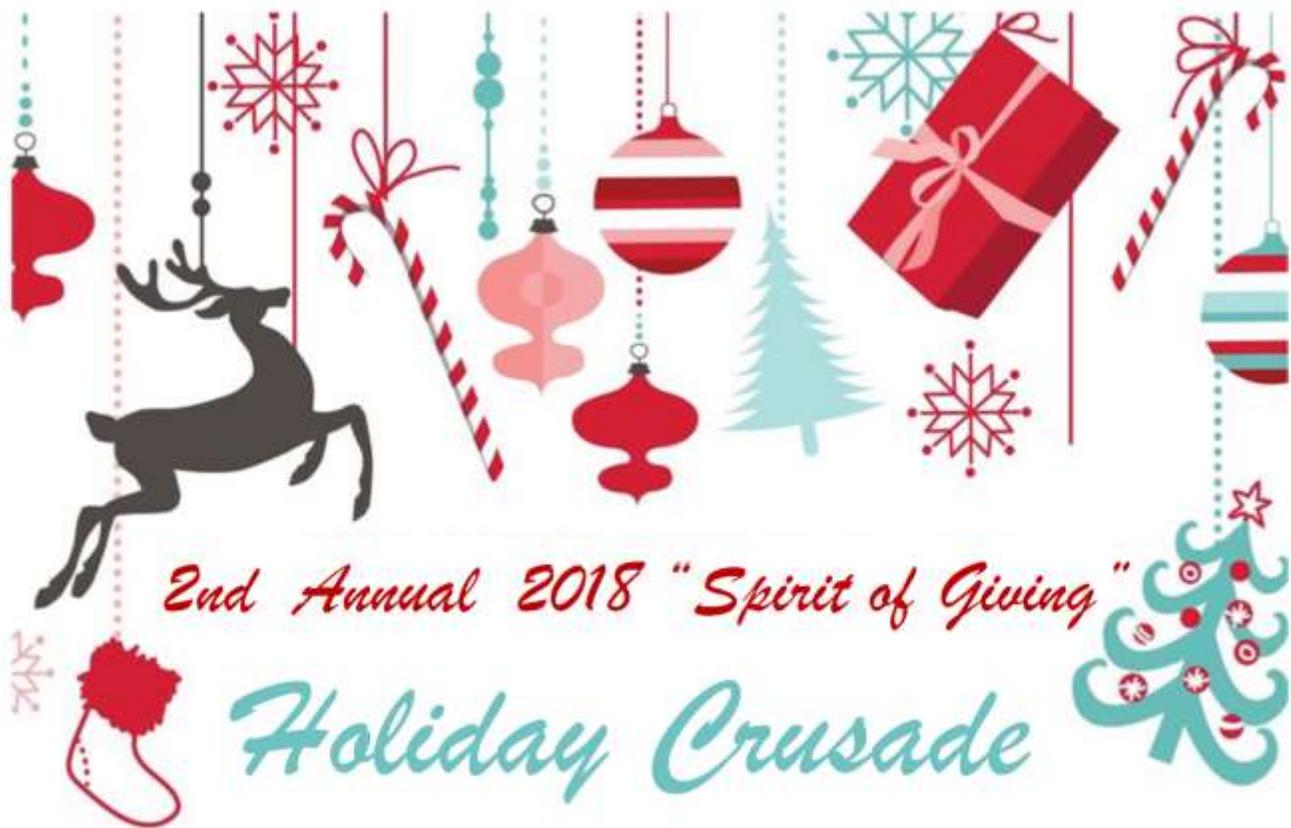


2018 DANCE

Championships Bulletin

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This year we request your help with the following Holiday donations for distribution to families and children across the state of Louisiana!

Donation Date: December 1, 2018

Please consider donating gift cards or wrapped/unwrapped gifts and label them "boy" or "girl" with age to the LHSAA Spirit Championships.

We would like each team, judge, worker and spectator to donate a toy(s) to the Holiday Crusade in partnership with the Louisiana State Police.



Donation Drop-Offs:

Please call (225) 300-4204 to schedule your donation drop-off appointment at the LHSAA Office, if you are not able to donate at the state championships.

Donate Gift Cards

Gift Cards are the easiest way to donate this holiday. They are easy to purchase, easy to deliver, and easy for us to store and distribute. Gift cards ensure the families and children of our programs receive the gifts they really need and want this Holiday Season!

Gift Card Wish List:

Superstores: Target, Walmart, Costco Grocery Stores: Albertsons, Ralphs, Trader Joe's, Whole Foods Pharmacy: CVS, Walgreens, Rite Aid Clothing: Old Navy, Forever 21, Claire's, Payless, TJ Maxx, Marshalls, Macy's, Sears, Gap, Pac Sun, Dick's Sporting Goods, H&M, Disney Store Gifts: Toys-R-Us, Barnes & Noble, Sephora, Ulta, Dick's Sporting Goods, iTunes Restaurants: McDonalds, Chick-fil-A, Subway, Starbucks, Applebee's, Chili's, Pizza, etc. Miscellaneous: Gas Cards, AMEX Gift Cards, Movie Passes, Best Buy

Donate Unwrapped Gifts

(Please keep in mind we are not able to accept toys that are violent in nature)

Wish List:

For all ages: Backpacks, Books, Puzzles, Coloring books/activity pads, Movies/TV shows, Board games, CD's/DVD's, Large art sets, Portable DVD players, Musical Instruments, Beach toys: and toys, boogie boards, beach balls, Table-top air hockey/pool sets

Infants: Diaper bags, Toys Pacifiers, Blankets, Rattles, Teething rings

Ages 2-4: Educational toys, Bubbles, Animal figurines, Imaginary play sets (doctor kits, vet kits, food & grocery sets, construction sets), large outside bouncy balls, Duplo Lego sets, play dough Boys: Hero costumes, Big toy trucks/cars Girls: Dress up costumes, Dolls

Ages 5-8: Disney movies, Medium & large Lego sets, handballs, board games, books (especially those by Judy Schachner) Boys: Toy trucks & cars, hero costumes, Car racetracks, action figure sets Girls: Barbie dolls & accessories, Dress up costumes, Shrinky dink sets, arts and crafts

Ages 9-12: Crafts (beads, modeling clay, paint), Paint-by-number kits, Do-it-Yourself Craft Kits, Medium and large Lego sets, jump rope, Frisbees, Paddle ball sets Boys: Xbox Kinect games, Sports Equipment, Skateboard, iPod Girls: Neon/Glitter Paint, Hair accessories, Purses, Nail polish, DVD's, CD's, iPod

Ages 13 & up: Sketch pads, Sport Equipment (Ping pong paddles/balls, baseball equipment, basketballs, Soccer balls), Clothing, Gift cards (Target, Chipotle, Starbucks, Best Buy, Barnes and Noble, iTunes, Amazon, Movie Tickets), iPod/Earphones Boys: GameStop gift cards, Gameboy & Nintendo DS, Kindle Girls: Make-up, Hair accessories, Purses, Nail polish, Jewelry, Bath and Body Products, hair straighteners, other beauty products, Journals, Forever 21, Macy's gifts cards, Kindle

EVENT TIMELINE

NOW

Educate yourself and your team on the GAME DAY format and get excited about the SPIRIT CHAMPIONSHIPS opportunity!

MONDAY, OCTOBER 1, 7:00am

Go to www.lhsaa.org to submit a REGISTRATION REQUEST for your team to participate!
Get GAME DAY ready by supporting your school teams on the sidelines!

FRIDAY, OCTOBER 26, 3:00pm

EVENT REGISTRATION CLOSES.

By this date, all teams that submitted a Registration Request will be notified if APPROVED or placed on the WAITLIST.
APPROVED teams will be “officially” registered and invoiced. Payment is due at this time. Receipt of payment secures your team’s registration.

FRIDAY, NOVEMBER 2, 2018

2018 LHSAA Spirit Championships “Order of Performance” will be posted on the LHSAA website.

SATURDAY, DECEMBER 1, 2018

2018 LHSAA Spirit Championships
Pontchartrain Center | Kenner, LA

SPIRIT CHAMPIONSHIPS
GENERAL INFORMATION

CATEGORY	DATE/INFORMATION
Championship Date/Site	Saturday, December 1, 2018 Pontchartrain Center 4545 Williams Blvd. Kenner, LA
Championship Directors	Fallon Buckner Louisiana High School Athletic Association Email: fbuckner@lhsaa.org Phone: (225) 300-4204 Adam Ayres Game Day Event Director, Varsity Spirit Email: aayres@varsity.com Phone: (1-800) NCA-2WIN Paige Hall Louisiana State Dance Director, Varsity Spirit Universal Dance Association Email: phall@varsity.com Phone: (985) 705-5102
Categories	Dance - Game Day (Division I, II, III)

SPIRIT CHAMPIONSHIPS
GENERAL INFORMATION

CATEGORY	DATE/INFORMATION
Registration	<p>The REGISTRATION REQUEST FORM will be available at www.LHSAA.org beginning at 7:00 am on October 1, 2018.</p> <p>Upon completion and submission of the request form, you will receive a message confirming that the form has been successfully submitted.</p> <p>Submission of the REGISTRATION REQUEST does not guarantee registration for the event. Requests will be time-stamped when submitted, then reviewed and processed on a first come, first serve basis, so REGISTER EARLY!</p> <p>Each team member must be enrolled at the school for which they are competing and an eligible member of the 2018-2019 varsity spirit team. An exception will be allowed for all boy or all girl schools provided the members are enrolled at a LHSAA member school and it has been approved by the LHSAA state office.</p>
Coaches Box	<p>There will be a designated “coaches box” on the competition floor. Only one designee per team may be in the box. No additional coaches and/or team alternatives will be allowed on the competitive floor.</p>
Interpretations and Rulings	<p>Any interpretation of any aspect of these LHSAA Bulletin or any decision involving any other aspect of the championship will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to insure that the championship proceeds in a manner consistent with the general spirit and goals of the championship. The Rules Committee will consist of the Championship Director, Tech Administration and a designated representative of Varsity.</p>

RULES AND GUIDELINES

I. FORMAT AND PARTICIPATION

A. PARTICIPATION

All teams must be the official school dance team.

DIVISIONS:

- a. Division I: 5A
- b. Division II: 4A & 3A
- c. Division III: 2A, 1A, B, C

TEAM FEE:

- \$300
- \$300
- \$300

B. ROUTINE GUIDELINES AND SKILL RESTRICTIONS

WEIGHT BEARING SKILLS:

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: forward rolls and backward rolls are allowed). The use of hands free poms for hip over-head skills is allowed.

DANCE LIFTS AND PARTNERING (EXECUTED IN PAIRS OR GROUPS):

The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).

Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.

Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground.)

Hip over-head rotation of the Executing Dancer(s) may occur as long as a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.

Vertical Inversions are allowed as long as:

- a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
- b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES (UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACES):

An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:

- a. The highest point of the released skill does not elevate the Executing Dancer's feet above head level of the Supporting Dancer, and the Executing Dancer lands on his/her feet.
- b. The Executing Dancer does not pass through the prone or inverted position after the release.
- c. Toe pitch back tucks are not allowed.

A Supporting Dancer may release/toss an Executing Dancer if:

- a. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the Supporting Dancer.
- b. The Executing Dancer is not supine or inverted when released.
- c. The Executing Dancer does not pass through a prone or inverted position after release.
- d. Toe Pitch back tucks are not allowed.

TUMBLING AND TRICKS (EXECUTED BY INDIVIDUALS):

ALLOWED:

Aerial Cartwheels	Front/Back Walkovers
Forward/Backward Rolls	Stalls/Freezes
Shoulder Rolls	Head Spins
Cartwheels	Windmills
Headstands	Kip Up
Handstands	Round Off
Backbends	Headsprings (with hand support)

NOT ALLOWED:

Front Aerials	Shushunova
Front/Back Handsprings	Headsprings (without hand support)
Front/Back Tucks	Dive Rolls (in any position)
Side Somi	Continuous double (partner) cartwheels
Layouts	Toe Pitch Back Tucks

Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support are allowed. Aerial cartwheels not connected to any tumbling skill are allowed).

Aerial cartwheels are not allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule. *If a team chooses to move the poms to one hand, and later touches down with that hand, a penalty will be issued.*

Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).

Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.

Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.

Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.

Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" "bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

C. MUSIC

All use of music must be compliant with U.S. Copyright Laws.

Neither The Louisiana State High School Athletic Association nor Varsity Spirit is responsible for obtaining any necessary permission or licensing of the recorded music used by a school team during the course of the LHSAA Spirit Championships.

Music Guidelines:

- a. If a team legally acquires a recording of a band playing a popular recording from an authorized provider (iTunes, Amazon, etc.), the song can be used as long as no edits are made to the music (other than for timing purposes).
- b. A team cannot use a recording of their band playing a popular song (a cover) or other music without the proper permissions or the band becoming a preferred provider.
See Varsity.com/music for more information about preferred providers.
- c. If a team would like to perform to a recording of your band playing a SINGLE musical composition, you will need to provide documentation that confirms the following:
 - i. The team has secured a compulsory license to make copies of the recording made by the band or orchestra
 - ii. The band or orchestra recorded the song for and in conjunction with the cheer/dance team
 - iii. The school principal or dean was aware of and approve this recording
 - iv. That no other musical compositions are embodied in the recording to be used by the authorized cheer/dance squad.
 - v. Please bring your music on a cd the day of competition.

D. HEALTH AND SAFETY REGULATIONS

LHSAA rules require cheer and spirit performances shall be in accordance with safety standards prescribed by the National Federation High School Spirit Rules.

School participants must comply with the LHSAA Contest Rules.

II. PERFORMANCE CRITERIA

Teams will be evaluated on their ability to lead the crowd, proper skill incorporations and performance, motions, dance and overall routine. Game Day practicality is heavily emphasized. Performances should be prepared as they would for sideline leading at a school sporting event.

A. GAME DAY ROUTINES

The competition will consist of three categories. There should be no “organized” entrances when taking the floor for any of the performances. Crowd-leading tools will not be “preset” but instead taken to the floor with the team when announced.

1 - Fight Song:

- Skills and choreography should represent a traditional Fight Song that your team performs at games and community events.

2 - Spirit Raising Performance:

- Teams will choose to perform ONE of the following:
 - Sideline Routine
 - Stand Routine
 - Drum Cadence
- The performance of your choice should have an emphasis on crowd appeal.

3 - Performance Routine:

- A 1:00 minute routine (pom, jazz, hip-hop, or kick) that is designed for crowd entertainment.
- This is the best time to showcase your team’s energy and connection to the crowd.

B. PRELIMS

Each performance will consist of one preliminary round of each of the three identified categories above. Each round will have a time limit of one (1) minute. Each of the three category prelim performance rounds will be preceded by a designated warm-up session.

C. FINALS

Five (5) teams per classification with the highest cumulative scores from the three preliminary categories will advance to finals. The final performance round will be preceded by a designated warm-up session.

Each FINALS performance will have an overall maximum performance time limit of three (3) minutes and will be performed in the following order:

1. Fight Song
2. Spirit Raising Performance
3. Performance Routine

The entire performance will be executed in a continuous order. To continue the feel of a Game Day environment, **spirited crowd-leading interaction between each section is encouraged.**

B. SCORES AND RANKINGS

In the preliminary rounds, each team will be scored by multiple judges in each of the three categories.

The official FINAL results and team placements will be determined by the cumulative scores from the FINALS round only. Preliminary round scores will not carry over to determine final team standings. However, if a tie occurs in the final round, the cumulative preliminary scores will be utilized to break any ties.

Scores and rankings will be available only to coaches as follows:

- Preliminary Rounds - score sheets will be made available to all teams following the preliminary round.
- Finals scores and rankings will be posted on the LHSAA website following the conclusion of the competition.

The judges will score teams using the criteria listed on the LHSAA Game Day State Championship score sheet.

All scores and judges decisions are considered final.

C. TIME LIMITATIONS

Acknowledging the potential variance in sound system and timing devices, judges will not issue a deduction until their stopwatches show a time of three (3) seconds over the time limit.

It is recommended that all teams practice and time performances prior to competition to allow for variations in sound equipment.

Introductions and exits:

- a. All team breaks, rituals, and traditions need to take place backstage before a team is in the "on deck" or next to perform position.
- b. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures i.e. teams must refrain from chest bumps, hugs, and hand-shakes.
- c. All teams should refrain from any type of excessive celebration following the team's performance.
- d. There should not be any organized exits or other activities after the official ending of the routine.

III. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected will be directed to **STOP** the routine.

If directed to stop a routine, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.

B. FAULT OF TEAM

In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred.

C. INJURY

All participants must follow the LHSAA safety regulations. The only persons that may stop a routine for injury are: a) competition officials, or b) the school coach from the team performing.

If a routine is interrupted by an injury to one of the participants the coach may choose to finish the routine from the point of interruption or choose to take the score earned to that point. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated only from the point where the interruption occurred. The injured participant that wishes to perform may not return to the competition floor unless the competition officials receive clearance from the on-site medical personnel and the school head coach of the competing team.

Any injured participant suspected of a concussion is required to follow the LHSAA Concussion Policy regarding the treatment of concussions and must be removed immediately from the competition.

IV. INTERPRETATIONS AND RULINGS

A. AWARDS

Each division will receive the following:

1. The top two teams will be awarded and designated with a runner-up trophy and 1st place with a Championship trophy.

B. JUDGING PANELS

Judges will be provided by the LHSAA and they will be responsible for scoring each school performance according to the LHSAA competition score sheets.

1. **Head Judge** - The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Point Deduction Judge, and Safety Judge. The Head Judge will also fill out his/her own score sheet for each performance.
2. **Panel Judge** - Panel Judges are responsible for scoring each team's performance based on the LHSAA score sheets. Each Panel Judge will fill out a score sheet for each performance.
3. **Safety Judge** - The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
4. **ALL JUDGES' DECISIONS ARE FINAL.** - One of the calculated risks that a coach must accept is that he/she, his/her players, or the judges may make mistakes during the course of the competition. The decision of the judges will be final. The LHSAA will not review tapes of the competition for the purpose of changing the judges' decisions.

C. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of the LHSAA Spirit Championship rules and regulations defined in this document will be subject to disqualification from the competition and will automatically forfeit any award.

D. DEDUCTIONS

Deduction points will be subtracted from the final score.

Area	Specific	Deduction Points
Participant allowance (Section I, A)	Exceed maximum participants	Disqualification from contest
Music licensing (Section I, C)	Failure to meet licensing requirement	Disqualification from contest
Safety Violation	Utilization of skill or stunt not permitted by rule	5 points per rule violation
Time limit* *3 second window to allow for variance in Preliminary Round, 5 seconds in Final Round	Each violation	3 points for 1-5 seconds over limit 5 points for 6-10 seconds over limit 7 points for 11 seconds or more over limit
Time limit	Excessive celebration or organized entrance or exit	1 point
Procedure or General Rule Violation (not a safety violation)		3 points per rule violation

REGISTRATION REQUEST PROCESS

Step 1: Prepare for REGISTRATION REQUEST Day

The following information will be required to submit a registration request:

- Official school name and city
- LHSAA classification (5A-C, **based on 2016 Classifications**)
**You are responsible for selecting the correct classification on your Registration Request.*
- Coach's name, email, and phone number
- Principal's name, email, and phone number
- Athletic Director's name, email, and phone number

Be prepared to connect to the registration link on www.LHSAA.org on October 1!

Step 2: Submit a REGISTRATION REQUEST

The REGISTRATION REQUEST FORM will be available at www.LHSAA.org beginning at **7:00 am on October 1, 2018.**

Complete the REGISTRATION REQUEST FORM

- Upon completion and submission of the request form, you will receive a message confirming that the form has been successfully submitted.
- Submission of the REGISTRATION REQUEST does not guarantee registration for the event. Requests will be time-stamped when submitted, then reviewed and processed on a first come, first serve basis, so **REGISTER EARLY!**

Step 3: Notification

The LHSAA and Varsity Spirit will review REGISTRATION REQUESTS as they are received and, in order of requests submitted, will approve registrations allotted for each classification:

DANCE Division I (5A)

DANCE Division II (4A & 3A)

DANCE Division III (2A, 1A, B, C)

**The entry fee for all teams will be \$300.

As soon as possible the Coach, Principal, and Athletic Director will receive an email confirming that your registration request has been either APPROVED or PLACED ON THE WAITLIST.

- If APPROVED: A Varsity Spirit representative will contact the person who submitted the registration request to complete and process the registration.
- IF PLACED ON WAITLIST: Following the CLOSE of registration on October 26, any unfilled spots will be filled by teams on the waitlist, which will be considered in order of receipt of REGISTRATION REQUESTS and not based on classification.
- All teams will be finalized by November 1 and an Order of Performance will be posted on the LHSAA website on November 2. In the event of cancellations within two weeks of the event, teams on the waitlist may be invited to fill spots WITHIN a classification.

PERFORMANCE INFORMATION

Teams may only compete in one division.

No athlete may cross over to another team for competition during state. This allows 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 a team disqualification of each team in which the participant competes.

All rules of the National Federation, AACCA, and the Louisiana High School Athletic Association will be enforced at all times.

All team members must be dressed in school approved attire that complies with the NFHS and LHSAA guidelines.

No skills, technical or otherwise, shall be executed when the coach/sponsor is not present.

Team Pictures will be taken by Roma Pics (LHSAA Official Photographer). Pictures will be taken AFTER the team performs.

Warm-Up: Warm-up times will be included in the final schedule.

- Cheer: 4 minutes on Tumbling Strip & 4 minutes on panel foam mat
- Dance: 4 minutes on warm-up floor

There should not be any organized entrances or exits before or after the official routine. All introductions (tumbling, entrances, chants, spell-outs, stunts, etc.) are considered part of the routine and will be timed as part of the performance.

The competition area for all divisions will be approximately 54 feet wide by 42 feet deep (9 Strips/Marley or Gym Flooring) All tumbling, pyramids and stunts must be performed on the performance mat. A one point per judge penalty will be assessed for each violation.

If a sign or prop is thrown outside the performing area, that team will receive a one point per judge deduction for each violation. Signs or props may be placed or dropped outside the performing area by a team member.

SITE INFORMATION

CATEGORY	INFORMATION
Site	The Pontchartrain Convention and Civic Center 4545 Williams Boulevard Kenner, LA 70065
Admission Prices	Adults and Students - \$10 Ages 2 years and younger - Free Parking - Free
Prohibited Items Including Signs and Decorations	<p>All schools are responsible for the actions of their students and fans - unauthorized items will be taken up at gate.</p> <ul style="list-style-type: none"> - Artificial noisemakers (excludes pep band equipment) bells, horns, music boxes, etc. - No balloons or flowers in glass containers - Confetti - Food and drink - cans and bottles - Laser Beams <p>All spectators must be fully clothed and shirts must remain on inside the Pontchartrain Center.</p> <p>Decorations and signs are permissible; however, <u>ONLY</u> blue tape may be used on any and all surfaces.</p> <p>Per Rule 6.13.13 of the LHSAA Official Handbook - No one will be allowed to present any team with any state championship t-shirts, caps or similar items in the Pontchartrain Center on the day/night of the competition. Any school in violation of this rule will be fined \$1,000.00 <u>(PLEASE INFORM BOOSTERS, FANS AND SUPPORT GROUPS)</u></p>
Concessions	Concessions will be available. No coolers or outside food items can be brought into the seating area of the arena

SITE INFORMATION

CATEGORY	INFORMATION
Parents/Spectators	<p>Parents and/or designees will not be allowed to enter the backstage area at any time during the competition.</p> <p>Parents will not be allowed on the competitive floor to take pictures. Roma Pics is the Official Photographer of the LHSAA. They will take "Team Pictures" on-site.</p> <p>Teams will take photos AFTER their performance.</p>
In Case of Emergency	<p>In the event of an emergency, participants, and spectators should proceed to the nearest exits - as marked in the Pontchartrain Convention Center. If needed additional instructions by Facility Administration will be broadcast on the public address system.</p> <p>Coaches must have all emergency medical contact information available to them on-site.</p>
Competing Team Areas	<p>Team area will be located in Meeting Rooms 2 & 3. Teams will enter the facility from the Hall A loading dock.</p>
Competing Team Seating	<p>Team seating and set-up is located behind the performance floor.</p>
Competing Entry and Exit	<p>All competitors, coaches and team personnel must enter though and exit the Pontchartrain Center through the competing team entrance.</p>
Buses	<p>Buses must drop off competing teams by the Hall A loading dock and then proceed to park in the back of the Pontchartrain Center.</p>
Colors and Prayer	<ul style="list-style-type: none"> - Prior to first competing team - National Anthem

NFHS SPIRIT PARTICIPANTS RESPONSIBILITIES

GENERAL:

1. Spirit team members should be present at all games to which they are assigned, and initiate positive crowd involvement.
2. Spirit teams should be in their assigned places throughout the contest.
3. As representatives of the school, proper and positive behavior should be required at all times.
4. Spirit teams should be required to arrive a sufficient amount of time before games begin. Their duties should include: (a) meeting and greeting the visiting teams and making them feel welcome; (b) assisting visiting teams with questions such as where they are to be located during the contest, where they can change, etc.; (c) allowing adequate time for their warm-up period.
5. Prior to the start of a game, a plan between the home and visiting cheerleaders, pep bands and other spirit groups should be devised whereby all groups have the opportunity to cheer/perform during noninjury time outs and intermissions. This will help eliminate confusion and prevent delays in the game while the officials wait for the spirit teams to get off the field or floor.
6. At games away from home, spirit teams should arrive as a group and meet the host teams.
7. Participants should know the game rules and officials' signals to the extent of understanding when and what type of cheers are appropriate. Spirit team members should always pay attention to the game or contest.
8. When the official signals for the game to begin after a time-out, the spirit teams should leave the floor immediately. Spirit teams shall stay clear of the playing area prior to and during the contest so as not to interfere with the players or officials or increase the possibility of injury.
9. Spirit teams should accept the decisions of officials and discourage disagreement of fans by initiating positive chants or cheers.
10. Spirit teams should realize the importance of actively influencing the positive conduct of the spectators.
11. Spirit teams should adapt their routines to the environmental conditions and playing surfaces for which stunts, pyramids and routines are used (i.e. mounts, pyramids or gymnastics shall not be permitted during rain, strong wind, or extreme cold on slippery or uneven surfaces or where there is not enough space. Hot and humid weather also may present problems.)
12. After performing or cheering, spirit team members should clear the playing area of any materials that could hinder play, i.e. pom fragments, signs, hair bows, apparel or props.
13. Spirit team members should use appropriate and positive language throughout all practices, games, performances and competitions.

SPORTSMANSHIP:

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. 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 and chants with suggestive words and/or motions (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 contests (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.

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 noisemakers 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 warmups.

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.

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 an opposing player makes a mistake or the opposing team is being penalized.
2. When an opposing player is injured.
3. As important announcements are being made over the public-address system.
4. When an unsportsmanlike act has occurred or is occurring.

Note: Negative or demeaning cheering is never acceptable. Chanting or cheering for the purpose of taunting the opponents is also never appropriate.

WHEN TO PERFORM:

Spirit teams should be aware of the time available to perform. Appropriate situations for routines are: pregame, full 60-second time-outs, between quarters, at half-time, and postgame.

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