

HANDBOOK 2024 - 2025

The Illinois Cheerleading Coaches Association is a non-profit organization committed to serving the needs of Illinois cheerleading coaches and their teams through emphasis on the highest standards of professionalism, sportsmanship, and safety.



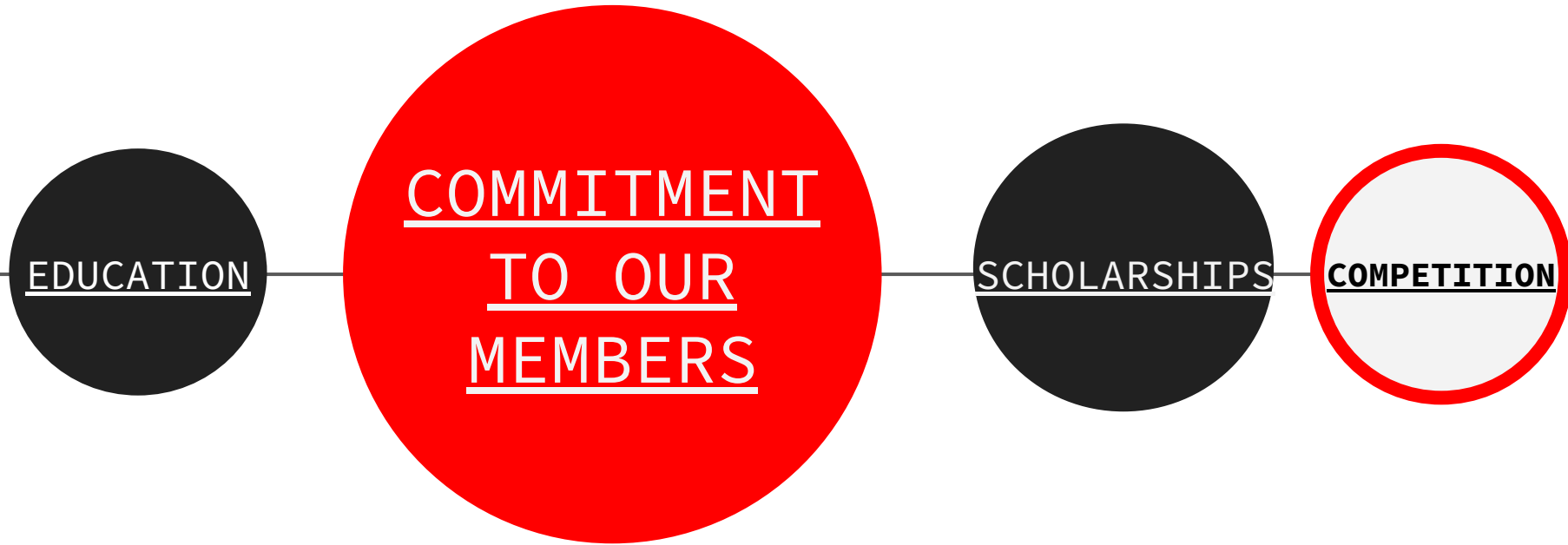
Why become a member of ICCA?

ICCA IS YOUR VOICE WITH THE IHSA!

The Illinois Cheerleading Coaches Association provides MORE:
COACHING EDUCATION AND MENTORING
SAFETY EDUCATION
SCHOLARSHIP OPPORTUNITIES
RECOGNITION OF ATHLETIC and SCHOLASTIC ACHIEVEMENTS
COMPETITION
(ALL IHSA & NFHS rules followed)

[NFHS rule book](#)

WHY ICCA?



Click the bubble to be directed to the corresponding ICCA webpage.

Attention All Cheerleading Coaches

In order to compete in any ICCA competition, please review the following information: Bylaws of the Illinois High School Association (IHSA) state that a member of the school spirit coaching staff is required to attend a rules interpretation each year.

High School Coaches: Rules interpretation presentation must be reviewed between August and November for credit. Log in to the school center on the IHSA website (www.ihsa.org) to obtain credit for rules interpretation presentation. *Obtain your school ID and login from your Athletic Director. You may attend one of the on-site meetings listed on the IHSA website.*

Junior High School Coaches: May attend an IHSA officials' training which includes rule interpretations. (Dates are posted on both www.cheericca.org and www.ihsa.org) You may also receive credit by reviewing this ICCA Rules Interpretation presentation. At the end of presentation, please click the link to take you to the certificate of completion page.

IHSA Bylaws: Sets a sport season and contest limitation for competitive cheerleading teams: "No school belonging to IHSA shall allow its competitive cheerleading team to participate in interscholastic contest earlier than **Monday of week 17 or later than Saturday of week 31.**"

(October 28, 2024 —February 8, 2025)

CONTEST LIMIT for High School teams is presently **six (6) meets.**

No competitive IHSA/ICCA cheerleading team may participate in more than six meets. For high school teams, this includes the ICCA Championships but does not include the IHSA State Series.



The image shows a laptop screen displaying a webpage. The webpage has a white background with a red title 'IHSA COMPETITIVE INFORMATION'. Below the title is a table with a black background and white text. The table lists various events and their corresponding dates. The laptop is silver and has the word 'chrome' visible at the bottom of the screen.

IHSA COMPETITIVE INFORMATION	
Season Starts (Mon. Week 17)	Oct. 28
1st Contest May Be Held (Mon. Week 18)	Nov. 4
List of Participants Due On-Line (Mon. Week 28)	Dec. 13
Sectionals (Sat. Week 30)	Feb. 1
State Final (Fri.-Sat. Week 31)	Feb. 7-8
Season Ends (Sat. Week 31)	Feb. 8

WWW.CHEERICCA.ORG

CONTEST LIMIT for Junior High Teams presently suggests **six (6) meets.**

For junior high teams, the six meet limit does not include the ICCA championships.



WWW.CHEERICCA.ORG

ELIGIBILITY

Any school cheerleading team which abides by the ICCA and IHSA eligibility rules and National Federation of High Schools (NFHS) Spirit Rules is eligible to compete.

- A. All cheerleaders in the competition must be members of a team that **cheer together** for a specific **WINTER** sport such as a wrestling or basketball team.
- B. Athletes that make up the competitive team must be on the submitted roster.
- C. A school may not drop or move members to make the team eligible for a different division.
Example: A school with a 7th grade team and an 8th grade team cannot combine to compete. They must compete as separate teams.
- D. If only one team is selected for a high school, they are required to be the Varsity team and compete in the Varsity division.

ELIGIBILITY

- E. A cheerleader may not move down a level to compete.
Example: A varsity cheerleader may not compete on the JV team.
- F. A cheerleader who competes on a JV team is allowed to substitute for a varsity member who may be injured, ill or ineligible. That cheerleader can only participate in 6 competitions. Athletes can only compete in one division at an Invitational and at Championships.
- G. Any team found guilty of illegal placement of members will be disqualified.
- H. Teams must be active ICCA members to qualify for the Championships.
- I. Teams may only represent the school in which all team members are enrolled and attend as full-time students. Exception: Home-schooled students may be rostered and participate on the team he or she would attend if not home schooled.
- J. At the Championship, only **4 coaches** or representatives and one rostered manager (listed on current ICCA membership) per team will be allowed in the competition area for performances and awards.

DIVISIONS

School Enrollments (Numeric) 2024 -2025

ICCA follows IHSA school size for high school divisions. These numbers may change when the IHSA numbers are decided.

SMALL	up to 701.50
MEDIUM	701.50 to 1519.50
LARGE	1519.51 and over
CO-ED	By choice

Junior high divisions are determined by the number of athletes the coach chooses to put on the floor.

There are several divisions of competition. These divisions are for school teams that actively cheer for their school athletic events. ICCA divisions are not intended for all-star or competition teams that do not cheer at their school athletic events as a team. Such all-star or competition teams are not eligible for ICCA competitions.

NOTE: Varsity Divisions (grades 9-12) For ICCA competitions, team placement is determined by the IHSA school enrollment guidelines. Schools have the option to move to a higher division, but not lower.

Varsity DIVISIONS

SMALL Varsity **Maximum of 12** members on the floor

MEDIUM Varsity **Maximum of 16** members on the floor

LARGE Varsity **Maximum of 20** members on the floor

COED Varsity **Maximum of 20** members on the floor, requirements for this division match IHSA requirements for males, **presently TWO**.



An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of **music** may not exceed **2 minutes**.



Junior High DIVISIONS

Junior High Division - (grades 5-8)

An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of **music** may not exceed **2 minutes**.

NO BASKET TOSSES are allowed.

SMALL **Maximum of 12** members on the floor

MEDIUM **Maximum of 16** members on the floor

LARGE **Maximum of 20** members on the floor

Junior Varsity DIVISIONS

Junior Varsity Division - (JV)

Teams cheering for different levels may not combine to compete as one team.

Example: Separate cheer teams cheering for basketball teams respectively may not combine to form one JV team. Division size is determined by size of team.

SMALL JV **Maximum of 12** members on the floor

MEDIUM JV **Maximum of 16** members on the floor

LARGE JV **Maximum of 20** members on the floor

If only one team is selected for a school, they are required to be the Varsity team and compete in the Varsity division.

An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of **music may not exceed **2 minutes**.**

ROUTINE FEES

Invitational Entry Fee For Routine

\$175 for member schools

\$225 for non-members

\$50 late fee if not registered by Monday at midnight before the competition.



Championship Entry Fee For Routine

\$250 for member schools

If a member school wishes to compete in the Game Day Cheer Division and the Routine Division at Championships, the total entry fee would be \$350.

**Championship qualifying score for the
Routine Division:
Junior High and Junior Varsity: 75%
Varsity: 80%**

GAME DAY CHEER DIVISIONS

**TIME RESTRICTION
1 MINUTE 15 SECONDS**

These divisions will allow a school to use all of the athletes on their roster.

SMALL JUNIOR HIGH **Up to 14** athletes on the floor

LARGE JUNIOR HIGH **Up to 24** athletes on the floor

JUNIOR VARSITY **Up to 24** athletes on the floor

SMALL TEAM VARSITY **Up to 14** athletes on the floor

LARGE TEAM VARSITY **Up to 24** athletes on the floor

High School teams should know that according to IHSA rules, any date that a team competes representing their school on any level, that it is counted as one of their 6 dates. The school can compete in more than one division on the same date and it is just counted as one of the 6 dates.

GAME DAY CHEER SCORING

The ICCA Game Day Division Score Sheet will be used for these divisions. **The time limit is up to 1 minute 15 seconds** and must include jumps, tumbling and stunts/pyramids. No music is allowed. The score sheet has 100 possible points. Props will not be allowed to be placed before the team is announced.

These are the areas scored:

- 10 Communication
- 10 Routine Design
- 10 Cheer Prop Incorporation
(use of flags, signs, poms, megaphone(s), banners or flags to help incorporate a crowd response. (If no prop is used, the score will be 0)
- 10 Jump Incorporation
- 10 Tumbling Incorporation
- 10 Stunts and/or Pyramid Incorporation
- 10 Performance/Showmanship
- 10 Overall Synchronization
- 10 Visual Appeal
- 10 Overall Impression

Rubric

Above Average 7-10

Average 4-7

Below Average 2-4

Mascots are welcome and are included in the number on the floor.

GAME DAY CHEER FEES

Invitational Entry Fee For Game Day Cheer

\$100 for member schools

\$125 for non-members



If a school wishes to compete in the Game Day Cheer Division and the Routine Division on the same day of competition, the total entry fee would be \$250 for member schools and \$325 for non-member schools.

Championship Entry Fee For Game Day Cheer

\$125 for member schools

If a member school wishes to compete in the Game Day Cheer Division and the Routine Division at Championships, the total entry fee would be \$350.

**Championship qualifying score for the
Game Day Division:
Junior High and Junior Varsity: 70%
Varsity: 75%**

RULES

**Refer to Official High School 2024-2025 SPIRIT
RULES BOOK Published by NFHS. Copies
available at www.nfhs.org**

**National Federation of State High Schools Assoc.
P.O. Box 690, Indianapolis, IN 46206
Phone: (317) 972-6900 FAX: (317) 822-5700**

COMPETITION GENERAL RULES

1. Cheers, motions and music must be appropriate for a game situation and family viewing. Refer to NFHS Spirit Rules and “Participants’ Responsibilities”. (www.nfhs.org)
2. The maximum length for the Varsity, JV and Jr. High competition routine is 3 minutes with 2 minute maximum for music.
3. The maximum length for the Game Day division is 1 minute 15 seconds. No music is allowed.
4. For routine divisions: TIMING begins with the team’s first movement, voice, or note of music, whichever comes first, on the competition floor. *(All participants must start in the competition area with at least one foot on the floor. Entrances and exits are not part of the routine and should not be organized.)*
5. For routine divisions: TIMING ENDS with the last motion, word, beat of music or signal per IHSA terms and conditions.
6. For game day divisions: TIMING begins when the team is announced and ends with the last motion or word.

COMPETITION GENERAL RULES

7. Music can be on digital format with a back-up.
(Coaches utilizing an iPhone for music must provide their own Dongle adapter.)
8. Glitter that does not readily adhere on the hair, face, body, and/or uniform is illegal. Glitter may be used on signs, props, flags only if laminated or sealed.
9. Coaches and alternates should refrain from yelling the complete cheer. For officials to effectively score, they must be able to hear the team. (Callbacks are OK)
10. All competing team members must participate in the entire performance, except in case of any injury during the performance. Cheerleaders who are not physically capable of performing the whole routine will not be allowed to compete.
11. A cheerleader dressed as a mascot is permissible and will be judged as part of the performance. The mascot will be counted as a team member and must follow all NFHS rules.
12. If an athlete needs to throw up during the performance, he/she can leave the floor and then come back and finish routine with no deduction.

GENERAL INFORMATION

1. SPORTSMANSHIP IS VITAL TO THE SPORT. See NFHS rules. Unsportsmanlike behavior has no place in the realm of spirit teams. The ICCA Board of Directors will take appropriate action if poor sportsmanship is shown.
2. Performances should be one-sided. Officials will sit in the center on one side. Technical officials will be stationed around the floor.
3. Any problems or situations that arise concerning cheerleading performances will be discussed by the officials at the contest and their decision will be final.

BOUNDARIES

1. At ICCA competitions, the boundaries of the mat will be approximately 42' by 54' as stated in the "IHSA terms and conditions". A cheerleader stepping beyond the white boundary lines except for entering and exiting will be considered out of bounds.
2. Mats will be placed vertically to the officials panel. An "X" will be placed in the middle for centering.



OFFICIALS & SCORING

Qualifying for Championship:

All Varsity and Junior Varsity Divisions will use the [IHSA score sheet](#) and [rubric](#).

All Junior High Divisions will use the [IESA score sheet](#) and [rubric](#).

Game Day Divisions will use the [ICCA score sheet and rubric](#).

To compete at ICCA Championship, you must have a qualifying score achieved at an invitational sponsored by ICCA.

QUALIFYING PERCENTAGES ROUTINE DIVISION



Varsity Teams must score at least 80%.

JV Teams must score at least 75%.

Jr High Teams must score at least 75%.

QUALIFYING PERCENTAGES GAME DAY DIVISION

Varsity Teams must score at least 75%.

JV Teams must score at least 70%.

Jr High Teams must score at least 70%.

SAFETY

1. ICCA will not be responsible for accidents, injuries or illnesses that occur before, during and after its competitions. Each coach must be responsible for handling all illness and/or injuries for his/her team.
2. If it is necessary for a coach to leave the competition site, he/she must inform the head official. A designated school representative must be present for a school to compete.
3. Team coaches or chaperones attending the ICCA Championship must be at least 19 years of age.
4. No team may start a routine over unless they are asked to do so by the official. Should a technical official stop a routine, the team will be allowed to perform again according to the IHSA terms and conditions. **(The team will be allotted up to 30 minutes maximum to regroup.)**

VIDEOTAPING AND CAMERA USE: No video cameras, cell phones or any other equipment for videotaping may be used in the warm-up and practice area. Arrangements for videotaping any of the competition will be at the discretion of the host school.

The Illinois Cheerleading Coaches Association (ICCA) is proud to offer this program to outstanding Illinois senior cheerleaders.

ICCA will be awarding \$25,000 in scholarships for the 2024-2025 cheerleading season. There will be a guaranteed minimum of \$1000 for each finalist. The program promotes the attainment of higher educational goals for cheerleaders who have made positive contributions to their school through their academic success and involvement in cheerleading.

Senior cheerleaders who cheer for an ICCA member school and cheer for a winter season sport may apply. Cheerleaders must also compete at a minimum of one ICCA Invitational.

The cheerleader must be in compliance with all IHSA/ICCA cheerleading eligibility rules.

SCHOLARSHIPS

Deadline: Nov. 30, 2024

Please check the ICCA website for the scholarship application and requirements.

www.cheericca.org

Any questions please contact Betty Moore at 217-820-4231 or email iccabetty@gmail.com

SENIOR AND 8TH GRADE SCHOLAR ATHLETE AWARD

We would like to honor our senior athletes who have excelled academically. Please nominate those athletes on your team who have earned an accumulative GPA of at least 3.5 out of a 4.0 scale or at least a 4.5 out of a 5 scale at the end of their junior year.

We would like to honor our 8th grade athletes who have excelled academically. Please nominate those athletes on your team who have earned an accumulative GPA of at least 3.5 out of a 4.0 scale or at least a 4.5 out of a 5 scale at the end of their 7th grade school year.

These scholar athletes will be recognized at the ICCA Championship. This award is available to member schools only.

For more information please visit our ICCA website
www.cheericca.org or please contact Betty Moore at
217-820-4231 or email iccabetty@gmail.com

Deadline: Nov. 30, 2024

ALL-STATE CHEER TEAM

Deadline: Nov. 30, 2024

Please check the ICCA website for the All-State Cheer Team application and requirements.

www.cheericca.org

Any questions please contact Gina Dailey at 309-369-0435 or email ginadailey.icca@gmail.com

Junior through **Senior** athletes whose schools are ICCA members and who are actively cheering on the Varsity winter cheerleading team are eligible to apply for this rewarding experience!

Encourage your **Junior** through **Senior** athletes to apply. Athletes need to be a member of the Varsity winter cheerleading team and also compete at a minimum of one ICCA Invitational.

Each amazing athlete is recognized at our annual Illinois Cheerleading Coaches Association Championship Competition.

ICCA Unsung Hero Award in Memoriam to Libby Moore

The ICCA lost one of our Board Members, Libby Moore on July 22nd, 2017. Libby was a long time ICCA supporter working as a Region 4 Representative, Membership Director and was the daughter of ICCA Board member Betty Moore. A committee of our board members worked to create an award in Memory of Libby recognizing those of our member athletes who may not get noticed frequently such as the quiet 100% supportive athletes on the team who always do for others and never seek recognition. This award is the opportunity for our unsung hero athletes to have their contributions noticed. This nomination must be submitted by **NOVEMBER 30, 2024**. The nominations will be reviewed and winners of the award will be announced at the ICCA Championship weekend. Application is online at www.cheericca.org.

For more information please visit our ICCA website
www.cheericca.org

Deadline: Nov. 30, 2024

COACHES EDUCATION

NFHS Spirit Coaches Education Programs are available through [NFHSLEARN](#).

ICCA COACHES / OFFICIALS EDUCATION:

ICCA Coaches Conference to be held on March 14-15, 2025 at the DoubleTree by Hilton in Bloomington, IL.

COACHING RESOURCES

For safety rules and education please visit:

Illinois Cheerleading Coaches Association www.cheericca.org

[NFHS Spirit Rules Books](#)

E-Book- <http://www.nfhs.org/articles/rules-books-and-case-books-available-as-e-books/>

Order Rule Book - <http://www.nfhs.com/p-1024-2020-21-spirit-rules-book.aspx>

The following website has been developed to provide Interpretations on NFHS

Spirit Rules - <https://www.cheersafe.org>

2024/2025 IHSA Sectional/State Series - www.ihsa.org

IMPORTANT DATES

2024 JULY 1	ICCA MEMBERSHIP OPENS; (REGISTER ONLINE)
SEPT	FALL CLINIC (TBD)
OCT 28	COMPETITIVE SEASON BEGINS
NOV. 30	SENIOR SCHOLAR ATHLETE, SENIOR SCHOLARSHIP APPLICATION, ALL-STATE APPLICATIONS, AND UNSUNG HERO APPLICATION DUE
2025 JAN. 15	NOMINATION DEADLINE FOR COACH OF THE YEAR

JAN. 11-12	ICCA CHAMPIONSHIP BANK OF SPRINGFIELD CENTER The 40th Annual ICCA Championship will be held at the Bank of Springfield Center-Springfield, IL. Registration Links will be sent only to those teams who have qualified at Invitationals.
FEB. 1	IHSA SECTIONALS
FEB. 7-8	IHSA STATE SERIES
FEB. 8	IHSA COMPETITIVE SEASON ENDS
MAR. 14/15	ICCA Coaches Conference



2024-2025 ICCA Invitationals

December 1, 2024	Alton	Region 5
December 7, 2024	Pontiac	Region 4
December 7, 2024	Highland	Region 5
December 8, 2024	Pinckneyville	Region 5
December 8, 2024	Rockford Guilford	Region 3
December 14, 2024	Farmington	Region 4
December 14, 2024	Mt. Vernon	Region 5
December 15, 2024	Marian Catholic	Region 1
December 15, 2024	Edwardsville	Region 5
December 21, 2024	Peoria	Region 4
December 22, 2024	Wilmington	Region 1

(Last Qualifying Invitational)

January 5, 2025	Greenville	Region 5
January 25, 2025	Knoxville	Region 4
January 25, 2025	Coolidge <i>(Jr High Only)</i>	Region 5
January 26, 2025	Mater Dei	Region 5

2024-2025 ICCA INVITATIONAL FEES

- Member Schools (Routine Only)- \$175.00
- Non-Member Schools (Routine Only)- \$225.00
- Member Schools (Routine & Game Cheer)- \$250.00
- Non-Member Schools (Routine & Game Cheer)- \$325.00

Fees are late if registration is not completed by Monday prior to competition.

January 11-12, 2025 ICCA Championships

The 40th Annual ICCA Championship will be held at the Bank of Springfield Center in Springfield, IL.

Registration Links will be sent only to those teams who have qualified at Invitationals. Championship Entry Fee is \$250 for routine only, \$125 for game day only, \$350 for routine and game day. A \$3.00 paypal convenience fee will be assessed.

2024-2025 ICCA BOARD OF DIRECTORS

President	Cindy Rueter	cindyicca@gmail.com
Vice President - Officials' Coordinator	Betty Moore	iccabetty@gmail.com
Finance Director	Angie Fears	angie.icca@gmail.com
Membership Director/Secretary	Margie Schwartz	margies.icca@gmail.com
Scholarship Director	Betty Moore	iccabetty@gmail.com
All-State Director	Gina Dailey	ginadailey.icca@gmail.com
Marketing/Public Relations Director	Cheryl Coffel	cherylclark.icca@gmail.com
Coaches Education Director	Lisa Turner	lisaturner.icca@gmail.com

ICCA REGION REPRESENTATIVES AND DELEGATES

REGION 1	REPRESENTATIVE	Melody Brown	melody.icca@gmail.com	708-491-6672
REGION 2	REPRESENTATIVE DELEGATE DELEGATE	Jorie Stevens Holly Baumgarten Jenni Bates	jories.icca@gmail.com holly.icca@gmail.com Jenni.ICCA@gmail.com	708-641-5048 773-507-7456 618-567-3387
REGION 3	REPRESENTATIVE DELEGATE	Valerie Mallon Glenda Williams	valeriem.icca@gmail.com AGWILLIAMS00@comcast.net	815-742-8236 773-213-7499
REGION 4	REPRESENTATIVE	Cathi Sprecher	cathi.icca@gmail.com	309-368-4145
REGION 5	REPRESENTATIVE DELEGATE DELEGATE DELEGATE DELEGATE	Cassidy DeBose Pari Hagan Gayla Brauns Joni Fultz Staci Shafer	cassidy.icca@gmail.com parih.icca@gmail.com gayla.icca@gmail.com jonif.icca@gmail.com stacis.icca@gmail.com	618-691-8409 618-513-5024 618-267-4924 618-334-0895 618-771-7117

MEMBERSHIP

Early membership registration for the 2024-2025 Cheerleading Season will be open online beginning July 1st, 2024.

Please check the ICCA [Region map](#) for the county in which your school is located.

If you have any questions or concerns, please email or call the ICCA Membership Director, Margie Schwartz at margies.icca@gmail.com or 618-214-0878. **To register, complete this online form. Do not submit until you have all information. Payment may be made through PayPal where a \$3.00 fee will be accessed, or you will be prompted to print the completed form and mail a copy in with your payment at the end of the submission.**

*** Early Bird Registration runs from July 1st, 2024-November 30th, 2024. ***

“Payment must be postmarked or paid by November 30th to qualify for the early bird fee”.

Registrations AFTER November 30th, 2024 will incur the fees of \$60.00 per individual and \$125.00 per team.

Teams that make the decision for membership before they compete on the day of a competition will be charged \$125.00, payment must be made via PayPal.

Early Bird Membership: \$75.00/School

\$30.00 for Individual Membership

BE SAFE AND HAVE A WONDERFUL SEASON!

The Illinois Cheerleading Coaches Association



If you have any questions, please feel free to contact your
Region Representative or any Board member.

Junior High School Coaches [Click HERE](#) to receive your completion certificate.

