



# **2009 Zippy's State Cheerleading Championship**

Sunday, December 13, 2009  
Stan Sheriff Center  
University of Hawaii, Manoa

**ZIPPY'S STATE CHEERLEADING CHAMPIONSHIP**  
**SUNDAY, DECEMBER 13, 2009**  
**STAN SHERIFF CENTER, UNIVERSITY OF HAWAII-MANOA**

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION**

HHSAA Executive Director .....Keith Amemiya  
Director of Information.....Natalie Iwamoto  
Administrative Assistant.....Ryan Hirata  
Cheerleading Co-Coordinators ..... Erika Buder-Nakasone, Kellie Mikami O' Donnell & Joel Shugart

**TOURNAMENT COMMITTEE**

Tournament Directors ..... Erika Buder-Nakasone, Kellie Mikami O'Donnell & Joel Shugart  
Medical Personnel.....Kamehameha Schools

**SPECIAL THANKS**

Zippy's .....Jason Higa, Charlene Kim & Jeanine Mamiya-Kalahiki  
University of Hawaii Athletics ..... Teri Wilhelm-Chang, Asst. Athletics Director  
.....Rich Sheriff, Stan Sheriff Center Manager  
..... Russell Gima, Stan Sheriff Center Asst. Manager  
.....Kekoa Seward, Stan Sheriff Center Asst. Manager

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION  
STATE CHEERLEADING CHAMPIONSHIP  
(This Handbook is Subject to Change)**

**I. SPECIFIC OBJECTIVES**

- A. To select state cheerleading champions through competition.
- B. To recognize the combined efforts of all the participating teams in the tournament.
- C. To encourage the highest principles and standards of general behavior.
- D. To emphasize respect for opponents.
- E. To promote the highest principles of sportsmanship in competition.

**II. JUDGES**

- A. The Hawaii State Cheerleading Judges Association (HSCJA), with the approval of the HHSAA Executive Director, shall select the championship's judges. Every effort will be made to select a "balanced" panel of judges so no one private cheer company, local collegiate program, specific gender, specific level of experience or acknowledged "style" of cheerleading is over-represented.
- B. The judges' panel will not have any direct ties and/or relationship with any of the schools participating in the State Competition for a minimum of three (3) years.
- C. Shall be at least eighteen (18) years old with expertise in the fields of cheerleading and/or dance.
- D. The judges' panel shall consist of the following:
  - Three performance judges
  - One range judge
  - Three safety judges
  - Two timers

Note: The highest and the lowest judge's scores WILL NOT be dropped.

**III. JUDGES DECISION**

- The decision of the judges will be final.
- In case of a tie, the total points from the "cheerleading fundamentals" section on the score sheet will determine the winner. In the event that there is a second tie, the total points from the "overall performance" section on the score sheet will determine the winner. In the event of a third tie, the judges will rank the teams and this will determine the winner.
- All final score sheets must be verified by the HHSAA Executive Director.
- Squads will receive official certificates indicating:
  - School/squad name
  - Total points earned
  - The winning Score
  - Final ranking of individual squad
- Original score sheets will be mailed out on Monday, December 14, 2009.

#### IV. ELIGIBILITY

- A. Each participant must be eligible under the rules of his/her league and under the eligibility requirements specified by the HHSAA.

#### V. RULES GOVERNING TOURNAMENT

- A. The National Federation of State High School Associations' ("NFHS") Spirit Rules Book shall govern the tournament, with HHSAA modifications as necessary.

#### VI. TOURNAMENT REPRESENTATION

- A. One-half (50%) of a league's cheerleading squads shall qualify for participation in the state tournament. With respect to any calculated league representation number ending in "0.5" (e.g., 2.5 squads), such number shall be rounded down to the nearest whole number (e.g., 2.5 squads rounded down to 2 squads).

#### VII. TOURNAMENT FORMAT AND SCHEDULE

##### A. Tournament Categories

There is no minimum of members and a maximum of 18 members per squad.

- Medium – 10 or less squad members
- Large – 11 to 18 squad members

\*All cheerleading squads that have qualified for the state tournament shall be entered in the medium or large category based upon the size of their squad that competed in their league championship (i.e., medium – 10 or less members; large – 11 to 18 members).

##### B. Routine Specifications

- Squads shall perform one routine that incorporates both cheer and dance.
- Squads must provide a non-squad member to assist in the operation of the performance CD.
- Any props or uniform additions/deletions must receive prior approval by the HHSAA Sport Coordinator(s) and the HHSAA Executive Director.
- If a team's routine is interrupted due to failure of the competition equipment, facilities or other factors attributable to the competition rather than the team, the team affected will be allowed to restart its routine.

##### C. Timing

- Each team will have **two minutes and thirty seconds (2:30)** of performance time. Squads must not exceed a **maximum of one minute and thirty seconds (1:30)** of music and must perform a **minimum of thirty-five (0:35)** seconds for Cheer/Chant.
- Timing will begin with the first uniform movement, words, or first note of music, while on the performance mat. Timing will end with the last organized word, movement, or note of music by the team.
- All squad participants must start their routine in the performance area with at least one foot on the ground. Following their introduction, squads may line up anywhere inside the performance area.

- All routine entrances must be limited. Only a short-term break, tumbling out, jumps, and brief crowd motivation will be allowed. This will not be timed, but must be brief. No organized exits or other activities are allowed after the official ending of the routine.
- Teams must exit the performance area immediately following their routine. No organized exits or other activities are allowed after the official ending of the routine.

#### D. Performance Area

- All competition routines will take place within a matted 42ft. x 42ft area (7 mats). Mat panels will be placed with seams running toward the audience.
- Tournament personnel will assist teams in moving from the warm-up area to the on-deck area. Squads may not enter onto the performance area until they are introduced by the tournament's announcer.
- Each squad will be given time to enter the performances area for the purpose of placing signs, megaphones, and/or poms (i.e. "props".) Prior to the start of the routine, all props must be set down within the performance area and picked up after the conclusion of the performance. Cheerleaders may not reach outside the performance area to retrieve props during the routine.
- Signs, megaphones, and pompons are the only props allowed; however if your team is interested in using other props please get approval from HHSAA before use. Signs cannot be used in a theatrical manner, but rather, should have words or symbols associated with school spirit and/or game situations. Signs should not be used just to decorate the performance area, or used as a "break through" for theatrical purposes.

#### E. Safety Rules

- All squads will be required to comply with the current NFHS Spirit Rules Book published by the National Federation of State High School Association.
- Any squad found in violation of the NFHS Spirit Rules Book or tournament's requirements will be assigned a penalty for each infraction.
- Additional Spotters: Squads will not be required to provide non-squad members as additional spotters for their routine. However, if squads choose to provide them, one per stunt group is preferred and spotters must be knowledgeable on squad's routine & capable in basic spotting. Further, the spotters must comply with all NFHS & HHSAA rules during the routine.

#### F. Penalties (Overall Point Deductions)

- Over or under the time limit: 1 point for every 5 seconds. (i.e., 1-5 seconds over/under = 1 pt deduction, 6-10 seconds over/under = 2 pts. deduction; therefore, 3 seconds over/under = 1 pt deduction, 7 seconds over/under = 2 pts. deduction.)
- Not following safety regulations: 5 points/major infraction, 2 points/minor infraction.
- Any missed or dropped stunts or tumbling: 1 point/stunt group or tumbler.
- Note: Deductions will be subtracted from the final score and no penalties will be assessed after the routine is completed. Please refer to Safety Violation Form for specific details.

## VIII. SIZE OF SQUAD IN TOURNAMENT

Subject to the guidelines set forth in Section VI.A., schools may bring the following persons for complimentary admission into the state tournament: (1) competing team members (must be in uniform); (2) two coaches and/or advisor; (3) two-three spotters; (4) one performance music operator; and (5) one athletic trainer. Names of the above-listed people must be listed on the official tournament roster form that must be signed by the school's athletic director. All other persons must purchase a ticket for entry into the state tournament.

## IX. UNIFORMS

- A. NFHS Spirit Rules shall prevail.
- B. All squads must wear official school cheerleading uniforms during the tournament. No costumes are allowed in the tournament.

## X. AWARDS AND TROPHIES

- A. All scores will be announced during the awards ceremony and posted for media release.
- B. Permanent trophies for medium and large championship and runner-up teams.
- C. 20 medals for championship team members.
- D. 20 medals for runner-up team members.
- E. Additional medals may be requested at the school's expense.

## XI. EVALUATION

An evaluation report and results of the tournament are to be submitted by the Sport Coordinators to the HHSAA Executive Director within two weeks after the tournament.

## XII. ADMISSION

Adult	\$9.00
Senior Citizens (62 and over)	\$5.00
Students (Grades K-12)	\$5.00

\*Note: See Section VIII., above, for complimentary admission guidelines for team members and coaches.

## XIII. STATE TOURNAMENT DISQUALIFICATION RULE

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

## STATE CHEERLEADING CHAMPIONSHIP - BASIC INFORMATION

### I. TOURNAMENT SCHEDULE

#### A. Pre-Tournament Meeting

All head coaches or a representative of participating state tournament squads (including JV exhibition squads) are **required** to attend a pre-tournament meeting on Sunday, November 29, 2009, 10:00 am, University of Hawaii Athletic Complex, classrooms 1 and 2 (second floor). Among other things, this meeting will go over the competition details and determine the squads' order of performance.

#### B. Tournament Date, Location, and Time

The 2009 Zippy's Cheerleading Championship will be held on Sunday, December 13, 2009, at the University of Hawaii-Manoa's Stan Sheriff Center and begin at 2:00 pm.

#### C. Tournament Schedule

1. Warm-up Time – 9:00 a.m. ***Note: Although warm-up time has been changed to optional, it is highly recommended for ALL competing teams to attend.***
2. Start of Competition – 2:00 p.m.

### II. JV EXHIBITION PERFORMANCES

The top six JV squads from the OIA and the top two JV squads from the ILH, BIIF, MIL, and KIF shall be eligible to participate in exhibition performances at the State Championship. Any unfilled slots shall be filled by the next highest place finishers in that league. These JV squads will perform during the breaks in between the Varsity squad performances. All performing JV squads must comply with all applicable NFHS, HHSAA, and league rules and regulations. JV coaches for eligible squads are requested to contact their league coordinators for any further information.

### III. HHSAA COMMUNICATION TO LEAGUE COORDINATORS

In order to maximize communication efficiency, the HHSAA Cheerleading Co-Coordinators will provide all State Cheerleading Championships information to each of the leagues' cheerleading coordinators. Therefore, all coaches should contact their respective league coordinators directly regarding any information or questions, and not the HHSAA's Cheerleading Co-Coordinators.

**2009 HHSAA Cheerleading Championship- Sunday, December 13, 2009**  
**Warm-Up Schedule - Tentative**

9:00-9:03, Studio 4	9:25-9:28, Studio 4	9:50-9:53, Studio 4	10:15-10:18, Studio 4	10:40-10:43, Studio 4
9:05-9:10, Studio 3	9:30-9:35, Studio 3	9:55-10:00, Studio 3	10:20-10:25, Studio 3	10:45-10:50, Studio 3
9:12-9:17, Studio 2	9:37-9:42, Studio 2	10:02-10:07, Studio 2	10:27-10:32, Studio 2	10:52-10:57, Studio 2
9:22-9:27, SSC	9:47-9:52, SSC	10:12-10:17, SSC	10:37-10:42, SSC	11:02-11:07, SSC
9:05-9:08, Studio 4	9:30-9:33, Studio 4	9:55-9:58, Studio 4	10:20-10:23, Studio 4	10:45-10:48, Studio 4
9:10-9:15, Studio 3	9:35-9:40, Studio 3	10:00-10:05, Studio 3	10:25-10:30, Studio 3	10:50-10:55, Studio 3
9:17-9:22, Studio 2	9:42-9:47, Studio 2	10:07-10:12, Studio 2	10:32-10:37, Studio 2	10:57-11:02, Studio 2
9:27-9:32, SSC	9:52-9:57, SSC	10:17-10:22, SSC	10:42-10:47, SSC	11:07-11:12, SSC
9:10-9:13, Studio 4	9:35-9:38, Studio 4	10:00-10:03, Studio 4	10:25-10:28, Studio 4	10:50-10:53, Studio 4
9:15-9:20, Studio 3	9:40-9:45, Studio 3	10:05-10:10, Studio 3	10:30-10:35, Studio 3	10:55-11:00, Studio 3
9:22-9:27, Studio 2	9:47-9:52, Studio 2	10:12-10:17, Studio 2	10:37-10:42, Studio 2	11:02-11:07, Studio 2
9:32-9:37, SSC	9:57-10:02, SSC	10:22-10:27, SSC	10:47-10:52, SSC	11:12-11:17, SSC
9:15-9:18, Studio 4	9:40-9:43, Studio 4	10:05-10:08, Studio 4	10:30-10:33, Studio 4	10:55-10:58, Studio 4
9:20-9:25, Studio 3	9:45-9:50, Studio 3	10:10-10:15, Studio 3	10:35-10:40, Studio 3	11:00-11:05, Studio 3
9:27-9:32, Studio 2	9:52-9:57, Studio 2	10:17-10:22, Studio 2	10:42-10:47, Studio 2	11:07-11:12, Studio 2
9:37-9:42, SSC	10:02-10:07, SSC	10:27-10:32, SSC	10:52-10:57, SSC	11:17-11:22, SSC
9:20-9:23, Studio 4	9:45-9:48, Studio 4	10:10-10:13, Studio 4	10:35-10:38, Studio 4	11:00-11:03, Studio 4
9:25-9:30, Studio 3	9:50-9:55, Studio 3	10:15-10:20, Studio 3	10:40-10:45, Studio 3	11:05-11:10, Studio 3
9:32-9:37, Studio 2	9:57-10:02, Studio 2	10:22-10:27, Studio 2	10:47-10:52, Studio 2	11:12-11:17, Studio 2
9:42-9:47, SSC	10:07-10:12, SSC	10:32-10:37, SSC	10:57-11:02, SSC	11:22-11:27, SSC



## 2009 HHSA Cheerleading Championship- Sunday, December 13, 2009

### Competition Schedule - Tentative

1:48-1:51, Studio 4	2:13-2:16, Studio 4	2:38-2:41, Studio 4	3:03-3:06, Studio 4	3:28-3:31, Studio 4
1:53-1:58, Studio 3	2:18-2:23, Studio 3	2:43-2:48, Studio 3	3:08-3:13, Studio 3	3:33-3:38, Studio 3
2:00-2:05, Studio 2	2:25-2:30, Studio 2	2:50-2:55, Studio 2	3:15-3:20, Studio 2	3:40-3:45, Studio 2
2:10-2:15, SSC	2:35-2:40, SSC	3:00-3:05, SSC	3:25-3:30, SSC	3:50-3:55, SSC
1:53-1:56, Studio 4	2:18-2:21, Studio 4	2:43-2:46, Studio 4	3:08-3:11, Studio 4	3:33-3:36, Studio 4
1:58-2:03, Studio 3	2:23-2:28, Studio 3	2:48-2:53, Studio 3	3:13-3:18, Studio 3	3:38-3:43, Studio 3
2:05-2:10, Studio 2	2:30-2:35, Studio 2	2:55-3:00, Studio 2	3:20-3:25, Studio 2	3:45-3:50, Studio 2
2:15-2:20, SSC	2:40-2:45, SSC	3:05-3:10, SSC	3:30-3:35, SSC	3:55-4:00, SSC
1:58-2:01, Studio 4	2:23-2:26, Studio 4	2:48-2:51, Studio 4	3:13-3:16, Studio 4	3:38-3:41, Studio 4
2:03-2:08, Studio 3	2:28-2:33, Studio 3	2:53-2:58, Studio 3	3:18-3:23, Studio 3	3:43-3:48, Studio 3
2:10-2:15, Studio 2	2:35-2:40, Studio 2	3:00-3:05, Studio 2	3:25-3:30, Studio 2	3:50-3:55, Studio 2
2:20-2:25, SSC	2:45-2:50, SSC	3:10-3:15, SSC	3:35-3:40, SSC	4:00-4:05, SSC
2:03-2:06, Studio 4	2:28-2:31, Studio 4	2:53-2:56, Studio 4	3:18-3:21, Studio 4	3:43-3:46, Studio 4
2:08-2:13, Studio 3	2:33-2:38, Studio 3	2:58-3:03, Studio 3	3:23-3:28, Studio 3	3:48-3:53, Studio 3
6:15-6:20, Studio 2	2:40-2:45, Studio 2	3:05-3:10, Studio 2	3:30-3:35, Studio 2	3:55-4:00, Studio 2
2:25-2:30, SSC	2:50-2:55, SSC	3:15-3:20, SSC	3:40-3:45, SSC	4:05-4:10, SSC
2:08-2:11, Studio 4	2:33-2:36, Studio 4	2:58-3:01, Studio 4	3:23-3:26, Studio 4	3:48-3:51, Studio 4
2:13-2:18, Studio 3	2:38-2:43, Studio 3	3:03-3:08, Studio 3	3:28-3:33, Studio 3	3:53-3:58, Studio 3
2:20-2:25, Studio 2	2:45-2:50, Studio 2	3:10-3:15, Studio 2	3:35-3:40, Studio 2	4:00-4:05, Studio 2
2:30-2:35, SSC	2:55-3:00, SSC	3:20-3:25, SSC	3:45-3:50, SSC	4:10-4:15, SSC

**2009 HHSAA Cheerleading Championship  
Order of Performance**

**Medium Division**







**Large Division**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13

# Design your Team Page for the 2009 State Cheerleading Championship

The Hawai'i High School Athletic Association (HHSAA) will be putting together a souvenir program that will be sold at the 2009 HHSAA State Cheerleading Championship. Team participation is optional.

Suggestions and criteria for your team page are as follows:

-  You may include a team photo or other pictures of your cheerleading squad.
-  PLEASE DO NOT INCLUDE FULL NAMES. You may include first name (*ex. Julie*); OR first initial and last name, (*ex. J. Smith*); OR first name and last name initial, (*ex. Julie S.*) BUT NOT ~~Julie Smith~~.
-  Captions, team quotes, etc. are acceptable.
-  Please DO NOT include anything profane, obscene, or inappropriate for this program. HHSAA reserves the right to edit entries to eliminate any inappropriate or distasteful material.
-  Design must be submitted in high resolution (at least 200 dpi) in jpeg, tif, or pdf format. Design should not exceed **3.75"H X 6"W**.
-  Most of all, be creative and HAVE FUN!

**All designs must be e-mailed by  
Sunday, November 29, to:**

**[Exactprinting@hawaiiantel.net](mailto:Exactprinting@hawaiiantel.net)**

**Subject: Cheerleading Program**

Any forms received after this date ***WILL NOT*** be accepted! Questions regarding the design, format, etc., please contact Lynette Matsubara at Exact Printing at 953-2330.

**3.75 inches tall by 6 inches wide**

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# 2009 HHSAA State Cheerleading Apparel

T-Shirts will be available to ALL cheerleading teams regardless if participating in the State Championship.

*Order form with payment is due by  
Sunday, November 22, 2009*

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

Contact: \_\_\_\_\_

Phone/E-Mail \_\_\_\_\_

Please make checks payable to: **HHSAA**

Please mail form and payment to:

**Erika Buder-Nakasone**  
1337 Lower Campus Road  
Honolulu, HI 96822

Questions?

Email Erika at **erikabuder@gmail.com**



**Black T-Shirt**

- \_\_\_ Small
- \_\_\_ Medium
- \_\_\_ Large
- \_\_\_ X-Large
- \_\_\_ 2XL (additional 2.00 ea.)
- \_\_\_ Total x \$15.00



**White T-Shirt**

- \_\_\_ Small
- \_\_\_ Medium
- \_\_\_ Large
- \_\_\_ X-Large
- \_\_\_ 2XL (additional 2.00 ea.)
- \_\_\_ Total x \$15.00



**Black Longsleeve Shirt**

- \_\_\_ Small
- \_\_\_ Medium
- \_\_\_ Large
- \_\_\_ X-Large
- \_\_\_ 2XL (additional 2.00 ea.)
- \_\_\_ Total x \$20.00



**White Longsleeve Shirt**

- \_\_\_ Small
- \_\_\_ Medium
- \_\_\_ Large
- \_\_\_ X-Large
- \_\_\_ 2XL (additional 2.00 ea.)
- \_\_\_ Total x \$20.00

**HAWAII HIGH SCHOOL  
HHSAA  
ATHLETIC ASSOCIATION**



\$ \_\_\_\_\_ Black T-Shirt Total  
 \$ \_\_\_\_\_ Black Longsleeve Shirt Total  
 \$ \_\_\_\_\_ White T-Shirt Total  
 \$ \_\_\_\_\_ White Longsleeve Shirt Total  
 \$ \_\_\_\_\_ = **Grand Total**

## HHSAA CHEERLEADING TOURNAMENT RECORDS – MEDIUM DIVISION

<u>Year</u>	<u>School</u>	<u>League</u>	<u>Coach</u>	<u>Score</u>	<u>Location</u>
2001-02	Kamehameha	ILH	Dolly Wong	269.50	Stan Sheriff Center
2002-03	Moanalua	OIA	Sherrie Faildo	259.50	Stan Sheriff Center
2003-04	Moanalua	OIA	Sherrie Faildo	262.00	Stan Sheriff Center
2004-05	Moanalua	OIA	Tammy Picklesimer	248.00	Stan Sheriff Center
2005-06	Radford	OIA	Bo Frank	337.00	Stan Sheriff Center
2006-07	Radford	OIA	Bo Frank	336.00	Stan Sheriff Center
2007-08	Radford	OIA	Bo Frank	345.50	Stan Sheriff Center
2008-09	Radford	OIA	Bo Frank	317.00	Stan Sheriff Center

## HHSAA CHEERLEADING TOURNAMENT RECORDS – LARGE DIVISION

<u>Year</u>	<u>School</u>	<u>League</u>	<u>Coach</u>	<u>Score</u>	<u>Location</u>
2001-02	Aiea	OIA	Liz Godinet	272.50	Stan Sheriff Center
2002-03	KS-Kapalama	ILH	Dolly Wong	271.00	Stan Sheriff Center
2003-04	KS-Kapalama	ILH	Dolly Wong	275.00	Stan Sheriff Center
2004-05	KS-Kapalama	ILH	Melissa Beimes	241.50	Stan Sheriff Center
2005-06	KS-Kapalama	ILH	Melissa Beimes	354.50	Stan Sheriff Center
2006-07	Mililani	OIA	Renesha Kierstedt	332.50	Stan Sheriff Center
2007-08	KS-Kapalama	ILH	Melissa Beimes & Dolly Wong	351.50	Stan Sheriff Center
2008-09	KS-Kaplama	ILH	Melissa Beimes	320.00	Stan Sheriff Center