



BEST IN THE STATE (BITS) 2024-2025 RULES AND REGULATIONS – CHEER DIVISIONS

GENERAL RULES for ALL CHEER DIVISIONS

**Please be sure to submit music release form*

SCHOOL REPRESENTATION & TEAM PARTICIPATION

1. All members of the competition team must:
 - a) Be a current member of the official school spirit squad
 - b) Cheer for one sideline/competition season or be a current member of the team i.e., football/basketball/volleyball (exception: males participating in other sports).
 - c) Must attend the school they are representing.
2. All High School varsity competition teams are eligible to compete. Varsity team members may include any participants from your sideline school team including Freshmen, JV, or Varsity members.
3. All Junior competition teams are eligible to compete. Junior High team members may include any participants from your sideling school team including 6th 7th, and 8th grades.
4. Youth teams will compete in their grade divisions. Three divisions will be offered: K-2nd / 3rd-4th / 5th-6th.
5. Teams must abide by the division &/or squad size.
6. No all-star teams are eligible to compete.

BITS COMPETITIONS

NEW

- **High School & Junior High GAME DAY – November 17, 2024** – Junior High & High School, Youth Teams (Traditional Routine Only), – Upper Arlington High School, Upper Arlington, Ohio
- **High School & Junior High TRADITIONAL COMPETITION – January 26, 2025** – Junior High & High School – Hilliard Darby High School – Hilliard, Ohio

FEES

- **\$15 per athlete per event for High School & Junior High Teams**
- **NOVEMBER 17, 2024, GAME DAY DEAL:** If you register both Junior High and High School - \$13 per athlete
- **JANUARY 26, 2025, TRADITIONAL COMPETITION DEAL:** If you register both Junior High and High School - \$13 per athlete
- **BE SURE TO LOOK AT MEMBERSHIP INCENTIVES ON THE REGISTRATION FORM**

***\$13 per athlete for YOUTH TEAMS**

GAME DAY

- Awards will be given to top 5 Junior High teams per division/event and a banner will be given for first place. A Grand Champion will be given based at the discretion of the OHSCCA.
- Awards will be given to top 5 High School teams per division/event and a banner will be given for first place. A Grand Champion will be given based at the discretion of the OHSCCA.
- All High School teams will compete in ONE round this year.
- **BUILD DIVISIONS – SMALL/MEDIUM/LARGE – HS Build may be combined based on numbers - must be 3 teams per division or will combine. Numbers will be determined upon registration and teams will be notified of their division following the closing of registration. A Grand Champion will be given based at the discretion of the OHSCCA.**
- Click Link for Game Day explanation: [GAME DAY EXPLANATION](#)

NEW



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YOUTH TEAMS (Traditional Event-Not Game Day)

- Awards will be given to the top Youth teams per division/event and a banner will be given for first place.
- The number of Trophies given will be based on registration.

SAMPLE of SCHEDULE

Session 1: Youth Teams / Junior High Teams

Session 2: Non-Building and Building High School Teams

TRADITIONAL

- Awards will be given to top 5 Junior High teams per division/event and a banner will be given for first place.
- Awards will be given to top 5 High School teams per division/event and a banner will be given for first place.
- BUILD DIVISIONS – SMALL/MEDIUM/LARGE – HS Build may be combined based on numbers - must be 3 teams per division.
- Awards will be given to top 5 High School Non-Tumble/Non-Build teams per DI/DII/DIII/DIV/DV – Divisions may be combined based on numbers – must be 3 teams per division.
- Awards will be given to top 5 High School Non-Build teams per DI/DII/DIII/DIV/DV.
- Grand Champions will be selected based on the discretion of the OHSCCA.

JUNIOR HIGH TRADITIONAL CHEER EVENTS

- Non-Building
- Non-Tumble/Non-Build
- Building

➤ **JUNIOR HIGH CHEER DIVISIONS**

- SMALL = TBD
- LARGE = TBD

➤ *SMALL & LARGE WILL BE BROKEN DOWN BASED ON THE SIZES OF EACH REGISTERED TEAM. Divisions will be divided so that equal numbers of teams are participating in each division. Numbers will be announced at the closing of registration.*

➤ **GENERAL INFORMATION**

- All competing will be judged with a BITS score sheet created by the OHSCCA board.

SAMPLE of SCHEDULE

Session 1: Traditional Junior High Non-Tumbling and Building

Session 2: Traditional Non-Building



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HIGH SCHOOL TRADITIONAL CHEER EVENTS

- Non-Building
- Non-Tumble/Non-Build
- Building

- **HIGH SCHOOL CHEER DIVISIONS** * High school cheer divisions are based on # of females in the school.
 - DIVISION I: 520 and above
 - DIVISION II: 325-519
 - DIVISION III: 215 -324
 - DIVISION IV: 149-214
 - DIVISION V: 148 and below
- To check the school's reported girls' enrollment and the School ID #, visit the Ohio High School Athletic Association (OHSAA) website and use the "School Directory" feature, found here:
<http://officials.myohsaa.org/Outside/SearchSchool>

- **GENERAL INFORMATION**
 - All competing will be judged with a BITS score sheet created by the OHSCCA board.
 - Varsity Divisions (ie I/II/III/IV/V)
 - Awards will be given to top 5 High School teams per division/event and a banner will be given for first place.

SAMPLE OF SCHEDULE *(to be determined based on registrations)*

Session 1: Traditional Building / Traditional Non-Tumbling

Session 2: DV/DIV/DIII/DII/DI Non-Building Divisions - alternate with 2 panel of judges

MUSIC COPYRIGHT/MUSIC STATION

1. Coaches must confirm they have read & understand the USA Cheer "Music Copyrights Educational Initiative" & warrant to BITS that all sound recordings used in their team's music shall only be used with written license from the owner(s) of the sound recordings. *See number 7 below for release form link*.
*Please include a copy of your Proof of Purchase or Certificate of Authenticity, if available.
2. For the most up to date music copyrights information, visit the "Music Copyrights Educational Initiative" webpage at <https://www.usacheer.org/music> .
3. If you have any questions, teams should email info@usacheer.net for guidance.
*Please check "Preferred Provider" list for updates/changes.
4. Each team is required to have a responsible adult remain at the music station that knows the routine & music. Athletes/Alternates are not permitted.
5. All teams must provide their own CD or device for use on the event provided sound system. Music must be recorded at the correct tempo on a high-quality CD or loaded onto a device.
6. Make sure that all devices have a headphone jack to connect to sound system and are fully charged, volume turned up & placed in airplane mode.
7. Due to greater room for technical error with some CDs, you must have a back-up of your music available.
PLEASE click this link for music release forms for traditional and game day music. [MUSIC RELEASE FORM](#)



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SCORES & RANKINGS

1. Coaches will receive copies of the judges' score sheets & rankings for their team at the BITS championship.
2. All ties at the competition will be broken.
3. If a tie occurs at the competition, the total points from "overall performance" on the scoresheet will determine the winner. If this results in a tie, the overall score of the head judge will determine the winner.

SPOTTER POLICY

1. In an effort to promote a higher level of safety for competing athletes, BITS will provide additional spotters at all BITS cheer competitions on the main floor.

JUDGING CRITERIA

1. Judges will score teams using the criteria listed on the BITS score sheet.
2. Each team will be evaluated on a 100-point system. Cheer section will count for 35 points and 65 points for the Music section of the routine. Each section will be combined for the final score.
3. Any deductions or violations will be taken off the final score.
4. There will be 5-6 judges at the championship, including the head judge.
5. Judges' scores will be compiled to determine the overall team score. For more information on scoring, score sheet & judging criteria, please visit ohscca.org.

JUDGES' ASSIGNMENTS

1. Judges for the events will be appointed at the sole discretion of the OHSCCA based on qualifications. Judges will be trained on rubrics, definitions, & scoring scales.
2. Former coaches must be 3 years out of high school coaching and cannot judge within the former conference or have affiliation with any team within division judging.

RULES & PROCEDURES

1. Any questions concerning the rules or procedures of the competition will be managed exclusively by the team's coach and will be directed to the competition director.
2. Such questions should be made prior to the team's competition performance.

RULES/VIOLATION

SAFETY GUIDELINES

1. Teams must comply with NFHS rules: <https://nfhs.org/activities-sports/spirit/>
2. All coaches for building teams must be USA Cheer (AACCA) certified & follow USA Cheer (AACCA) guidelines. Visit: <https://www.usacheer.org/safety/rules/jh-ms-high-school-cheerleading-rules>
3. Tumbling over/under/over legal rotations/dive rolls/knee drop violations - *up to an 5-point deduction*
4. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. Props may not be thrown (become airborne). - *1-point deduction*

COMPETITION PERFORMANCE AREA

1. Participants must start in the competition area with at least one foot on the ground.
2. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
3. Props may be placed off the mat.
4. BITS competitions comply with the NFHS & USA Cheer surface ruling that school-based programs may not compete on a spring floor.



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TIME LIMITATIONS/ENTRANCES

1. Each performance routine must include a cheer section that may include a cheer &/or chant or any combination of both. **The musical portion must not exceed one minute & forty five seconds (1:45). Total time limit is two minutes & thirty seconds (2:30).**
2. Formal entrances which involve dance, technical skills, & all traditions/chants are not permitted. Athletes should enter the performance area in a timely fashion.
3. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.
4. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 3-5 seconds over, two (2) point deduction for 6-8 seconds over, three (3) point deduction for 8-10 seconds over, and five (5) point deduction for 10 seconds or more over.
5. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time.

UNIFORMS

Violation of any below - *5-point deduction*

1. All participant uniforms must cover the midriff when standing at attention.
2. Must have an element that is identifiable to your school – colors, logos, letters, mascot, etc.
3. No jewelry
4. No face or body glitter

SPORTSMANSHIP

Violation of any below - *5-point deduction*

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry & exit from the performance area as well as throughout the routine.
2. The coach of each team is responsible for seeing that team members, coaches, parents & other persons affiliated with the team conduct themselves accordingly.
 - a) Routine choreography should be appropriate & entertaining for all audience members. Vulgar or suggestive material, choreography &/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, &/or relaying lewd or profane gestures or implications.
 - b) Inappropriate choreography, uniforms, makeup &/or music may affect the judges' overall impression &/or score of the routine.

DISQUALIFICATION

1. BITS does not disqualify; however, failure to follow the rules will result in penalties.

INTERRUPTION OF PERFORMANCE

UNFORESEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.



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FAULT OF TEAM

1. 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 competition.
2. The competition officials will determine if the team will be allowed to perform at a later time.
3. 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.

INJURY

1. The only persons that may stop a routine for injury are any of the following:
 - a) Competition officials OR
 - b) The coach from the team performing OR
 - c) The injured individual
2. Competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a) Competition officials receive clearance from, first, the medical personnel, the parent (if present) THEN the head coach of the competing team.
 - b) If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 1. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time & should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by & receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

For any clarification or interpretation of the above safety guidelines, please email OHSCCA@gmail.com.

NOVEMBER 17, 2024 / GAME DAY JUNIOR HIGH, HIGH SCHOOL & TRADITIONAL YOUTH

REGISTRATION FOR YOUTH CHEER
[BITS TRADITIONAL YOUTH](#)

REGISTER FOR JUNIOR HIGH GAME DAY
[2024 BITS JUNIOR HIGH GAME DAY](#)

Registration links:

REGISTRATION FOR HIGH SCHOOL GAME DAY
[2024 BITS HIGH SCHOOL GAME DAY](#)

JANUARY 26, 2025 / TRADITIONAL JUNIOR HIGH & HIGH SCHOOL

REGISTER FOR JUNIOR HIGH TRADITIONAL CHEER
[2025 BITS JUNIOR HIGH TRADITIONAL](#)

REGISTER FOR HIGH SCHOOL TRADITIONAL CHEER
[2025 BITS HIGH SCHOOL TRADITIONAL](#)



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