



Dear Principal and Cheerleader Coach:

On behalf of the Kentucky Association of Pep Organization Sponsors, I wish to congratulate you on winning your regional tournament. We are looking forward to watching your team and cheerleaders perform during the state tournament.

The members of KAPOs are convinced that the recognition of cheerleaders during the state tournament has done much to improve the quality of cheerleading and sportsmanship throughout our state. Judging for these outstanding teams will take place during each of the first-round ball games.

Presentation of awards will take place between games on Friday night. The Brigid DeVries Trophy will be awarded to the winning team in the Boys' State Tournament and the Tom Mills Trophy will go to the winning team in the Girls' State Tournament. On those evenings, cheerleaders should come in uniform; however, if cheerleaders cannot be present on Friday night, please appoint someone to represent them in the event that your team qualifies to receive an award. The Top 4 teams and the K-Pep winner will be recognized on Friday evening of each tournament.

In order for your team to be considered for awards, your school must be a member in good standing of KAPOs or must pay a competition fee of \$50 prior to the game in which they compete. If your school is not currently a KAPOs member but would like to compete, please bring a check made payable to KAPOs in the amount of \$50.

In addition, your cheerleaders will not be eligible unless we have confirmation from the school principal that the team is being properly accompanied during its entire stay at the tournament. The name of an adult, appointed and approved by the school administration, along with the name of your cheerleading coach must be included on the confirmation form signed by the principal (copy is enclosed). **This form must be turned in at the KAPOs table in the KAPOs hospitality room as you check in your cheerleaders for the first time at the tournament.** There will always be someone there to take your letter and to speak with your representative. It is **VERY** important that you include a phone number where the coach can be reached at all times, because if you will be receiving an award on Friday evening, your coach will be contacted prior to Friday evening.

In the past, we have had some difficulty with teams wanting to use signs and placards. Please assist us in complying with the KHSAA regulations that states "no use of signs."

Another important regulation to follow concerns the number of cheerleaders on your team. The cheerleading regulations are used to insure that all have a safe and enjoyable tournament. The

cheering space at both tournaments is a very small area, and it could be a safety hazard if these regulations are not followed.

Another reminder is that only SIXTEEN cheerleaders (as stated in the KHSAA guidelines) may be in this sideline cheerleading area at any time during the contest. The sixteen does not include your mascot. We trust that teams will have no problems complying with these regulations. Your experiences at the State Tournament will be exciting and rewarding for you and your fans. Please feel free to ask for our assistance. There will always be a KAPOS representative at the table in the KAPOS hospitality room.

In the fall you received a NFHS Spirit Rules Book and KAPOS Rules and Regulations Regarding KAPOS Competitions for the purpose of familiarizing you with our organization and to outline the rules and restrictions governing those who wish to be considered for the cheerleading awards. The official KAPOS judging sheet, as shown in the Rules and Regulations is the instrument used for judging the most outstanding squads at the state tournament.

Please remember that **ALL** squads must follow the National Federation Spirit Rules that you also received in the fall from the KHSAA or penalties may occur. The NFHS Spirit Rules Book as it relates to cheerleading is the official handbook of KAPOS. If you have questions about any of those rules, please check with someone in the KAPOS hospitality room so that they can help you. The Technical Judging Sheet is also listed in the back of the KAPOS Handbook.

If you have any questions or if we can be of any help to you during your stay at the tournament, please let us know!

CHEERS!

Ruth H. Sorace

Ruth H. Sorace, President



To The KAPOS Board:

In case a KAPOS Board member needs to contact your squad for messages or radio interviews, please list the seat numbers that they will occupy when they are not cheering and the motel where they will stay. **It is VERY important that you give a cell phone *number so that your squad can be contacted if they are among the squads who will be recognized on Friday night.***

Section _____

Row _____

Seat _____

Cell phone # _____

Motel _____

Motel Phone # _____

Motel Room # _____

I/We verify that the squad is compliant with all applicable regulations.

Signature of Principal

Signature of Cheer Coach



GREETINGS TO SWEET 16 CHEERLEADERS!

KAPOS welcomes you and your cheerleaders to the Sweet 16 ®! Since one of our goals at the Sweet 16 is to select four (4) outstanding cheerleading squads from the sixteen (16) participating plus a K-Pep winner, we would like to call your attention to the "Game Situation " judging sheet in the back of the KAPOS Handbook. Your squad will be allowed to cheer on the playing floor momentarily during player introductions. They will not be allowed back on the playing floor except at half time when they may perform two floor cheers of their choice. These may or may not include gymnastics. **(NOTE: According to KHSAA guidelines, you may only use sixteen cheerleaders in your cheers at half-time. The same cheerleaders must do both cheers.)** Floor-type cheers may be done in your end zone (when ball is not in play) and will be judged in the "Floor Cheer" category. However, no mounts, stunts or tumbling of any type is permitted on the sidelines for safety reasons. Judges will be given this information as well and instructed to deduct in safety should these things occur. (You may want to look over pages 16-17 of the National Federation Spirit Rules concerning "General Risk Management.") National Federation Spirit Rules and KAPOS rules will be followed during the Sweet 16 competition.

KAPOS HOSPITALITY ROOM

We would like to invite all cheerleaders and their coaches along with any mascot participating in the tournament to be our guests in the KAPOS Hospitality Room for refreshments and sharing of ideas and good times with cheerleaders across the state. Be sure and check out the KAPOS scrapbooks to see if you recognize anyone from "days gone by."

STATE-AT-LARGE CHEERLEADING COMPETITION

On Saturday, March 18 (McBrayer Arena in Richmond), beginning at 8:30 a.m. EST, we will be sponsoring our State-At-Large Competition for the winners of each of the sixteen (16) regions across the state. There will be five levels of competition (Traditional, 2 ½ Minute Small, 2 ½ Minute Medium, 2 ½ Minute Large, and Coed). We would like to invite you and your squad to attend this as spectators if you are not competing.

STELLA S. GILB SCHOLARSHIP

If your school is a member of KAPOS, you may have junior cheerleaders who are eligible to apply. We award approximately ten scholarships to cheerleaders across the state each year in the amount of \$500 each. Forms are available on the KAPOS website (to get a jump on next year.) Scholarship applications were due March 1 for this year's seniors, and winners will be announced at the State At-Large Competition.

WE WISH EACH OF YOU THE VERY BEST OF LUCK AND IF WE CAN BE OF ANY ASSISTANCE NOW OR IN THE FUTURE, PLEASE DO NOT HESITATE TO CALL ON US. WE ARE HERE TO SUPPORT AND PROMOTE CHEERLEADERS!!!

CHEERS!



***KAPOS NOTES FOR CHEERLEADERS
(COMPETING AND NON-COMPETING SQUADS)***

In order to make your Sweet 16 experience a successful one, the following information is provided for you:

- All cheer coaches must check in with the KAPOS officials prior to participation in the first contest.
- Cheerleaders (maximum of 16) are allowed on the playing floor at the following times:
 - During team introductions
 - At half-time to perform two cheers

Judging of cheers will be done at the half time using the following format:

- Squads (maximum 16) will face the official scorer's table when performing.
- Visitor squads will be judged first
- Two cheers will be performed back to back
- Cheers may be gymnastic or non-gymnastic
- No time restrictions
- Home squads will perform after the visitors and follow the same procedure

Presentations for Sweet Sixteen® Competition will be held between sessions on Friday evening:

- Squads in attendance should be in uniform and meet in the KAPOS Hospitality Room
- A representative from your school needs to be present to accept awards in your absence
- Only the cheerleaders in uniform who competed during the tournament and the coach will be admitted at the pass gate. All other representatives including parents and fans will be directed to the ticket office.

INFORMATION FOR THE ENTIRE TOURNAMENT

- No more than sixteen cheerleaders on the sideline
- Sixteen cheerleaders may be used for the two cheers at half time.
- NO SIGNS OF ANY KIND AT ANY TIME MAY BE AFFIXED TO THE PERMANENT ARENA SURFACES OR OBSTRUCT THE VIEW OF FANS DURING PLAY.
- Scoresheets may be picked up after the awards presentation on Friday evening in the KAPOS Hospitality Room

SPECIAL NOTE FOR COMPETING SQUADS

- If you are not a KAPOS member, please see Lucy Moore in the KAPOS Hospitality Room upon arrival at the arena. Squads may join KAPOS at the time of the tournament in order to participate in the competition.