

Georgia High School Association State
Cheerleading Championships
2023



Friday Nov. 10, 2023

Session 1: 10:00 AM	A and 5A
Session 2: 3:00 PM	2A and 4A

Saturday, Nov. 11, 2023

Session 1: 10:00 AM	3A and COED
Session 2: 3:00 PM	6A and 7A

Congratulations on advancing to Finals!

Please read this entire packet. There is new information.

Immediately, stop what you are doing and email your music to jhaudioproductions@gmail.com. Information for submitting your music is located at the back of this packet. The deadline for submission is Nov. 7th. **Label your music by the school's name and division.** Do this today! No music will be accepted after this date.

State Contract & entry fee:

There is a state entry fee for Cheerleading. Please go to <https://www.ghsa.net/cheerleading> and find it under Quick Source. You can bring it with you and turn in at check-in or mail it in.

Housing:

Each school is responsible for making housing accommodations for their team. There will be a google form sent to you after the competition to help us track this information.

Arrival: (arrive in uniform)

Buses will follow specific Directions. Bus Drivers will be directed to the South Side of the arena. They will also park on the South Side. Tunnel Entrances will be marked by Side One and Side Two. (See map at the back of this packet.)

DAY 1	Session 1	Tunnel One – A teams Tunnel Two – 5A teams
DAY 1	Session 2	Tunnel One – 2A teams Tunnel Two – 4A teams
DAY 2	Session 1	Tunnel One – Coed teams Tunnel Two – 3A teams
DAY 2	Session 2	Tunnel One – 6A Tunnel Two – 7A

*Bus drivers who want to enter the building will go through the Pass Gate using their identification. It is located at the main entrance of the coliseum.



Team Check-in:

MORNING SESSIONS		
Session	Arrival Time	Teams
Session 1 Group 1 Teams performing before intermission	Teams 1-16 arrive by 8:45 a.m.	Team check-in opens at 9:00 a.m. Competition begins promptly at 10:00 a.m.
Session 1 Group 2 Teams performing after intermission	Teams 17-32 arrive by 9:15 a.m.	Team Check-in opens at 9:30 a.m. Rotations run continuously. Be prepared to arrive early and go directly to your seats.
AFTERNOON SESSIONS		
Session 2 Group 1 Teams performing before intermission	Teams 1-16 arrive by 1:45 PM	Team check-in opens at 2 p.m. Competition begins promptly at 3:00 p.m.
Session 2 Group 2 Teams performing second half of session.	Teams 17-32 arrive by 2:15 p.m.	Team check-in opens at 2:30 p.m. Rotations run continuously. Be prepared to arrive early and go directly to your seats.

1. Teams have a scheduled arrival time to provide buses time to drop off and park.
2. **All team members must arrive in uniform and at the same time.** Any team member arriving out of uniform will be sent back to their bus to find a place to dress. Dressing areas will not be provided.
3. All bags will be searched upon entrance into the facility. Items should fit into a backpack. **No gift bags may be brought into the arena.** Please exchange gift bags on the bus. Coolers, nor outside food are not allowed.
4. **Up to 20 team members** may enter through team check-in and **no more than two coaches and one music person.** The coach will be able to identify the competing team/team number and the alternates. Any cheerleaders over 20 must enter through the pass gate using the Excess Entry Form. <https://www.ghsa.net/forms>

5. **All coaches must present a Dragonfly pass at check-in. Have it ready on your phone to show to the staff. All coaches must be on the approved coaching list generated by the school's staff rosters.**
6. No coaches' children, relatives, or other school personnel may enter through the team check-in tunnels. They should go to the front entrance or the pass gate. Babies may not be carried through team check-in. Children are not allowed in the warm-up, music, or competitive areas. Any exception of this must be cleared by Penny Mitchell in advance.
7. Teams will be guided to the back two sections of the arena. Spaces are labeled by performance numbers. A bathroom is located upstairs in the back on each side. A second set of bathrooms will be located on the competition floor. Prior to your call to warm-ups we ask that you remain in the assigned area. We will not search for teams.
8. The team will be directed to assigned seats where they will be called to warm-ups. Our staff will not come looking for you.
9. **Once rotations begin the competition will run continuously.** Please be in place so that you can be moved to the warm-up area when the officials are ready for you to perform. If you have any issues and you are running late, please contact Penny Mitchell – 478-957-9775.

Warm ups:

1. No more than 2 coaches and 20 cheerleaders (in uniform) may enter warm ups. Towards the end of warm ups, the alternates will be guided to a designated spot to watch the performance.
2. The coaches and the music person will be given credentials to wear to the floor. These credentials cannot be shared with anyone and will be turned in as the team leaves the floor.
3. The music person must report immediately to the music area once the team is called to warm-ups. There must be a music person from your team with backup music. A delay of meet will be given if the DJ has to wait on someone to obtain the backup copy.
4. Teams will be called down to the seating area beside the entrance to the actual competition floor in the order they are to compete.
5. Music is not allowed in the warm up areas.
6. The warm up area is divided into 3 stations: **(practice this rotation) Stretching is not allowed on the carpet. Please wait for your turn on the mats.**
 - a. **MAT ONE:** 3 strips. Teams will have approximately five minutes on this mat suggested for stretching, jumping, and standing tumbling. Teams will not be allowed to stretch or warm up on the carpet.
 - b. **MAT TWO:** 3 strips. Teams will have approximately five minutes on this mat suggested for standing and running tumbling.
 - c. **MAT THREE:** 7 strips. Teams will have approximately 5 minutes on this mat suggested for partner stunts and pyramids. Running tumbling can also be practiced on these mats.
7. Once teams have completed their time on the three stations, they will be asked to wait at the curtain until ready for performance. Teams will hear their name announced. While at this curtain we ask that you remain quiet. You can be heard on the competition floor. Be fair to your fellow competitors.
8. After performing, teams will exit on the back side of the mat (where they entered the floor), return to the water station, and then back to their seats.
9. Teams will remain in their assigned areas. Restrooms are available.

Music:

1. **All music should be emailed to Jeff Hulsey. Please see the instructions in the back of this packet.**
2. **Every school must have a music person to remain at the music area while their competition team is on the floor. The music person should have a backup copy, and GHSA also requires that a backup music device (iPhone, cd, media player) accompany the music person in case of emergency.**
3. There will be no time allowed for music check before the competition.
4. One coach or school representative will be responsible for making sure the DJ knows when to start/stop music.
5. Music will have already been emailed to Jeff Hulsey, our DJ. Please have a back-up. Any delay with music will result in a Delay of Meet deduction.
6. **If you have any questions, contact Penny at penny@ghsa.net**

Medical Personnel and trainers

1. Athletes who need to be taped should see the trainer well before warm-up times. Please provide tape for your athletes.
2. Athletic trainers will be available on the floor and in the training room.
3. Teams bringing personal trainers may use them in the stands prior to the beginning of the rotation. Once a team goes to warm ups, the Athletic Trainers and medical personnel assigned by the GHSA and Coliseum will be responsible for assisting teams. Personal School Team trainers may not come to the floor unless they are one of the two approved coaches or the music person who have credentials to enter the competition floor.
4. All trainers must enter through the main gate or the pass gate with a GHSA pass. They cannot enter through team check-in.

GHSA Rules and Guidelines:

1. No flash photography.
2. Gift bags are not allowed in the arena.
3. Artificial noisemakers (cowbells, megaphones, etc.) are not allowed in any indoor activities.
4. *Please make fans aware that there will be priority seating when their team competes.*
5. All information for spectators will be available on the GHSA website.

Any team who wishes to attend a session in which they are not competing will enter through the pass gate in the upstairs entrance. All team members should be dressed alike so that they look like a team. Please do not try to enter through team check-in. Back packs should be left on the bus for these sessions.

Awards:

The top 6 teams in each division will be called to the floor.

The top 4 teams will be announced with placement. Only the state champion and runner up receive trophies and medals.

The arena will be cleared shortly after awards are given.

Bullet points:

- Email music
- Coaches make sure you have your Dragonfly pass ready
- Arrive in uniform.
- Know when to check in and entire team must check-in together
- Bags will be checked by Coliseum workers
- Find trainers if needed
- 20 cheerleaders in uniform allowed in warm ups (2 coaches)
- Music person goes to floor when team goes to warm ups
- Warm up is 3 mats for 5 min, 3 mats for 5 min, 7 mats for 5 min.
- Warm ups run continuously
- Exit the same way you entered the floor
- Have a great time and enjoy yourself!



Instructions for submitting music:

The 2023 GHSA Cheerleading State Championships on November 10 and 11 at the Macon Coliseum will REQUIRE each team's performance music to be submitted as a music file for playback. Each team will designate a music person to press play as before. GHSA will also require that a backup music device (iphone, cd, media player) accompany the music person in case of emergency. All teams will be required to follow this new procedure.

1. Please send music file as an attachment to the following email address

jhaudioproductions@gmail.com

2. The music file must be in one of the following: formats:

mp3 m4a aac mp4 wav aiff

3. A music person is required to press play at performance time.

4. The music person must also have a backup device with them in case of emergency (iphone, cd, media player).

3. Deadline for submission is November 7. No file will be accepted unless it is submitted by email to the above address.

Map for drop off and bus parking

