



January 4, 2023

Athletic Director/Cheerleading Coach

2023 LUTHERAN SPORTS ASSOCIATION STATE CHEERLEADING COMPETITION

The thirty-eighth annual *Illinois Lutheran Sports Association State Cheerleading Championship* will be held Friday March 3, 2023, at Concordia University in River Forest, IL at 6:00 PM.

APPLICATION PROCESS AND COMPETITION RULES

The application is an online process. Please register by going to www.luthsports.org - Cheerleading. Submit your School, Squad, and Roster information by February 15, 2023. A final competition detailed schedule will be posted online by February 20th. Please familiarize yourself with competition, scoring and eligibility rules.

The application site will close at midnight on February 15, 2023.

Mail entry fee (\$130.00) postmarked by February 15, 2023.

Mail the check payable to: **Lutheran Sports Association of Illinois.**

The checks should be mailed to **Jeff Miller 2915 Essington Street, Bloomington, IL 61705.**

REMINDERS

- **Max number of competitors is 20** (A mascot on the mat during competition is considered part of a squad)
- **LSA rubric and score sheets online at www.luthsports.org/cheerleading**
- **NO BASKET TOSSES** are allowed during LSA competition or at LSA STATE basketball games.

RULES FOR 2023

Cheer Handbooks and Rules:

MUSIC Rule: The team may use a *maximum of two minutes* (2) of the three-minute routine time limit for music. The timing begins with the team's first movement, voice, or note of music, whichever comes first on the competition floor. Timing ends with the last motion, word, or beat of music. There will be an official timer at the competition.

NFHS Spirit Rules Book: The current National Federation Spirit Rules published by the National Federation of High Schools (NFHS) are the official rules governing the LSA competitive cheerleading state competition. The NFHS's official high school Spirit Rules Book is the minimum safety guide for the state series.

AWARDS

Awards will be presented immediately following the competition. Trophies will be awarded to the top three teams and individual medals will be awarded to the top two teams.

HOUSING

The Schaumburg Marriott will be the site of the STATE 2023 official tournament headquarters along with 200 tournament rooms. The additional hotel locations are listed at www.luthsports.org. All the hotels have a wide variety of facilities, including an indoor pool, and a nightly room rate for participants, coaches, and fans. All arrangements must be made through housing chairman, Jim Kroll. The housing form is available online at www.luthsports.org. Send your list in early! The housing deadline is February 16.

T SHIRTS

Be sure to check the LSA website www.luthsports.org for ordering instructions for your team t-shirts. All shirts must be pre-ordered online and will be available for pick up on the day of the competition. Only a few extra shirts will be available at the event. Please bring your form of payment when picking up the shirts at the competition and make the check payable to: **Lutheran Sports Association of Illinois**.

TEAM ROSTERS

LSA STATE 2023 Teams participating will be listed on the luthsports.org website. Each team will have their roster posted.

WORSHIP

The LSA Board of Directors and STATE cheerleading/basketball committees provide an opportunity for a Worship Service on Saturday evening, followed by pizza and a basketball shooting competition. Please plan to participate in worship with athletes and fans from around the state of Illinois.

TEAM PICTURES

Team pictures will be taken at St. Peter, Arlington Heights on Friday only.

We hope to see you on March 3, 2023, at Concordia University. It will be an exciting evening! Come join us for the athletic competition and Christian fellowship.

For further information, please contact:

John Kelm

LSA Co-Director

Cell: 630-542-5356

Email: jkelm@luthsports.org

Shannon Schmidt

LSA Co-Director

Cell: 618-593-9500

Email: sschmidt@luthsports.org