

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

2026 CHEERLEADING CHAMPIONSHIPS

**ALERT**

**PLEASE INFORM ALL PARTICIPANTS, COACHES AND SPECTATORS THAT THEY WILL BE THAT ALL BAGS WILL BE CHECKED PRIOR TO ENTRY INTO NEWTOWN HIGH SCHOOL. PLEASE ALLOW EXTRA TIME FOR THESE SECURITY CHECKS TO TAKE PLACE.**

---

*Any student-athlete who engages in conduct on or off school grounds or at a school sponsored activity that is in violation of their school or the facilities policy, will be subject to disciplinary consequences by their school's administration AND be ineligible to compete in the State Cheerleading Competition.*

***The policy at Newtown High School States: Any student or adult who are in possession of the following contraband or any other items deemed as contraband by security, will be ineligible to compete in the competition. All items will be seized and not returned:***

***All weapons and nonprescription drugs of any type, including but not limited to: firearms, tazers, mace/pepper spray, knives/razors, box cutters, kubatons, knuckles, door opening devices, scissors, shanks/sharp pointed objects, screwdrivers, metal forks, hair picks, nonprescription drugs, tobacco products, e-cigarettes, vapes, alcohol beverage, glass bottles, BB-guns, water guns.***

---

**ALL TICKET SALES FOR CIAC TOURNAMENTS WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING. ALL TICKETS WILL BE PURCHASED PRIOR TO ARRIVING AT THE COMPETITION VIA GO FAN. <https://gofan.co/app/school/CIAC>**

---

As buses enter Newtown High School they should go past the spectator entrance and go to the back of the school where there will be a cheerleader entrance. This entrance is for cheerleaders and coaches only. Spectators will enter at the front of the school. Buses will park at Reed Intermediate School, 3 Traders Lane, Newtown, CT. Cheer Coaches should get the phone number of their bus driver so they can notify them when they are ready to be picked up. Further directions will be given closer to the competition.

---

**ONLY CHEERLEADERS WHO WILL BE COMPETING AND ON THE MAT FOR THE STATE COMPETITION AS WELL AS FOUR ALTERNATES AND THREE COACHES WILL BE ALLOWED TO ENTER THROUGH THE PARTICIPANT ENTRANCE. IF THERE ARE OTHER MEMBERS OF THE TEAM THEY SHOULD NOT BE IN UNIFORM AND ALONG WITH ANY OTHER COACHES WILL BE REQUIRED TO ENTER THROUGH THE SPECTATOR ENTRANCE AND WILL BE REQUIRED TO PAY THE ENTRANCE FEE.**

All the information for this year's cheerleading competition is addressed in this packet of information. Coaches, please read all the information. A coaches meeting will be held via Zoom on Sunday, March 1, 2026 at 6:00 pm.

---

You are invited to a Zoom meeting.

When: March 1, 2026 06:00 PM Eastern Time (US and Canada)

[https://casciac-org.zoom.us/meeting/register/MeyXAYHsRkm3QcpLajD4\\_Q](https://casciac-org.zoom.us/meeting/register/MeyXAYHsRkm3QcpLajD4_Q)

Register in advance for this meeting:

After registering, you will receive a confirmation email containing information about joining the meeting.

Each team is being assigned a report time for registration. You may come earlier than your assigned registration time but if you are not there by the registration time, we will assume that you will not be competing.

This year you are being asked to return a music compliance form **and** a copy of your music license by **February 21, 2026**. This form is included in this packet and should be returned to Sherrie Zembrzusi by email ([missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)).

*The gym will be cleared between the first and second sessions. All Class LL, Class S and Coed participants are asked to quickly gather their belongings and exit Newtown High School after the end of the awards so that participants and spectators for Class L and Class M can enter Newtown High School*

*Coaches are asked to bring their music on a cell phone. The DJ will have the proper cord to attach to the phone so your music can play. One coach or designated person will be at the DJ station to make sure that music is played at the right time.*

---

## **PLEASE BE SURE YOUR CHEERLEADING COACH RECEIVES THIS INFORMATION**

Your school has filed a cheerleading Entry Form and has been scheduled to perform in the championship on Saturday, March 7, 2026. This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

**PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW. IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.**

**IF YOU MUST WITHDRAW AFTER 2:00 P.M. ON FRIDAY, MARCH 6, 2026, PLEASE NOTIFY SHERRIE ZEMBRZUSKI AT (203) 233-0881 OR [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)**

Five classes of competition have been formed. Your school has been placed in one of these classes based on girl enrollment or having both genders on the squad.

- |    |          |                                  |
|----|----------|----------------------------------|
| 1) | Class LL | Enrollment – 635 and above       |
| 2) | Class L  | Enrollment – 422-634             |
| 3) | Class M  | Enrollment – 297-421             |
| 4) | Class S  | Enrollment - 296 and below       |
| 5) | Co-ed    | (Both genders make up the squad) |

This year's Championship will be held on **ONE DAY**. The site will be

*Newtown High School, Sandy Hook, Connecticut  
on Saturday, March 7, 2026*

The **morning competition** on March 7 will be for the **Class LL, Class S and Coed** teams. The **afternoon session** will involve **Class L, and Class M** teams. **NOTE: The gym will be cleared between the first and second session. There is a SEPARATE charge for EACH Championship.**

**Do not arrive prior to the gym opening for your session. Time is needed to make sure that the gym and lobby areas are set up and clean for each session. You will be asked to remain on your bus until the designated time. We ask for your cooperation in this matter.**

**If a team needs to go earlier than their assigned time in order to attend a school sporting event they need to call or email Sherrie Zembrzuski to make arrangements for a change of order.**

**Saturday, March 7, 2026**

**1st Session – Class LL, Class S and COED**

8:00 a.m. Gym opens for participants  
8:30 a.m. Gym opens for spectators  
9:00 a.m. Practice begins  
9:25 a.m. Announcements  
9:30 a.m. Competition begins  
12:25 p.m. Competition ends  
1:00 p.m. Awards

**2<sup>nd</sup> Session – Class L and Class M**

2:00 p.m. Gym opens for participants  
2:30 p.m. Gym opens for spectators  
3:00 p.m. Practice begins  
3:25 p.m. Announcements  
3:30 p.m. Competition begins  
6:15 p.m. Competition ends  
6:30 p.m. Awards

**Sunday, March 8, 2026 is the snow date**

**1st Session – Class LL, Class S and COED**

8:00 a.m. Gym opens for participants  
8:30 a.m. Gym opens for spectators  
9:00 a.m. Practice begins  
9:25 a.m. Announcements  
9:30 a.m. Competition begins  
12:25 p.m. Competition ends  
1:00 p.m. Awards

**2<sup>nd</sup> Session – Class L and Class M**

2:00 p.m. Gym opens for participants  
2:30 p.m. Gym opens for spectators  
3:00 p.m. Practice begins  
3:25 p.m. Announcements  
3:30 p.m. Competition begins  
6:15 p.m. Competition ends  
6:30 p.m. Awards

**In the event of inclement weather local radio and TV stations will be notified. A decision will be made very early on the morning of March 7, 2026. In addition you can check the CAS-CIAC website, [www.casciac.org](http://www.casciac.org) for any changes to the schedule.**

## **SPECIFIC RULES RELATIVE TO THE COMPETITION**

1. Schools will perform according to the order of performance listed within this information packet. Please note: "Bumping up" by Class (division) will occur in each and every case for "no shows". For example -- if your school is slated to perform in Class L in the sixth position and the Class L school ahead of you does not show up, then your squad will perform in the spot ahead and all schools in the Class will "bump up" one Class position.
2. In the first session the first team to perform will be a Class S team followed by a Class LL team and then a Coed team. In the second session a Class L team will perform followed by a Class M team.
3. Each squad of not more than twenty (20) cheerleaders will be required to **perform a 2 to 2 ½ minute routine.** **THERE IS NO LIMIT TO THE AMOUNT OF MUSIC THAT CAN BE USED.** There will be, in addition to the all girl divisions, a coed division. **All music used must have the proper licensing and squads will be asked to provide a copy of their license. Please see the USA Cheer web site for a list of approved music providers.**
4. Practice times will be assigned prior to the squads arrival at Newtown High School. Each team will be allotted four (4) minutes to stretch, four (4) minutes on four strips and four (4) minutes on a full mat. Warm-ups will take place just before a team goes on the mat. **WARM-UPS WILL BE IN THE ORDER OF PERFORMANCE AND APPROXIMATELY THIRTY MINUTES BEFORE YOUR PERFORMANCE TIME. PLEASE BE ON TIME AND DO NOT MISS YOUR ASSIGNED WARM-UP TIME.** A safety judge **WILL NOT** be present at this time. Each team is responsible for playing their own music in the warm up area. Penalty points will be deducted for any infraction that occurs during the competition. (See enclosed Penalty Sheet) If you are in doubt about the legality of a stunt or pyramid submit a picture or video by February 21, 2026. A decision will be made within three days of the receipt of the video or picture. Videos can be emailed to Sherrie Zembrzusi at [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net).
5. A team will hear the following prompts from the announcer during the competition: 1) Waiting in the wings is (team's name); 2) In the hole is (team's name); 3) Up next is (team's name); 4) (Team name) you may take the mat and when the team is in position the announcer will say (team name) you may begin. Timing will begin at the first motion or music.
6. **Interruption of Performance:** The Safety Judge or Head Judge has the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted, that team will be given time to regroup before performing their routine from the beginning. Judging will resume from the point in the routine which the Head Judge determines. The routine must be performed full out from the beginning. Any safety deduction that has been assessed will carry over. If the team's coach decides that they will not be able to perform the routine again then they will receive the score that they have received up to that point where the injury occurred. If they have not performed a skill they will receive a "0" in that category. All other circumstances in which there is an interruption of routine or if an injury occurs during the warm-up, the Head Judge or Tournament Director will confer with the on-site medical personnel and decide the time that the team will perform. In all cases, the team will perform their routine from the beginning and must perform it full out.
7. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
8. When the team arrives at Newtown High School, the advisor is asked to enter with the team and with a copy of their roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the entry form that has been submitted. **ALL CHEERLEADERS MUST HAVE BEEN ACTIVELY CHEERING FOR A MAJORITY OF THE GAMES FOR THE WINTER SEASON. A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON THE ENTRY FORM. ONLY COMPETING CHEERLEADERS, FOUR ALTERNATES AND THREE (3) COACHES WILL BE ALLOWED TO ENTER VIA THE CHEERLEADERS' ENTRANCE. ALL OTHER TEAM MEMBERS AND COACHES MUST ENTER THROUGH THE MAIN SPECTATOR ENTRANCE AND PAY THE ENTRANCE FEE.**
9. Cheerleaders will be able to bring their belongings into the cafetorium. A stream of the competition will be played in the cafetorium for their viewing purpose. You are advised that CAS-CIAC and Newtown High School are not responsible for items lost or stolen.
10. Spectators will not be allowed on the competition floor. Only cheerleaders and coaches with sneakers on will be allowed on the matted surface. Shoes will not be allowed on the competition area.
11. Please remind all spectators that Newtown High School is a smoke-free facility. Smoking is not allowed inside or outside of the building. There is absolutely **NO SMOKING** at Newtown High School.

12. No food or drinks are permitted in the gym at Newtown High School. Only cheerleaders will be allowed to have plastic water bottles inside the gym.
13. A trainer will be available for injuries that occur at the competition. Please bring your own tape if you need to be taped or have a prior injury.
14. Squads given permission to enter after this notice will perform first in the order of performance.
15. **CONDUCT AND GOOD SPORTSMANSHIP** -- For the most part, we have been exceedingly proud of our high school students and their following of adult fans. We especially request that all school personnel -- administrators, faculty and coaches -- give definite emphasis to the subject of good sportsmanship so that your students will conduct themselves in a manner that will reflect nothing but credit upon your school and its fine team. Any seemly or unsportsmanlike conduct on the part of students or adults is a direct reflection on the school. Please remember that you are the guests of the site school, as guests you may want to be invited back next year.
16. The Connecticut Association of Schools (CAS) along with the Connecticut Student Activities Conference (CSAC) Cheerleading Committee are committed to having all spirit teams, coaches, parents and spectators act in a sportsmanlike manner at all times during games and competitions.

A participant, coach, substitute, trainer or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or gestures.
- c. Baiting or taunting an opponent.

**NOTE:** In accordance with the National Federation of High School Associations, the CAS and CSAC Cheerleading Committee disapproves of "any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin."

**The CSAC Cheerleading Committee has decided that should in the event that any of the above occurs, from the time a team enters the competition site to the time the team exits the competition site, that a 10 point penalty will be assessed by the competition officials. This may result in the team placing in a different position and plaques and medals being returned after the results have been announced.**

**PLEASE NOTE:** Coaches are respectfully reminded that the decisions of the competition judges and officials are final when rendered and not subject for discussion or change. Questions or concerns may be addressed to the CSAC Committee in writing. Harassment of any kind, verbal or written will not be tolerated and may result in sanctions against a school or coach. Coaches are asked to remind their team, parents and fans to cheer for their team and not against another team.

17. **PERFORMANCE AREA** – The performing surface will be a 42' by 42' (seven (7) panels) mat. Stepping off the mat will NOT result in point deduction. Landing a tumbling skill off the mat with the feet or any other body part will result in a ten (10) point deduction. If a tumbling skill is landed on the mat and momentum carries them off the mat there will not be a deduction unless the safety judge determines that it was unsafe for the participant.
18. Seating at Newtown High School is on a first come, first serve basis. Seats cannot be saved for spectators.
19. **SIGNS, NOISEMAKERS AND BANNERS FORBIDDEN** -- Please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards, and streamers are DEFINITELY NOT ALLOWED. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as the cheerleaders. THEY WILL NOT BE PERMITTED, AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE COMPETITION. We also ask that you **DO NOT** bring balloons into Newtown High School. They are forbidden.
20. *Tee shirts will be available for purchase on the day of the competition.*
21. **Each team will be reimbursed for five (5) tickets. These tickets are to be used for school personnel and spouses, NOT PARENTS. A written request must be sent to the CIAC office and will only be reimbursed to those schools that have paid their entry fee.**

22. **ALL TICKET SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING.**

Admission prices for the competition are:

- Children five (5) and under are free;
- Military in uniform or with I.D. are free;
- All other spectators \$10.00

23. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter unless another entry fee is paid.

24. Check the Connecticut Association of Schools web site on Monday, March 2, 2026 for an updated order of performance.

**NEW ENGLAND REGIONAL CHEERLEADING COMPETITION**

Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition. The New England Competition is Saturday, March 21, 2026 at Worcester State University in Worcester, Massachusetts. Additional information will be available at a later date from the New England Council.

In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championship, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:

- If a tie remains, the difficulty scores in partner stunts, pyramids and tumbling will be totaled and the team with the highest total will have the opportunity to go to the New England competition.

**NEWTOWN HIGH SCHOOL**

Newtown High School  
12 Berkshire Rd  
Sandy Hook, CT 06482

Use your phone's GPS to acquire the best route to get to Newtown High School.

:

**2025-2026 CAS-CIAC Cheerleading Championship**

Music Copyright Compliance Form

**IN ORDER TO PROTECT THE CAS-CSAC CHEERLEADING CHAMPIONSHIP AND ITS PARTICIPANTS, WE ARE REQUIRING THAT ALL PARTICIPATING TEAMS PROVIDE PROOF OF MUSIC COPYRIGHT COMPLIANCE PRIOR TO THE COMPETITION.**

**By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.**

I, \_\_\_\_\_, verify that all copyright permissions were properly and  
Coach's Name  
completely obtained by \_\_\_\_\_, prior to production of  
Music Mixer's Name  
the 2025-26 CAS-CSAC Cheerleading Championship routine music for the \_\_\_\_\_  
School's Name  
team from \_\_\_\_\_.  
Division

These permissions can be verified by certification document(s) **available upon request.**

I acknowledge that this form will be kept on file by the CAS, and **I will need to keep my certification documents on file for a minimum of three (3) years.**

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CAS of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed) \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Administrator / AD Name (Printed) \_\_\_\_\_

Administrator / AD Signature \_\_\_\_\_

Date \_\_\_\_\_

NOTE: A copy of the music license **AND** this form must be completed and returned to Sherrie Zembrzuski by **February 21, 2026** Return via email to Sherrie Zembrzuski (missz14@sbcglobal.net)

**Coaches: Please Bring this COMPLETED to Newtown High School  
(Please Print or Type)**

Team Name \_\_\_\_\_ # Team members on competition mat today \_\_\_\_\_

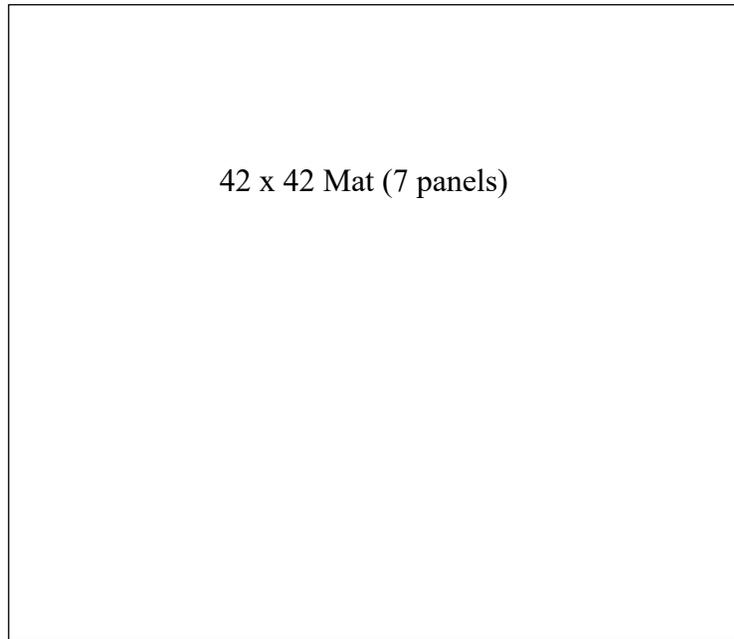
Members of the Team:

- 1). \_\_\_\_\_
- 2). \_\_\_\_\_
- 3). \_\_\_\_\_
- 4). \_\_\_\_\_
- 5). \_\_\_\_\_
- 6). \_\_\_\_\_
- 7). \_\_\_\_\_
- 8). \_\_\_\_\_
- 9). \_\_\_\_\_
- 10). \_\_\_\_\_
- 11). \_\_\_\_\_
- 12). \_\_\_\_\_
- 13). \_\_\_\_\_
- 14). \_\_\_\_\_
- 15). \_\_\_\_\_
- 16). \_\_\_\_\_
- 17). \_\_\_\_\_
- 18). \_\_\_\_\_
- 19). \_\_\_\_\_
- 20). \_\_\_\_\_

- Coaches:
- 1). \_\_\_\_\_
  - 2). \_\_\_\_\_
  - 3). \_\_\_\_\_

# GYM SET-UP

Cheerleaders enter here



Cheerleaders exit after routine

Chairs for Coaches

Judges

DJ

ORDER OF PERFORMANCE: A SPECIFIC TIME SCHEDULE WILL BE GIVEN 2-3 WEEKS PRIOR TO THE COMPETITION

		<b>FIRST SESSION CLASS LL, CLASS S and COED</b>			<b>SECOND SESSION CLASS L AND CLASS M</b>
1).	S	Putnam		L	Avon
2).	LL	Greenwich		M	Sheehan
3).	Coed	Killingly		L	Bunnell
4).	S	Plainfield		M	Mercy
5).	LL	Bridgeport Central		L	Bristol Eastern
6).	Coed	Holy Cross		M	Berlin
7).	S	Oxford		L	Fairfield Warde
8).	LL	Shelton		M	Nonnewaug
9).	Coed	New Britain		L	Rockville
10).	S	Wheeler		M	Tolland
11).	LL	Maloney		L	Bristol Central
12).	Coed	Wilby		M	Rocky Hill
13).	S	Notre Dame Prep		L	Bethel
14).	LL	Conard		M	Waterford
15).	Coed	Stamford		L	North Haven
16).	S	Bacon Academy		M	Waterbury Career Academy
17).	LL	Trumbull		L	RHAM
18).	Coed	Norwich Free Academy		M	Ellington
19).	S	Seymour		L	Naugatuck
20).	LL	Amity		M	Watertown
21).	Coed	Jonathan Law		L	Farmington
22).	S	East Hampton		M	Lakeview
23).	LL	Danbury		L	Stratford
24).	Coed	Manchester		M	Woodland
25).	S	St. Paul Catholic		L	Newtown
26).	LL	East Hartford		M	Plainville
27).	S	Wolcott		L	Masuk
28).	LL	South Windsor		M	Brookfield
29).	Coed	Derby		L	Cheshire
30).	S	Stonington		M	Sacred Heart Academy
31).	LL	Ridgefield		L	Torrington
32).	Coed	Wethersfield		M	Foran
33).	S	Ellis Tech		L	East Lyme
34).	LL	Southington		M	Ansonia
35).	S	Cromwell		L	Simsbury
36).	LL	Glastonbury		M	New Fairfield
37).	S	Northwestern Regional		L	Middletown
38).	LL	West Haven		M	Ledyard
39).	S	Immaculate		L	Lyman Hall
40).	LL	Staples		M	New London
41).	S	Lauralton Hall		L	Wilton
42).	LL	Fairfield Ludlowe		M	East Haven
43).	S	Portland		L	Windsor
44).	LL	Newington		L	Kennedy
45).	S	Montville			
46).	LL	Brien McMahon			
47).	S	Kolbe Cathedral			
48).	S	Griswold			