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**2009 Nebraska State
Cheer & Dance
Championships
February 20 & 21, 2009
Heartland Event Center
Grand Island, NE**



General Competition Information

Registration

Only teams from NSAA member school are eligible to compete in the State Championship. Registration forms are included in this packet on pages 13 (cheer) and 21 (dance), and may be duplicated as many times as necessary. When completing the registration form, note that every student competing must be listed. If you have a male member on your team, please indicate by placing an 'M' following his name. Please note that a separate registration form is needed for each division being entered. There is a one time cost of \$100.00 per team, up to 10 members, and an additional charge of \$10.00 per person for each participant over that number. There is an additional charge of \$50.00 for each separate category entered. Please make checks payable to the Nebraska Coaches Association.

Registration forms must be postmarked no later than Monday, December 15, 2008. Payment **must** be included at the time of registration. Checks should be mailed to:

Nebraska Coaches Association
PO Box 80727
Lincoln, NE 68501

NO LATE REGISTRATIONS WILL BE ACCEPTED!

Please refer to the Nebraska Coaches Association website: ncacoach.org, for updates, schedules and any forms that you may need for the competition.

Divisions and Classes

Information may be found on pages 7 (cheer) and 17 (dance). After all registrations are received, they will be reviewed by the NCA office. If a class needs to be split because of the number of competitors per team (example: 5 per team as opposed to 15 per team), there may be other subdivisions created. If there are not enough teams in a particular division or class, the schools will be notified and offered the option of continuing to compete, but moving up to another level. All divisions are 'Subject to Change' based on the number of entries. Please note that this year's competition **MAY** be a two day event, depending on the number of registrations.

Medical Release Form

A parent/medical release form may be found on page 26. A completed form for each participant must be returned to the NCA office, along with the completed registration form, by Monday, December 15, 2008.

Rules and Regulations (by category)

Included in this section are information and guidelines for developing cheer and dance routines. Cheer information is contained in pages 7 – 12. The score sheets for cheerleading competition may be found on pages 14 - 16. Dance information is contained in pages 17 – 20. The score sheets for dance competition may be found on pages 22 - 26

Admission Prices

Spectator fees apply to **each** session.

Spectator fees are as follows:

- Adults - \$7.00
- Students - \$5.00 (K-12)
- Pre-School – no charge

Trophies and Medals

Trophies will be provided to the 1st and 2nd place teams in each class in each division. Individual medals will be awarded to individuals on each first place team. Each participating team will receive a certificate.

Competition Schedule

The competition MAY be scheduled over two days, depending upon the number of teams entered in the competition. The final schedule will be available as soon as possible on the NCA website at ncacoach.org.

Competitor Warm-up Area

Information regarding warm-up area and time and space for storing team equipment will be available upon check-in the day of the competition.

Competitor Entrance/Parking

Team entrance and parking will be on the south side of the Bosselman Conference Center.

Competitor Seating

A reserved seating area for competitors and coaches will be available at the competition. Directions will be available at the time of check-in.

Event Center Map/Driving Directions

A map of the Heartland Event Center, along with driving directions, may be found on the Event Center website at www.heartlandeventcenter.com

Grand Island Event Center
700 E. Stolley Park Rd., PO Box 490
Grand Island, NE 68802-049
Telephone: 308-382-4515

Lodging Information

Lodging information, hotel availability, room rates and contact information for Grand Island hotels may be found on pages 28 – 29.

Area motels provide services that are critical to the success of the State Cheer and Dance Championships. The lodging providers want everyone to have a great experience, but can only do so with your help. We ask you to keep in mind that coaches and parents – not the motel staff – are responsible for

the safety and supervision of the competitors. Please be respectful during your stay by honoring all motel rules and being courteous to other motel patrons. We appreciate the many, many parents and coaches who model the conduct we want our competitors to exhibit. We also appreciate the parents and coaches who hold their students accountable for proper behavior. We thank you in advance for your cooperation and understanding.

Picture/Videos/DVD Order Form

Information will be available on the NCA website (ncacoach.org), after the first of the year.

T-Shirt Order Form

Information will be available on the NCA website (ncacoach.org), after the first of the year.

John's Best Shots

John Best is the photographer responsible for the action photos of the State Cheer and Dance Championships. His photos are for sale at johnsbestshots.com.

2009 NEBRASKA STATE CHEERLEADING TEAM CHAMPIONSHIPS



Please read, sign, and return the completed portion at the bottom of this section

I. GENERAL RULES

A. DIVISIONS

Non-Building Tumbling

- Class A
- Class B
- Class C
- Class D

Non-Building Non-Tumbling

- Class A
- Class B
- Class C
- Class D

Non-Building Sideline

- Class A
- Class B
- Class C
- Class D

2) A team may opt to move up and compete in a larger class, however, a team may not move down and compete against a smaller class. (example: a Class B team competing in a tumbling routine may opt to compete against Class A tumbling teams. They may not compete against Class C or D tumbling teams.) A school's class size is determined by using the NSAA classification for **girls'** basketball.

3) All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing. (Exception: this will not preclude participation from sister schools or same-gender schools as long as they are official members of the squad.)

B. UNIFORM GUIDELINES

1) All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however fringe would not count as a cover.

2) Any team in violation of the uniform guidelines will be assessed a five (5) point per judge deduction.

C. TIME LIMITATIONS

1) Tumbling and Non-Tumbling Routines

a) Each team's presentation must include at least one cheer or sideline chant. The musical portion must not exceed **one minute and thirty seconds**, total time limit is **two minutes and thirty seconds**. Timing will begin with the first movement, voice, or note of music, whichever comes first.

2) Sideline Routine

a) Total time limit is **one minute**. A routine will consist of a cheer/chant. Use of music is not permitted. Tumbling and jumps are permitted. Sideline participants must follow the general safety rules and regulations. Timing will begin with the first movement or voice.

3) If a team exceeds the time limit, a five (5) point per judge penalty will be assessed for each violation. **BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.**

4) All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

D. MUSIC

1) Teams may use an unlimited number of songs in their routine.

E. COMPETITION AREA

- 1) Participants must start in the competition area with at least one foot on the ground.
- 2) Teams may line up anywhere inside the competition area.
- 3) Approximate floor size will be **54 feet wide by 42 feet deep** (9 strips). The competition floor will be standard cheer mats, NOT A SPRING FLOOR.
- 4) Stepping off the mat or performance area during the performance is permitted. A half point (.5) deduction for each violation will be received.
- 5) Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area. If a sign or prop is *thrown* outside the competition area, that team will receive a one (1) point per judge deduction for each violation.

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

- 1) If, in the opinion of the competition officials, a team's routine is interrupted because of failure of 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. The degree and effect of the interruption will be determined by the competition officials.

B. 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 the competition.
- 2) The competition officials will determine if the team will be allowed to perform at a later time. 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.

C. INJURY

- 1) In the event that an injury causes the team's routine to be interrupted, the team must either continue the

routine or withdraw from the competition.

- 2) Competition officials reserve the right to stop the routine if an injury occurs.

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

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. PERFORMANCE

Any questions concerning the team performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. INTERPRETATIONS AND/OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor

and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. DEDUCTIONS

Any team in violation of a specific regulation will be assessed a ten point (10) per judge deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

VIII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Each judge has the responsibility and authority to review and submit his/her final score and rankings prior to the final tally for a division. Scores and rankings will be available only to advisors or coaches at the conclusion of the competition.

X. JUDGING CRITERIA

The judges will score the squads according to the judging criteria on a 100 point system. In keeping with the proper role of cheerleading, emphasis will be placed on the practicality of material.

GENERAL SAFETY GUIDELINES

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e. use of appropriate mats, away from excessive noise and distractions, etc.).
3. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
4. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling and jumps).
5. Professional training in proper spotting techniques should be mandatory for all squads.
6. All cheerleading squads should adopt a comprehensive conditioning and strength building program.
7. **All jewelry is prohibited during participation.**
8. A structured stretching exercise and flexibility routine should precede and follow all practice sessions, game activities, pep rallies, etc.
9. Tumbling and jumps should be limited to appropriate surfaces.
10. As a general rule, all programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
11. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in any tumbling.
12. Squad members must wear athletic shoes (no gymnastic slippers).
13. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.

landing or lying) is prohibited with the exception of a "Z" sit.

SPECIFIC RULES

TUMBLING/JUMPS

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Participants may not tumble over, under, or through partner stunts or pyramids, or over or under individuals.
6. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Ex.: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps including knee drops must bear weight on at least one foot. (Ex.: A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
8. Any type of hurdler position or the position with both feet back (sitting,

Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including advisors, coaches, assistants, squad members, parents, and administrators. Note: The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling and jumps should be carefully reviewed and supervised by a qualified adult advisor or coach. Cheerleading jumps and gymnastics may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

****Tear on the dotted line, complete the form and return to:***

**Nebraska Coaches Association
PO Box 80727
Lincoln, NE 68501**



Athletic Director/Coach - Rules & Regulations Acceptance Agreement

We have reviewed the Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the tournament and agree to adhere to the rules, policies and procedures contained herein.

School

Date

Division

Advisor/Coach signature

Athletic Director signature

2009 Nebraska State Cheer Championships

CONTENT OF A TUMBLING/NON-TUMBLING CHEER ROUTINE

Opening

Starting with Music

Place hardest tumbling passes in Opening when athletes are strongest and have best chance of performing good technique.

1st thing crowd sees – has to be entertaining, effective & strong

Tumbling

4 to 5 - 8 counts are enough, after that we have seen everything

Chase tumbling – synch gets off in round off

Running tumbling to music and standing in cheer or sideline

Team R/O/BHS will give you as many points as 2 fulls

Not perfected – go front to back

Well synched – side to side chase tumbling

Great strong technique – Back to front

Diamond formation hides bad technique

Cheer

Words easy to understand and follow

Use crowd involvement in your cheer

Make signs legible and easy to read

Standing tumbling only – hard to cheer in inverted position

Time for traditional material

Formations

Utilize entire floor surface

Use more than 1 formation (bowling pin to windowed lines)

Transitions

Make transitions flow from one performance to another like good mixed music

Watch out for awkward silences

Music to Cheer use sideline as a segway

Shoulders facing front, when transitioning from formations

Practice walking from one formation to another in slow motion

Ending

Last thing they see, so make it strong

TIPS FOR CHOREOGRAPHING A ROUTINE

Each score sheet is broken down into categories. These categories and the point breakdown for each one may be different from one competition to another. It is important that the choreographer follow the score sheet of the competition, and not only the personal criteria of what constitutes a good routine.

If you are not familiar with a competition's criteria, request a score sheet prior to the event in order to familiarize yourself with the sheet layout. You should also question any categories where you do not understand what the competition is looking for.

Communication

Communication is a combination of confidence, energy, facial expression and vocal expression.

The cheerleaders should express confidence through their facial expressions and vocals. Teams should project high energy throughout the routine.

Facial expressions should be a natural look with smiles. Facial expressions should not change during transitions to demonstrate that they are comfortable in the skills they are doing.

The words should be clear, natural, and loud! Consider the number and age of participants when determining your score. They should keep a good volume during cheers and tumbling.

Motions

Motions should be sharp, meaning they move quickly from one motion to another. Everyone performing a motion should have the same level or angle of motion, and the motions should be at the correct angle. For example, a "High V" should be at a 45 degree angle. Many teams, and especially flyers, hold their arms too high and make a "high V" almost a "Touchdown" motion.

Motion technique calls for straight lines through wrists and elbows unless a specific motion calls for a bent arm.

Dance

The dance section should include degrees of difficulty that include things like formation and level changes, footwork, intricate motions, execution, and rhythm. The dance should also have motions that are appropriate, fit well to the music, and are true elements of dance instead of just motions set to music.

Dance segments should have a high level of energy and add entertainment value to the routine. This is accomplished by having movements that are fast-paced, yet easy to follow for the athletes. Perhaps like no other category, facial expression and enthusiasm of the performers will add energy, and therefore points, to the dance category. Make sure dance is age appropriate.

Standing Tumbling and Running Tumbling (Two categories)

In a scoring system where gymnastics skills are rewarded, a judge must first assess the degree of difficulty of such skills, both those performed by the entire squad as well as individuals. Synchronized tumbling skills are rewarded more than individual passes. Multiple tumblers performing a skill in unison will increase the overall difficulty of that skill.

Secondly, a judge must determine the quality of execution of such skills from a purely gymnastics viewpoint. For example, a judge must take into consideration body position on back handsprings, height on back tucks, and landing technique on full twisting layouts.

Thirdly, a choreographer must consider the effectiveness of such skills based on their placement in the routine. This also relates to their incorporation in cheer elements, where vocal quality can be affected by the timing of preparation, execution, and recovery. For example, running tumbling may not be as effective in the cheer portion of the routine because the participant can't lead the crowd from an inverted position. Instead, a seasoned choreographer will place standing tumbling in the cheer and utilize it as an effective tool for crowd involvement.

2009 CHEERLEADING CHAMPIONSHIP ENTRY FORM



DEADLINE FOR ENTRIES: DECEMBER 15, 2008

School _____ Competitive Class: A B C D (CIRCLE ONE)

Tumbling Non-Tumbling Sideline Cheer (Circle One)

Coach _____ Home Phone _____

E-Mail Address _____ Cell Phone _____

Asst. Coach _____ Home Phone _____

Principal _____ AD _____

Squad Size _____ (Team registration fee includes two (2) coaches per team.)

ROSTER

NAME	Grade	NAME	Grade
1. _____		16. _____	
2. _____		17. _____	
3. _____		18. _____	
4. _____		19. _____	
5. _____		20. _____	
6. _____		21. _____	
7. _____		22. _____	
8. _____		23. _____	
9. _____		24. _____	
10. _____		25. _____	
11. _____		26. _____	
12. _____		27. _____	
13. _____		28. _____	
14. _____		29. _____	
15. _____		30. _____	

No videotaping allowed!

TENTATIVE ROSTER - ADDITIONS OR SUBSTITUTIONS CAN BE MADE AFTER THE FORM IS SUBMITTED

STATE TOURNAMENT: FRIDAY & SATURDAY, FEBRUARY 20 & 21, 2008

DEADLINE FOR ENTRIES: MUST BE POSTMARKED BY DECEMBER 15, 2008 NO LATE ENTRIES

ACCEPTED

Payment MUST accompany registration! Mail registration to:

Nebraska Coaches Association

PO Box 80727

Lincoln, NE 68501

February 20 & 21, 2009

SIDELINE CHEER Scoresheet

Judge NO. _____ School _____
Class: A B C D

CROWD LEADING ABILITY **20 POINTS** _____

Crowd Effective Material and Ability to Lead the Crowd,
Use of Signs, Poms, Megaphones or Combination,
Use of Motions, Voice & Pace

PRACTICALITY OF SKILLS **15 POINTS** _____

Practical Use of Skills to Effectively Lead the Crowd,
Transitions Moving

EXECUTION AND DIFFICULTY **15 POINTS** _____

Execution, Overall Difficulty of Skills Performed,
Spacing/Formations, Timing

TUMBLING/JUMPS **15 POINTS** _____

Group Tumbling, Group Jumps, Difficulty of Skills,
Proper Technique, Synchronization

FORMATIONS/SPACING **15 POINTS** _____

Motion Placement, Timing, Spacing, Sharpness, Variety

OVERALL PRESENTATION - 20 POINTS POSSIBLE

SYNCHRONIZATION & CHOREOGRAPHY **10 POINTS** _____

Overall Synchronization, Choreography/Creativity,
Practicality

OVERALL EFFECT **5 POINTS** _____

Overall Execution, Visual Appeal

SPORTSMANSHIP **5 POINTS** _____

Image (Including-Sportsmanship, Appropriate Material,
Makeup and Uniform)

100 POINTS POSSIBLE **TOTAL** _____

COMMENTS:

2009
**Nebraska State Cheer &
Dance Championships**



February 22 & 21, 2009

NON-BUILDING CHEER Scoresheet

Judge NO. _____ School _____
Class: A B C D

CHEER SECTION - 40 POINTS POSSIBLE

CROWD LEADING ABILITY **15 POINTS** _____

Crowd Effective Material and Ability to Lead the Crowd, Use of Signs, Poms, Megaphones, or Combination to Encourage Crowd Response, Use of Voice, Pace & Motions to Lead the Crowd

PRACTICALITY OF SKILLS **15 POINTS** _____

Practical Use of Jumps or Tumbling to Effectively Lead the Crowd

OVERALL CHEER IMPRESSION **10 POINTS** _____

Execution, Effectiveness of Skills Performed, Spacing & Use of Floor

MUSIC SECTION - 50 POINTS POSSIBLE

TUMBLING **20 POINTS** _____

Synchronized Squad Tumbling, Proper Technique, Synchronization, Level of Skill, Variety, Tumbling/Jump Connections, Spacing

JUMPS **15 POINTS** _____

Synchronized Squad Jumps, Proper Technique, Synchronization, Type of Jump, Jump Combinations, Tumbling/Jump Connections, Spacing

DANCE **15 POINTS** _____

Proper Technique, Sharpness, Motion Placement, Synchronization, Spacing

OVERALL PRESENTATION - 10 POINTS POSSIBLE

OVERALL EFFECT **5 POINTS** _____

Choreography, Visual Appeal, Fit to Music, Fit to Words

SCHOOL REPRESENTATION **5 POINTS** _____

Age-Appropriate Material & Music, Traditional School Image (Including: Natural Hair, Natural Make-up, & No Large Hair Accessories)

100 POINTS POSSIBLE **TOTAL** _____

COMMENTS:

2009
Nebraska State Cheer &
Dance Championships



February 22 & 21, 2009

NON-BUILDING/NON-TUMBLING CHEER Scoresheet

Judge NO. _____ School _____
Class: A B C D

CHEER SECTION - 35 POINTS POSSIBLE

CROWD LEADING ABILITY 15 POINTS _____

Crowd Effective Material and Ability to Lead the Crowd, Use of Signs, Poms, Megaphones or Combination, Use of Motions, Voice & Pace

PRACTICALITY OF SKILLS 10 POINTS _____

Practical Use of Skills to Effectively Lead the Crowd

EXECUTION AND DIFFICULTY 10 POINTS _____

Execution, Overall Difficulty of Skills Performed, Spacing/ Formations, Timing

MUSIC SECTION - 30 POINTS POSSIBLE

JUMPS 10 POINTS _____

Execution, Difficulty, Transitions, Timing, Creativity

DANCE 10 POINTS _____

Proper Dance Technique, Motion Placement, Timing, Sharpness, Variety

FORMATIONS/SPACING 10 POINTS _____

Use of Floor, Spacing, Quick Transitions, Level Changes

OVERALL PRESENTATION - 35 POINTS POSSIBLE

SYNCHRONIZATION & CHOREOGRAPHY 20 POINTS _____

Overall Synchronization, Choreography / Creativity, Practicality

OVERALL EFFECT 10 POINTS _____

Overall Execution, Visual Appeal, Fit to Music

SPORTSMANSHIP 5 POINTS _____

Image (Including-Sportsmanship, Appropriate Material, Music, Makeup and Uniform)

100 POINTS POSSIBLE TOTAL _____

COMMENTS:

2009 NEBRASKA STATE DANCE TEAM CHAMPIONSHIPS



Please read, sign, and return the completed portion at the bottom of this section

I. GENERAL RULES

A. DIVISIONS

Jazz

- Class A
- Class B
- Class C
- Class D

Pom

- Class A
- Class B
- Class C
- Class D

Hip Hop

- Class A
- Class B
- Class C
- Class D

High Kick

- Class A
- Class B
- Class C
- Class D

2) A team may opt to move up and compete in a larger class; however, a team may not move down and compete against a smaller class. (Example: a Class B team competing in a Jazz routine may opt to compete against Class A Jazz teams. They may not compete against Class C or D Jazz teams.) Only Varsity teams will be allowed to compete. Teams must be from NSAA member schools only. A School's class size is determined by using the NSAA classification for girls' basketball. No All-Star or Studio teams are allowed. There will be four categories. **Teams may enter two categories.** This must be specified on the registration form. The four categories are listed below.

JAZZ- A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control,

body placement and team uniformity. Creative choreography will capture an audience and judges attention. Having your own "style" will distinguish your team apart from the rest. No props allowed. See score sheet for more information.

POM- Poms must be used at least 80% of the routine. No props. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more "traditional" theme, whereas, jazz routines are more stylized. See score sheet for more information.

HIP HOP- Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. No props. See score sheet for more information.

HIGH KICK The emphasis of high kick will be on synchronization, choreography, technique. Each routine must have at least 50 kicks. We suggest that your routine have more than fifty kicks to ensure meeting the minimum requirements. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor. **EXCEPTION:** Any time the leg extends at or above 90

degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks. At least half of your team must execute a kick in order for it to be counted. No props. Please see score sheet for more specific information.

II. CHOREOGRAPHY/COSTUMING

- A.** Suggestive, offensive, or vulgar choreography, and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges overall impression of the routine. Please make sure that all choreography is age appropriate.
- B.** All costuming and makeup should be age appropriate and acceptable for family viewing.
- C.** All costume malfunctions resulting in team members being exposed are grounds for disqualification. Please make sure that you have several dress rehearsals prior to competition to work out any costume problems.
- E.** When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down all the way around the body. Nude body liners are acceptable.
- F.** All male dancers costumes must include a shirt that is fastened; however, it can be sleeveless.
- G.** Shoes must be worn during the competition. Dance paws are acceptable. Wearing socks only is prohibited.
- H.** It is suggested that all hot pants have tights underneath.

III. PROPS

- A.** Props are not allowed.

- B.** A prop is defined as anything that you dance with that is not attached to your costume. Articles of clothing may be taken off; however, you may not dance with them. If taken off and danced with, it become a prop.

IV. TEAM PARTICIPANTS

- A.** There is no limitation on the number of team members. However, all members of a team who perform for one category must perform in the second category as well. For example, a team with 14 team members who enters the Jazz category must use the same 14 team members in the Pom category. **EXCEPTION:** If your team chooses pom as one of your categories, male dancers are not required to perform in pom. If male dancers do choose to perform in pom, they are not required to use pompons.

IV. TIME LIMIT/MUSIC

- A.** Each team will have a maximum of (2:00) two minutes to demonstrate their style and expertise. Timing will begin with the first note of the music and end with the last note of music or the last movement, whichever is last.
- B.** Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.
- C.** All music must be on a CD or cassette tape and recorded at the beginning of the tape. The championship recommends that you bring both in case the sound system has trouble reading your CD.

V. TOURNAMENT FACILITY

- A.** The competition is scheduled to be held at The Heartland Events Center in Grand Island, Nebraska.
- A.** The performance floor will be approximately 46 feet x 46 feet.
- B.** The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement

weather, facility problems, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

VI. INTERRUPTION OF PERFORMANCE

- A.** In the event the presentation of any team must be interrupted because of failure of the equipment, facilities, etc., the team affected will be allowed to present their entire routine again at a time determined by the judging panel.
- B.** In the event the presentation of any team must be interrupted because of failure of the team's own equipment or supplies, the team must either continue the presentation or withdraw from the competition.
- C.** In the event that an injury causes the presentation of a team to be interrupted, the team must either continue the presentation or withdraw from the competition. The tournament staff reserves the right to stop the presentation due to injury if it is deemed necessary.

VII. HOW TO HANDLE PROCEDURAL QUESTIONS

- D.** Any question concerning the rules of the competition, the scoring of the participants or the ranking of teams shall be handled **exclusively** by the captain or the advisor of the team and shall be directed only to the Tournament Director. Where appropriate, the Tournament Director will refer questions to the Rules Committee. Such questions should be made prior to the team's competition performance. Any questions concerning the team's performance should be made to the tournament director immediately after the team's performance.

VIII. INTERPRETATIONS AND RULINGS

- A.** Any other situations requiring interpretation of the rules or a decision involving any aspect of the competition not clearly specified in these Rules and Regulations shall be

considered by the Rules Committee which will consist of the Head Judge, Event Coordinator, Tournament Director, and another individual designated by the Tournament Director. This committee will render a judgment in an effort to insure that the competition proceeds in a manner as equitable as possible to all teams and consistent with the general spirit of the rules and goals of the competition. All teams agree to accept any and all decisions made by the Rules Committee as final.

IX. SPORTSMANSHIP

- A.** All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the championship. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification as explained in these articles.

X. DISQUALIFICATION

- A.** Any team that does not adhere to the understanding and procedures of these Rules and Regulations shall be subject to disqualification from the tournament.

XI. FINALITY OF DECISIONS

- A.** By participating in this championship, each team agrees that decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

XI. SCORES AND RANKINGS

- A.** Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her

final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone.

XII. JUDGING CRITERIA

- A.** The judging criteria is based on a 100 point system.

XIII. JUDGING PROCEDURES

- A.** The judges for the event will be appointed at the sole discretion of the Tournament Director. As the teams make their presentations, the judges will score the teams using a 100 point system.

XIV. DANCE LIFTS & PARTNERING

- A.** Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface and set down. The lifting dancer(s) must maintain direct contact with the performance surface at all times. The lifting dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s) through hand/arm to body contact. Hip over head rotation of the lifted dancers may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer(s).
- B.** Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.
- C.** All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, back arch.)
- D.** All tosses including toe-pitches are prohibited.

- E.** Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.

XV. TUMBLING

- A.** Tumbling is not allowed with the exception of the skills listed below:

ALLOWED

Forward/Backward
Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head Spins
Windmills
Kick Up

NOT ALLOWED

Dive Rolls
Round-offs
Aerials
Front/Back
Handsprings
Front/Back
Tucks

- B.** Drops to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.
- C.** You may do a hurdler position (jazz split) as long as you slide into that position. Dropping to a hurdler position from a jump is not allowed.

Tear on the dotted line, complete the form and return to:

**Nebraska Coaches Association
PO Box 80727
Lincoln, NE 68501**

Athletic Director/Coach - Rules & Regulations Acceptance Agreement

We have reviewed the Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the tournament and agree to adhere to the rules, policies and procedures contained herein.

School

Date

Division

Advisor/Coach signature

Athletic Director Signature

2009 DANCE CHAMPIONSHIP ENTRY FORM



DEADLINE FOR ENTRIES: DECEMBER 15, 2008

School _____ Competitive Class: A B C D (CIRCLE ONE)

Hip Hop Jazz Pom High Kick (Circle All that Apply)

Coach _____ Home Phone _____

E-Mail Address _____ Cell Phone _____

Asst. Coach _____ Home Phone _____

Principal _____ AD _____

Squad Size _____ (Team registration fee includes two (2) coaches per team.)

ROSTER

NAME	Grade	NAME	Grade
1. _____		16. _____	
2. _____		17. _____	
3. _____		18. _____	
4. _____		19. _____	
5. _____		20. _____	
6. _____		21. _____	
7. _____		22. _____	
8. _____		23. _____	
9. _____		24. _____	
10. _____		25. _____	
11. _____		26. _____	
12. _____		27. _____	
13. _____		28. _____	
14. _____		29. _____	
15. _____		30. _____	

No videotaping allowed!

**TENTATIVE ROSTER - ADDITIONS OR SUBSTITUTIONS CAN BE MADE AFTER THE FORM IS SUBMITTED
STATE TOURNAMENT: FRIDAY & SATURDAY, FEBRUARY 20 & 21, 2009**

DEADLINE FOR ENTRIES: MUST BE POSTMARKED BY DECEMBER 15, 2008 NO LATE ENTRIES ACCEPTED

Payment MUST accompany registration! Mail registration to:

**Nebraska Coaches Association
PO Box 80727
Lincoln, NE 68501**

February 22 & 21, 2009

HIP HOP Scoresheet

Judge NO. _____ School _____
Class: **A** **B** **C** **D**

*** EXCELLENT** **@ AVERAGE** **X NEEDS IMPROVEMENT**

OVERALL EFFECT **20 POINTS**
OVERALL IMPRESSION 10 POINTS _____
 Teams ability to exhibit a dynamic & energetic routine, Audience appropriateness of the music, Costume & Choreography, Judges overall impression of the performance
COMMUNICATION & PROJECTION 10 POINTS _____
 Ability to evoke feeling from an audience; through use of high energy, showmanship, genuine expression & emotion

CHOREOGRAPHY **30 POINTS**
CREATIVITY/MUSICALITY 10 POINTS _____
 Use of original hip hop movements to compliment the music
DIFFICULTY 10 POINTS _____
 Use of intricate & challenging skills/movement including various jumps, stall, & floor work
FORMATIONS & TRANSITIONS 10 POINTS _____
 Use of inventive formations and creative ways to move from one formation to another for seamless changes of position

TECHNIQUE **25 POINTS**
EXECUTION OF STYLE(S) & CLARITY OF MOVEMENT 15 POINTS _____
 The mastering of rhythm and hip hop elements in accordance with ability level of entire team
PLACEMENT & CONTROL 10 POINTS _____
 The proper control and placement/alignment of body & the ability to exhibit full extension & strength of movement

GROUP EXECUTION **25 POINTS**
SYNCHRONIZATION 15 POINTS _____
 The uniformity of all movement throughout routine, complimenting beats & rhythm of music
SPACING 10 POINTS _____
 The ability to gauge and position themselves correct distances between each other in and throughout all formations

100 POINTS POSSIBLE **Total** _____

COMMENTS:

February 22 & 21, 2009

POM Scoresheet

Judge NO. _____ School _____
Class: **A** **B** **C** **D**

*** EXCELLENT** **@ AVERAGE** **X NEEDS IMPROVEMENT**

OVERALL EFFECT **20 POINTS**
OVERALL IMPRESSION 10 POINTS _____

Teams ability to exhibit a dynamic & energetic routine, Audience appropriateness
Of the music, costume & choreography, & judges overall impression of the performance

COMMUNICATION & PROJECTION 10 POINTS _____
Ability to evoke feeling from an audience; through use of high energy, showmanship,
Genuine expression & emotion

CHOREOGRAPHY **30 POINTS**
CREATIVITY & MUSICALITY 10 POINTS _____

Creative manipulation of pom movement within groups, levels & various visual effects
that compliment the music

DIFFICULTY 10 POINTS _____
Use of intricate pom movements & various skills with a challenging tempo

FORMATIONS & TRANSITIONS 10 POINTS _____
Use of inventive formations & creative ways to move from one formation to another,
allowing seamless changes of positions

TECHNIQUE **25 POINTS**
EXECUTION OF POM TECHNIQUE & TECHNICAL SKILL 15 POINTS _____

The mastering & execution of proper pom placement as well as correct dance
technique as a team

STRENGTH & CONTROL 10 POINTS _____
The use of strong & powerful pom motions with body control

GROUP EXECUTION **25 POINTS**
SYNCHRONIZATION 15 POINTS _____

Uniformity of all movement throughout the routine & appropriate timing with music

SPACING 10 POINTS _____
The ability to gauge and position themselves correct distances between each other
in and throughout all formations

100 POINTS POSSIBLE **TOTAL** _____

COMMENTS:

2009
Nebraska State Cheer &
Dance Championships



February 22 & 21, 2009

HIGH KICK Scoresheet

Judge NO. _____ School _____
Class: **A** **B** **C** **D**

*** EXCELLENT @ AVERAGE X NEEDS IMPROVEMENT**

OVERALL EFFECT **20 POINTS**
OVERALL IMPRESSION 10 POINTS _____

Teams ability to exhibit a dynamic & energetic routine, Audience appropriateness of the music, costume & choreography, judges overall impression of the performance

COMMUNICATION/PROJECTION 10 POINTS _____

Ability to evoke feeling from an audience, through use of high energy, showmanship, genuine expression & emotion

CHOREOGRAPHY **30 POINTS**
CREATIVITY & VARIETY OF KICKS 10 POINTS _____

Use of original & various movements & kicks to compliment the music

DIFFICULTY 10 POINTS _____

Use of intricate & challenging skills/movement including various footwork, visual effects, height of kicks, jumps & floor work

FORMATIONS & TRANSITIONS 10 POINTS _____

Use of inventive formations allowing for seamless changes & positions

TECHNIQUE **25 POINTS**
EXECUTION OF KICKS & TECHNICAL SKILL 15 POINTS _____

The mastering & performance of all kicks & technical elements, in accordance with the ability level of entire team including flexibility & extension

PLACEMENT & CONTROL 10 POINTS _____

The proper control & correct placement/alignment of body & parts & the ability to exhibit full extension & strength of movement

GROUP EXECUTION **25 POINTS**
SYNCHRONIZATION 15 POINTS _____

Uniformity of all movement throughout the routine & appropriate timing with the music

SPACING 10 POINTS _____

The ability of participants to gauge & position themselves correct distances between each other in & throughout all formations

100 POINTS POSSIBLE **TOTAL** _____

COMMENTS:

NEBRASKA STATE CHEER & DANCE
CHAMPIONSHIP
Heartland Event Center, Grand Island, NE
February 20 & 21, 2009



IN ORDER FOR A PARTICIPANT TO COMPETE, A COPY OF THIS FORM MUST BE COMPLETED BY EACH PARTICIPANT AND RETURNED TO THE NCA OFFICE ALONG WITH THE REGISTRATION FORM BY MONDAY, DECEMBER 15, 2008

LIABILITY RELEASE AND WAIVER FORM

Minor's Name _____
 Name of Parent or Legal Guardian _____
 Address _____
 School _____
 City, State, Zip _____
 Division _____
 Daytime Phone Number (____) _____ Evening Phone Number (____) _____
 Event Location _____ Event Date _____ Cheer [] Dance []

Liability Release: For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above Event to be conducted by Varsity Spirit Corporation ("Varsity Spirit") d/b/a Universal Cheerleaders Association ("UCA"), d/b/a Universal Dance Association ("UDA"), NSG Corporation ("NSG") d/b/a/ National Cheerleaders Association ("NCHA") and d/b/a National Dance Alliance ("NDA"), Nebraska State Interscholastic Athletic Administrators Association (NSIAAA) and the Nebraska Coaches Association (NCA). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit, NSG, The Heartland Event Center, on whose premises the Event will occur (hereinafter the "Location"), the affiliates of Varsity Spirit, NSG, and the Location, American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") and the respective directors, officers, representatives, members, agents and employees of Varsity Spirit, NSG and their respective affiliates, NSIAAA, and the NCA (hereinafter collectively "Releasees"), from any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

I, in my own behalf and on behalf of Minor, hereby acknowledge the Releasees did not create and are not responsible for the choreography or execution of the competition routines (including stunts) performed at the Event and that none of the Releasees shall bear any responsibility for such.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian:

Date: _____

Supervision: A Coach/Adult (age 21 and over) is required to attend with participants. This Coach will be responsible for the participants at all times. Varsity Spirit Corporation d/b/a/ UCA and/or UDA, NSG Corporation d/b/a NCHA and/or d/b/a NDA, AACCA, NSIAAAA and NCA are not responsible for participants' supervision.

Appearance Agreement: I understand that Varsity Spirit d/b/a UCA and/or UDA, NSG d/b/a NCHA and/or NDA, from time to time, produces promotional material relating to its programs. I understand that as participant and/ or a spectator at the Event that Minor may be included in videotapes, dvd's, pod casts and video casts or photographs taken during the Event. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to Varsity Spirit d/b/a UCA and/or UDA, NSG d/b/a NCHA and/or NDA, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape Minor and to utilize such videotapes and photographs and Minor's name, face likeness, voice and appearance as a part of the Event or in any other media now in existence or hereafter developed, in advertising and promoting the Event, in advertising and promoting similar future events or in advertising and promotions relating to Varsity without reservations and limitations. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges herein granted. I waive any right to inspect or approve the programs, copies thereof and any promotional materials related thereto.

Medical Release: I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the event. In the event of such illness or injury, I authorize Varsity Spirit, NSG, NSIAAAA, the NCA to obtain necessary medical treatment for Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him / her to the Event and that he / she shall consume the prescribed dosage for such medications.

Medications (if any):

Allergic to (if any):

I acknowledge that the Minor suffers from the following conditions:

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: _____ **Date:** _____

Relationship to Minor _____

Minor SS# _____ Minor Birthdate: _____

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor _____ Date _____

Grand Island

NEBRASKA

CONVENTION & VISITORS BUREAU

Nebraska Cheerleading & Dance Championship Special Lodging Rates - February 20 & 21, 2009

- ◆ **ASK for your Special Championship rates when calling the following hotels.**
 - ◆ **Local & state taxes are in addition to rates listed below.**
 - ◆ **Availability varies at participating hotels for Friday & Saturday dates.**
 - ◆ **This is a busy weekend with a variety of events please make your reservations early.**
- ◆ **Parents must be present in sleeping rooms at properties that allow kids to stay free.**
- ◆

Howard Johnson Riverside Inn

HOST HOTEL

Hwy 34 & South Locust Street
800-422-3485

Amenities

Cable TV, pool, hot tub,
restaurant, lounge, fitness room

Rates

Flat rate (1-4pp) - \$69.95

Room block held until January 1, 2009

Comfort Inn

3535 West State Street (Mall area)
308-381-7788

Amenities

Cable TV, Continental breakfast,
indoor pool & hot tub

Rates

1 -2 adults - \$70.16

3-4 adults – add \$4.00 per person

Kids under 18 stay free with parents in room

Days Inn

2620 Diers Avenue (Mall area)
308-384-8624

Amenities

Cable TV, Continental breakfast,
hot tub/sauna

Rates

1bed, 1 -2 adults - \$70.97

2 beds, 3-4 adults - \$80.95

Kids under 16 stay free with parents in room

I-80 Holiday Inn

Hwy 281 & I-80 (Exit 312)
800-658-4092

Amenities

Cable TV, indoor pool, fitness room,
restaurant, lounge

Rates

1-2 adults \$79.95

3-4 adults add \$5.00 per person

Island Inn

2311 South Locust Street
800-646-6869

Amenities

Cable TV, continental breakfast

Rates

1 bed, 1-2 people - \$54.00

2 bed, 2-4 people - \$64.00

1 King, 1-2 people - \$64.00

Motel 6

I-80 Exit 312 North on Hwy 281
308-384-6666

Amenities

Cable TV/Satellite

Rates

1 adult - \$49.99

2 adults - \$55.99

3 adults - \$61.99

4 adults - \$67.99

Kids 17 and under stay free with parents in room

Rodeway Inn

3205 South Locust
800-766-1706

Amenities

Cable TV, continental breakfast

Rates

1-4 adults - \$54.99
King Room (1-4 pp) - \$59.99
Kids 17 & under stay free

Sleep Inn

1716 North Diers Ave (Mall area)
308-381-8111

Amenities

Cable TV, Continental breakfast,
indoor pool

Rates

1 -4 adults - \$74.95

Super 8 Motel

2603 South Locust Street
308-384-4380

Amenities

Cable TV, continental breakfast,
fitness room, indoor pool & hot tub

Rates

1 bed, 2 adults - \$61.00
2 beds, 2 adults - \$65.00 (additional pp \$5 each)
Kids under 17 stay free with parents in room

Travelodge

1311 South Locust
308-382-5003

Amenities

Cable TV, Continental breakfast,

Rates

2 adults - \$56.00
3 adults- \$62.00
4 adults – \$68.00
Kids under 17 stay free with parents in room

USA Inns

Highway 281 & I-80 Exit 312
800-658-4096

Amenities

Cable TV/Satellite, continental breakfast

Rate

1 bed, 1-2 people - \$42.95
2 beds, 1-4 people - \$51.95
Kids under 12 stay free

The Grand Island Convention & Visitors Bureau is a proud sponsor of the 2nd annual Nebraska Cheerleading & Dance Championship.

We look forward to welcoming the competitors, coaches, families and fans to Grand Island.

For additional information or assistance

*Call **1-800-658-3178***

E-mail info@visitgrandisland.com

Web site www.visitgrandisland.com