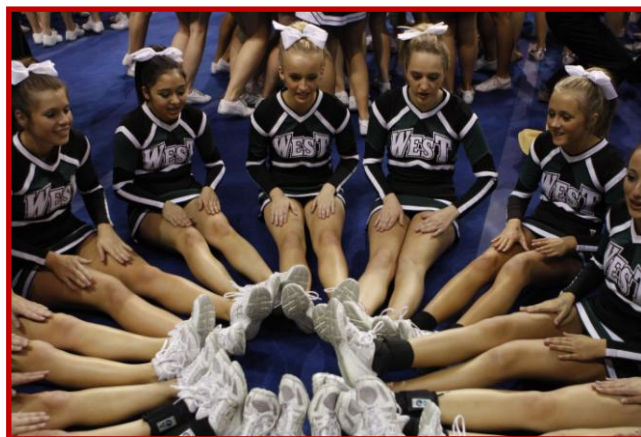


2012 Nebraska State Cheer & Dance Championships

The Nebraska Coaches Association, in cooperation with the NSIAAA, will host the 2011-2012 State Cheer & Dance Championship on *Friday and Saturday, February 17th & 18th at the Heartland Event Center in Grand Island, NE. The time schedule for separate classes and categories will be determined based on the number of registrations received.



NCA Mailing Address:

**PO BOX 80727
LINCOLN, NE 68501**

**Contact Info:
402-434-5675
saundi@ncacoach.org**



Registration Deadline: Monday, January 9th!

State Championships

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**2012 Nebraska State Cheer  
& Dance Championships  
February 17 & 18, 2012  
Heartland Event Center  
Grand Island, NE**

**General Competition Information**

**Registration**

Only **varsity** teams from NSAA member schools are eligible to compete in the State Championship.

**THIS YEAR REGISTRATION WILL ALL BE DONE ON-LINE.** Further instructions regarding the on-line registration process will be emailed at a later date. We hope to have on-line registration available no later than Tuesday, November 1<sup>st</sup>.

Every student competing must be included on the on-line registration form. A separate registration is needed for each division being entered (Cheer & Dance). There is a one-time cost of \$100.00 per team, per division, for up to 10 members. There is an additional charge of \$10.00 per person over 10 team members. If your team chooses to compete in more than one category within the cheer or dance division there is an additional \$50.00 fee. Only TWO categories may be entered per team, per division.

**The deadline for registration will be Friday, January 9<sup>th</sup>, 2012.** A \$25.00 late fee will be charged for all registrations received after that date. We have an ABSOLUTE CUT-OFF date of January 23<sup>rd</sup>, 2012. We will not be accepting any registrations after that date.

## **Divisions and Classes**

Information may be found on pages 7 (cheer) and 16 (dance). After all registrations are received, they will be reviewed by the NCA office. 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 pages 25-26. (Two-page document) **An original completed form for each participant must be returned to the NCA office, along with registration materials, by Monday, January 9<sup>th</sup>, 2012.**

## **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, and the score sheets follow on pages 13-15. Dance information is contained in pages 16-20 and the score sheets can be found on pages 21-24. **Each registration must also be accompanied by the Rules & Regulations Acceptance Agreement, found on page 27. This form MUST BE SIGNED by the coach and the school's Athletic/Activities Director.**

## **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 1<sup>st</sup> and 2<sup>nd</sup> place teams in each class in each division. Individual medals will be awarded to participants on each first place team. Each participating team will receive a certificate.

## **Competition Schedule**

The competition MAY be scheduled over two days, depending on 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](http://ncacoach.org).

## **Competitor Warm-up Area**

Information regarding warm-up area and time and space for storing team equipment will be available at 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. **Only participants and coaches will be allowed to enter through the registration area.** All others must enter through the regular spectator entrances located on the southeast side of the building or on the north side of the building.

## **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](http://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 the Grand Island Host Hotel (Midtown Holiday Inn) may be found on page 28.

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 hotel rules and being courteous to other hotel patrons. We appreciate the 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 ([www.ncacoach.org](http://www.ncacoach.org)) after the first of the year.

## **T-Shirt Order Form**

Information will be available on the NCA website ([www.ncacoach.org](http://www.ncacoach.org)) after the first of the year.

## **Spirit Award**

A new award in 2010, the Spirit Award will be presented again this year. One team from each session will be awarded the Spirit Award as voted on by competing coaches, judges and volunteer staff. The award will be presented at the completion of the Awards ceremony at the end of each session. The ballot for coaches will be in the registration packet, and should be returned to the registration area immediately following the last competition of the session.

# 2012 NEBRASKA STATE CHEERLEADING TEAM CHAMPIONSHIPS

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

## I. GENERAL CHEER 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

1) 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.) **Teams may enter two categories.**

2) Only Varsity teams will be allowed to compete. **A varsity team is defined by those cheerleaders that will cheer at more than 5 varsity contests in which a varsity sports team from their high school is involved.** Teams must be from NSAA member schools only. (Exception: This will not preclude participation from sister schools or same-gender schools as long as they are official members of the squad.) **A school's class size is determined by using the NSAA classification for girls' basketball.** No All-Star or Studio teams are allowed.

### 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** - 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. **No tumbling will be allowed in the non-tumbling division. Ex: Forward rolls, cartwheels, assisted tumbling, hand stands and head stands, etc. will not be permitted.**

2) **Sideline Routine** - 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 penalty will be assessed for each violation: A three (3) point deduction for 3-5 seconds, five (5) point deduction for 6-10 seconds and seven (7) point deduction for 11 seconds and over. **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.
- 2) 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.
- 3) All Music must be on an IPOD or CD (we recommend you have both.)

#### 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.

### 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) The only persons that may stop a routine for injury are: a) competition officials, b) the advisor/coach from the team performing or c) an injured individual.
- 2) The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
- 3) The injured participant that wishes to perform may not return to the competition floor unless:
  - a) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor of the competing team.
  - b) If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. *In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.*

### 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 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 these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten point (10) 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, and may also forfeit the opportunity to participate in a competition for the National Championship.

#### **VIII. FINALITY OF DECISIONS**

PLEASE SEE THE BOTTOM OF THE RULES & REGULATIONS ACCEPTANCE AGREEMENT.

#### **IX. SCORES AND RANKINGS**

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

#### **X. JUDGING CRITERIA**

The judges will score teams using the criteria listed on the score sheets. Each score sheet will be worth 100 points. The judges' scores will be totaled together and then averaged. Any deductions or violations will be taken off of the averaged score. For more information on scoring, score sheets and judging criteria, please visit [uca.varsity.com](http://uca.varsity.com). The score sheets provided in this handbook are being used for the competition.

#### **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. **(Jewelry of any kind is prohibited. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.)**

- 8) An appropriate warm-up routine should precede all cheerleading activities.
- 9) Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
- 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.

## **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 tumble over props including poms. Exception: A forward roll over a prop is legal.
- 7) 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.)
- 8) 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.)

- 9) Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.

\*\*\*\*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.

# 2012 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.

1<sup>st</sup> 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.

# 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012

## SIDELINE CHEER Score Sheet

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class: A B C D

### CHEER SECTION (80 POINTS POSSIBLE)

#### CROWD LEADING ABILITY (20)

Crowd Effective Material and Ability to Lead the Crowd (10) \_\_\_\_\_  
Use of Signs, Poms, Megaphones or Combination (5) \_\_\_\_\_  
Use of Motions, Voice & Pace (5) \_\_\_\_\_

#### PRACTICALITY OF SKILLS (15)

Practical Use of Skills to Effectively Lead the Crowd (10) \_\_\_\_\_  
Transitions Moving (5) \_\_\_\_\_

#### EXECUTION AND DIFFICULTY (15)

Execution, Overall Difficulty of Skills Performed (10) \_\_\_\_\_  
Spacing/Formations, Timing (5) \_\_\_\_\_

#### TUMBLING/JUMPS (15)

Group Tumbling, Group Jumps, Difficulty of Skills (10) \_\_\_\_\_  
Proper Technique, Synchronization (5) \_\_\_\_\_

#### FORMATIONS/SPACING (15)

Motion Placement, Timing, Spacing, Sharpness, Variety (15) \_\_\_\_\_

### OVERALL PRESENTATION (20 POINTS POSSIBLE)

#### SYNCHRONIZATION & CHOREOGRAPHY (10)

Overall Synchronization, Choreography/Creativity, Practicality (10) \_\_\_\_\_

#### OVERALL EFFECT (5)

Overall Execution, Visual Appeal (5) \_\_\_\_\_

#### SPORTSMANSHIP (5)

Image (Including: Sportsmanship, Appropriate Material, Makeup and Uniform) (5) \_\_\_\_\_

TOTAL POINTS (100) \_\_\_\_\_

COMMENTS:

## 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012

### NON-BUILDING/TUMBLING CHEER Score Sheet

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class:        A        B        C        D

#### CHEER SECTION (35 POINTS POSSIBLE)

##### CROWD LEADING ABILITY (15)

Crowd Effective Material (10) \_\_\_\_\_  
Use of Motions to Lead the Crowd (5) \_\_\_\_\_

##### INCORPORATIONS (15)

Proper Use of Skills to Lead the Crowd (5) \_\_\_\_\_  
Use of Signs or Poms or Megaphones (5) \_\_\_\_\_  
Execution of Incorporation (5) \_\_\_\_\_

##### OVERALL CHEER IMPRESSION (5)

Execution, Effectiveness of Skills Performed, Spacing & Use of Floor (5) \_\_\_\_\_

#### MUSIC SECTION (65 POINTS POSSIBLE)

##### STANDING TUMBLING (15)

Execution (10) \_\_\_\_\_  
Difficulty (5) \_\_\_\_\_

##### RUNNING TUMBLING (15)

Execution (10) \_\_\_\_\_  
Difficulty (5) \_\_\_\_\_

##### JUMPS (10)

Execution & Difficulty (10) \_\_\_\_\_

##### DANCE (10)

Technique, Sharpness, Placement, Timing & Spacing (10) \_\_\_\_\_

##### TRANSITIONS (5)

Technique, Sharpness, Placement, Timing & Spacing (5) \_\_\_\_\_

##### OVERALL MUSIC IMPRESSION (10)

Technique, Sharpness, Placement, Timing & Spacing (10) \_\_\_\_\_

**TOTAL POINTS (100)** \_\_\_\_\_

**COMMENTS:**

# 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012

## NON-BUILDING/NON-TUMBLING CHEER Score Sheet

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class:        A        B        C        D

### CHEER SECTION (50 POINTS POSSIBLE)

#### CROWD LEADING ABILITY (10)

Crowd Effective Material (10) \_\_\_\_\_

#### MOTIONS MOVEMENT (15)

Placement (5) \_\_\_\_\_

Synchronization (5) \_\_\_\_\_

Strength of Motions/Movements (5) \_\_\_\_\_

#### INCORPORATIONS (15)

Proper Use of Skills to Lead the Crowd (5) \_\_\_\_\_

Use of Signs or Poms or Megaphones (5) \_\_\_\_\_

Execution of Incorporation (5) \_\_\_\_\_

#### OVERALL CHEER IMPRESSION (10)

Execution, Effectiveness of Skills Performed, Spacing & Use of Floor (10) \_\_\_\_\_

### MUSIC SECTION (50 POINTS POSSIBLE)

#### JUMPS (20)

Execution (10) \_\_\_\_\_

Difficulty (jumps without prep) (10) \_\_\_\_\_

#### DANCE (20)

Execution (10) \_\_\_\_\_

Difficulty (level changes, ripples, foot & ground work, pace) (10) \_\_\_\_\_

#### TRANSITIONS (10)

Spacing, Variety, Creativity & Movement (5) \_\_\_\_\_

Inventive, Creative & Quick Ways to Move (5) \_\_\_\_\_

TOTAL POINTS (100) \_\_\_\_\_

COMMENTS:

# 2012 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

#### Hip Hop

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

#### Pom

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

#### High Kick

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

1) 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 in at least 80% of the routine. No props are allowed. 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 routines 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 are allowed. See score sheet for more information.

**HIGH KICK** - The emphasis will be on synchronization, choreography, and 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. No props allowed. **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. Please see score sheet for more specific information.

## II. CHOREOGRAPHY/COSTUMING

1) 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, costuming, and/or music may affect the judges' overall impression and/or score of the routine. Please make sure that all choreography is age appropriate.

2) All costuming and makeup should be age appropriate and acceptable for family viewing.

3) 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. Jewelry as a part of the costume is allowed.

3) 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.

4) All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.

5) Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Wearing socks and/or footed tights only is prohibited.

6) It is suggested that all hot pants or excessively short shorts have tights underneath.

## III. PROPS

1) Props are not allowed. 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 becomes a prop.

## IV. TEAM PARTICIPANTS

1) There is no limitation on the number of team members. If teams perform in more than one category, they must have the same number of dancers in both categories.

**NEW:** Teams may switch out a designated number of dancers between categories. Teams who have 14 or less dancers can swap out up to 2 dancers. Teams who have 15 or more dancers can swap out up to 4 dancers. However, you must have the same number of dancers in both routines. **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 pompoms.

## IV. TIME LIMIT/MUSIC

1) Each team will have a maximum of (2:00) two minutes to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note, whichever is last.

2) 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.

3) All music must be on an IPOD or CD. It is recommended that you bring both.

4) In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed. Teams with excessive entrances will be assessed a 5 point penalty.

## V. TOURNAMENT FACILITY

- 1) The competition is scheduled to be held at The Heartland Events Center in Grand Island, Nebraska.
- 2) The performance floor will be approximately 46 feet x 46 feet.
- 3) 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. UNFORSEEN CIRCUMSTANCES

- 1) If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition 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 the presentation of any team must be interrupted because of failure of the team's own equipment, the team must either continue the presentation 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) The only persons that may stop a routine for injury are: a) competition officials, b) the advisor/coach from the team performing or c) an injured individual.
- 2) The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to

be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

- 3) The injured participant that wishes to perform may not return to the competition floor unless:

- a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor of the competing team.
- b. If medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. *In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.*

## VII. HOW TO HANDLE PROCEDURAL QUESTIONS

### A. RULES & PROCEDURES

- 1) Any question concerning the rules of the competition will be handled **exclusively** by the advisor/coach of the team and shall be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

### B. PERFORMANCE

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

## VIII. 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.

## IX. 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 any other persons affiliated with the team conduct themselves accordingly. **Severe cases of unsportsmanlike conduct are grounds for disqualification.**

## X. 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.

## XI. FINALITY OF DECISIONS

PLEASE SEE THE BOTTOM OF THE RULES & REGULATIONS ACCEPTANCE AGREEMENT.

## XI. SCORES AND RANKINGS

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 PROCEDURES

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. The judges' scores will be **AVERAGED** together to determine the overall team score.

## XIII. DANCE LIFTS & PARTNERING (Executed by partners or groups)

Dance lifts, tricks and partnering are permitted and are defined below:

Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of "lifting" dancer(s) and "elevated" dancer(s).

Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of "supporting" dancer(s) and "executing" dancer(s).

Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "supporting" and "executing" skills.

1) Any lifting/supporting dancer who has primary weight of a Lifted Dancer must maintain direct contact with the performance surface at all times.

2) At least one lifting/supporting dancer must have hand/arm/body to hand/arm/body contact with the elevated/executing dancer(s) throughout the entire lift, trick or partnering skill.

3) Jumping or leaping off a dancer is allowed as long as there is hand/arm (lifting/supporting dancer) to hand/arm/body (elevated/executing dancer) contact with the lifting/supporting dancer throughout the skill.

4) Tossing a dancer is allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated/executing dancer) contact with at least one other dancer throughout the skill.

5) Swinging lifts and tricks are allowed provided the elevated/executing dancer's body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.

6) Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as below apply:

- His/her hips do not exceed the height of the lifting/supporting dancer's shoulders when standing.
- The supporting/lifting dancer must be stationary.
- There are at least 2 lifting/supporting dancers in contact with the executing dancer.

7) Tossing a dancer is allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated/executing) contact with at least one other dancer throughout the skill.

#### **XIV. TUMBLING AND TRICKS (Executed by individuals)**

Tumbling and/or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface. Tumbling is allowed, but not required, in all divisions with the following limitations:

##### **ALLOWED**

Forward/Backward Rolls  
Shoulder Rolls  
Cartwheels  
Headstands  
Handstands  
Backbends  
Front/Back Walkovers  
Stalls /Freezes  
Head Spins  
Windmills  
Kip Up  
Headsprings  
(with hand support)  
Round Off

##### **NOT ALLOWED**

Aerials cartwheel  
Front/back handsprings  
Front/back tucks  
Side Somi  
Layouts  
Shushunova  
Headsprings (without hand support)  
Dive Rolls  
(in any position)  
Continuous double  
(partner) cartwheels

1) Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.

2) Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a shushunova are NOT permitted.

\*\*\*\*\*It is strongly suggested that you send in a video of any tumbling, tricks, lifts or partner work for review. This can be submitted by DVD or email. It must be clearly labeled with the school/team name, contact person, phone number and email. It must be received 10 working days prior to the competition. Please email to [cmorris@varsityspirit.com](mailto:cmorris@varsityspirit.com). You will receive a confirmation that it was received within 2 business days.

**XV. PENALTIES** A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please send a DVD to the National UDA Office. This must be submitted by DVD only, clearly labeled with school/team name, contact person name, number and email. This must be received 10 working days prior to the competition. Please send to: UDA, Attn C. Morris, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115.

# 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012

## HIP HOP Score Sheet

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class:      **A**      **B**      **C**      **D**

### CHOREOGRAPHY (30 POINTS)

**CREATIVITY / COMPLEMENTS THE MUSIC** (10) \_\_\_\_\_

Use of style or combination of original hip hop movements that complement the music

**ROUTINE STAGING** (10) \_\_\_\_\_

Use of levels, group work & variety of movements

Use of varied formations & creative ways to move from one formation to another,  
allowing for quick & seamless changes of positions

**DIFFICULTY** (10) \_\_\_\_\_

Incorporation of challenging movements and/or skills

(jumps, freezes/stalls, partner work & floor work)

### TECHNIQUE (30 POINTS)

**TECHNIQUE / MUSICALITY** (15) \_\_\_\_\_

Execution of hip hop movements using rhythmic variations with correct technique

Execution of skills (jumps, freezes/stalls, partner work & floor work)

Ability to physically express the rhythm, nuance & character of the music

**PLACEMENT & CONTROL** (15) \_\_\_\_\_

Ability to control the speed, direction & movement of the body throughout the routine

### GROUP EXECUTION (20 POINTS)

**SYNCHRONIZATION / UNIFORMITY** (10) \_\_\_\_\_

Team uniformity of all movements throughout the routine

**SPACING** (10) \_\_\_\_\_

Ability of the dancers to gauge & position themselves correct distances between  
each other in and throughout all formations

### OVERALL EFFECT (20 POINTS)

**COMMUNICATION & PROJECTION** (10) \_\_\_\_\_

Ability to connect with the audience during the performance

Includes all or any of the following: genuine expression, emotion, energy &  
entertainment value

**OVERALL IMPRESSION** (10) \_\_\_\_\_

Judges overall impression of the performance

Appropriateness of music, costume & choreography

**TOTAL POINTS (100)** \_\_\_\_\_

**COMMENTS:**

# 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012

## JAZZ Score Sheet

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class:      **A**      **B**      **C**      **D**

### CHOREOGRAPHY (30 POINTS)

CREATIVITY / COMPLEMENTS THE MUSIC (10) \_\_\_\_\_

Use of original & creative movement to complement the music & create visual effects

ROUTINE STAGING (10) \_\_\_\_\_

Use of levels, group work & variety of movements

Use of varied formations & creative ways to move from one formation to another,  
allowing for quick & seamless changes of positions

DIFFICULTY (10) \_\_\_\_\_

Level of difficulty shown through dance skills & movement

### TECHNIQUE (20 POINTS)

EXECUTION OF TECHNICAL SKILLS (10) \_\_\_\_\_

Proper execution of dance technical elements & movements

Includes basic fundamentals (posture, turnout, initiation of movement & control)

### GROUP EXECUTION (30 POINTS)

SYNCHRONIZATION / UNIFORMITY (10) \_\_\_\_\_

Team uniformity of all movements throughout the routine

MUSICALITY (10) \_\_\_\_\_

Execution of the movements throughout the routine, complementing the beats  
& rhythm of the music

SPACING (10) \_\_\_\_\_

Ability of the dancers to gauge & position themselves correct distances between  
each other in & throughout all formations

### OVERALL EFFECT (20 POINTS)

COMMUNICATION & PROJECTION (10) \_\_\_\_\_

Ability to connect with the audience during the performance

Includes all or any of the following: genuine expression, emotion, energy &  
entertainment value

OVERALL IMPRESSION (10) \_\_\_\_\_

Judges overall impression of the performance

Appropriateness of music, costume & choreography

**TOTAL POINTS (100) \_\_\_\_\_**

**COMMENTS:**

# 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012

## POM Score Sheet

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class:      **A**      **B**      **C**      **D**

### CHOREOGRAPHY (25 POINTS)

CREATIVITY / COMPLEMENTS THE MUSIC (10) \_\_\_\_\_

Creative manipulation of poms & use of original movement to create visual effects that complement the music

ROUTINE STAGING (15) \_\_\_\_\_

Use of levels, group work & variety of movements

Use of a variety of formations & creative ways to move from one formation to another, allowing for quick & seamless changes of positions

### TECHNIQUE (25 POINTS)

EXECUTION OF POM TECHNIQUE (15) \_\_\_\_\_

Demonstration of strong & powerful motions with correct placement & body control

EXECUTION OF TECHNICAL SKILLS (10) \_\_\_\_\_

Execution of all skills (jumps, leaps, turns, kicks) in routine with correct technique and the difficulty level of them

### GROUP EXECUTION (30 POINTS)

SYNCHRONIZATION / UNIFORMITY (15) \_\_\_\_\_

Team uniformity of all movements throughout the routine

SPACING (10) \_\_\_\_\_

Ability of the dancers to gauge & position themselves correct distances between each other in & throughout all formations

MUSICALITY (5) \_\_\_\_\_

Execution of all movements throughout the routine while complementing the beats & rhythm of the music

### OVERALL EFFECT (20 POINTS)

COMMUNICATION & PROJECTION (10) \_\_\_\_\_

Ability to connect with the audience during the performance

Includes all or any of the following: genuine expression, emotion, energy & entertainment value

OVERALL IMPRESSION (10) \_\_\_\_\_

Judges overall impression of the performance

Appropriateness of music, costume & choreography

**TOTAL POINTS (100) \_\_\_\_\_**

**COMMENTS:**

# 2012 Nebraska State Cheer & Dance Championships

February 17 & 18, 2012  
**HIGH KICK Score Sheet**

Judge NO. \_\_\_\_\_ School \_\_\_\_\_  
Class:      **A**      **B**      **C**      **D**

## CHOREOGRAPHY (20 POINTS)

CREATIVITY / VARIETY / COMPLEMENTS THE MUSIC (10) \_\_\_\_\_

Use of a variety of kicks & other original movements to complement the music

ROUTINE STAGING (10) \_\_\_\_\_

Use of levels, group work & variety of movements

Use of varied formations & creative ways to move from one formation to another,  
allowing for quick & seamless changes of positions

## TECHNIQUE (25 POINTS)

EXECUTION OF KICKS (10) \_\_\_\_\_

Execution of kicks with correct technique considering the difficulty level of the kicks

EXECUTION OF TECHNICAL SKILLS (10) \_\_\_\_\_

Execution of all skills (not including kicks) with correct technique & the difficulty level of them

## GROUP EXECUTION (35 POINTS)

SYNCHRONIZATION / UNIFORMITY (10) \_\_\_\_\_

Team uniformity of all movements throughout the routine

MUSICALITY (10) \_\_\_\_\_

Execution of the movements throughout the routine, complementing the beats &  
rhythm of the music

SPACING (10) \_\_\_\_\_

Ability of the dancers to gauge & position themselves correct distances between  
each other in & throughout all formations

## OVERALL EFFECT (20 POINTS)

COMMUNICATION & PROJECTION (10) \_\_\_\_\_

Ability to connect with the audience during the performance

Includes all or any of the following: genuine expression, emotion, energy &  
entertainment value

OVERALL IMPRESSION (10) \_\_\_\_\_

Judges overall impression of the performance

Appropriateness of music, costume & choreography

**TOTAL POINTS (100) \_\_\_\_\_**

**COMMENTS:**

**NEBRASKA STATE CHEER & DANCE CHAMPIONSHIP**  
**Heartland Event Center, Grand Island, NE**  
**February 17 & 18, 2012**

**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, JANUARY 9, 2012**

**LIABILITY RELEASE AND WAIVER FORM**

Minor's Name \_\_\_\_\_  
Name of Parent or Legal Guardian \_\_\_\_\_  
Address \_\_\_\_\_ Email \_\_\_\_\_  
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, NSIAAA 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, NSIAAA, 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):

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Allergic to (if any):

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I acknowledge that the Minor suffers from the following conditions:

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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 Birth date: \_\_\_\_\_

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

Signature of Minor \_\_\_\_\_ Date \_\_\_\_\_

(Page 2 of 2)

Complete the form and return by Monday, January 9<sup>th</sup>, to:

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

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***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

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Advisor/Coach signature

\_\_\_\_\_  
Class\*

\_\_\_\_\_  
Division/Category

**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. In the event of a tabulation error, results will be reviewed and adjusted as deemed necessary. 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.

\*Class – based on Nebraska School Activities Association classification for girls' basketball.

# Welcome 2012 Cheer and Dance Championships!

Central Nebraska's premier convention hotel is pleased to be your Host Hotel



Midtown Holiday Inn  
2503 South Locust St  
Grand Island, NE 68801  
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