



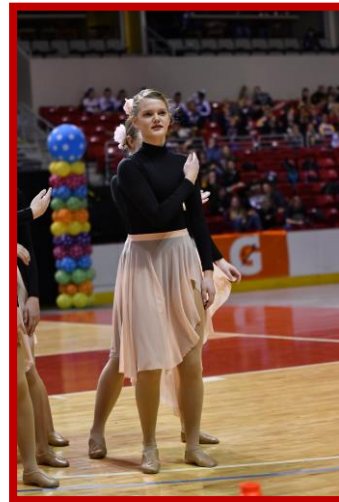
# *2019 State Cheer & Dance Championships*

**\* Hosted by the Nebraska Coaches Association, in cooperation with the NSIAAA**

**and the Nebraska High School Sports Hall of Fame Foundation**

**\* Friday, Feb 15 (Classes A & B) & Saturday Feb 16 (Classes C1, C2 & D)**

**Heartland Event Center in Grand Island, NE**



**NCA Mailing Address:**

**500 Charleston St Ste 2  
LINCOLN, NE 68508**

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



**Registration Deadline: FRIDAY, JANUARY 11!**



# State Championships

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**2019 Nebraska State Cheer  
& Dance Championships  
February 15, 2019 (Classes A & B)  
February 16, 2019 (Classes C1, C2 & D)  
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.

**REGISTRATION IS ON-LINE** and is available on our website. Go to [www.ncacoach.org](http://www.ncacoach.org) – click on the Cheer & Dance tab and follow the link 'Register for the 2019 State Cheer & Dance Championships'.

Every student competing must be included on the on-line registration form. A separate registration is needed for each division being entered (Cheer or Dance). There is a one-time cost of \$110.00 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, with the exception of UNIFIED SIDELINE. Schools that choose to participate in the UNIFIED category may also compete in two additional cheer categories. UNIFIED SIDELINE will be a flat \$50.00 fee.

**\*\*\*REGISTRATION DEADLINE IS FRIDAY, JANUARY 11, 2019.\*\*\***

## **Divisions and Classes**

Information may be found on pages 8 (cheer) and 19 (dance). At the time of registration closing (1/11/2018) there must be a minimum of at least FOUR TEAMS registered for the category to be included as a state championship event within the classification of schools. The NCA reserves the right to merge or combine classifications. If your school enters a category that has fewer than four teams entered, your school will be able to select one the following choices:

1. Accept the merger of classifications within the category during the same day of competition;
2. Move to a new category of competition;
3. Receive a full registration refund.

No refunds will be issued to a school that drops from an event after the schedule of the state championship is released. If the number of schools competing in a category drops below four school entries after the schedule is released, the category will remain as scheduled with full awards.

## **Medical Release Form**

A parent/medical release form may be found on pages 27-28. (Two-page document) **An original completed release form for each participant must be mailed to the NCA office at least one week prior to the event.**

## **Rules and Regulations (by category)**

Included in this section are rules, information and guidelines for developing cheer and dance routines. Cheer information is contained in pages 8-13, and the score sheets follow on pages 14-20. Dance information is contained in pages 21-25 and the score sheet can be found on page 26. **Each registration must also be accompanied by the Rules & Regulations Acceptance Agreement, found on page 29. This form MUST BE SIGNED by both the coach and the school's Athletic/Activities Director.**

## **Admission Prices**

ALL SEATS GENERAL ADMISSION - \$10.00/person  
(Two years & under, free lap seating)

Advanced purchase General Admission Seating now available

\*\*\*Advanced purchase tickets are NONREFUNDABLE\*\*\*

<http://www.ncacoach.org/uploads/ticketorderform.pdf>

## **Trophies and Medals**

Trophies will be provided to the 1<sup>st</sup> and 2<sup>nd</sup> place teams in each category in each division. Individual medals will be awarded to participants on each first place team. **Top FOUR teams in each category will be announced during awards ceremony.**

## **Competition Schedule**

The competition schedule will depend on the number of teams entered in the competition. The final schedule will be available as soon as possible following the registration deadline on the NCA website at [www.ncacoach.org](http://www.ncacoach.org). An email will be sent to all participating coaches when the schedule is posted.

## **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.

## **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**

Area hotels provide services that are critical to the success of the State Cheer and Dance Championships. The Grand Island/Hall County Convention & Visitors Bureau website has a complete listing of area hotels on their website. Please visit [www.visitgrandisland.com](http://www.visitgrandisland.com) for lodging information.

## **Pictures/DVD**

Callam Sports Photography will be providing team photos and action photography of the event. Information and order forms will be available on the NCA website ([www.ncacoach.org](http://www.ncacoach.org)).

Mr. Video will be on-site, producing DVD's. Information and order forms will be available on the NCA website ([www.ncacoach.org](http://www.ncacoach.org)).

## **State Championship Apparel by Custom Sports**

Please visit our website ([www.ncacoach.org](http://www.ncacoach.org)) for further information regarding state championship apparel. Click on the Cheer & Dance tab and follow the link for Custom Sports.

## **Spirit Award**

The Spirit Award, sponsored by Mr. Video, will be presented again this year. One team from each classification (A,B,C1,C2,D) will be awarded the Spirit Award as voted on by competing coaches. The award will be presented at the completion of the Awards ceremony at the end of each session. A ballot for coaches will be included in the registration packet and should be returned to the registration area immediately following the last performance of the session.





# 2019 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

#### **Tumbling (Non-building)**

- Class A
- Class B
- Class C1
- Class C2
- Class D

#### **Non-Tumbling (Non-building)**

- Class A
- Class B
- Class C1
- Class C2
- Class D

#### **Sideline (Non-building)**

- Class A
- Class B
- Class C1
- Class C2
- Class D

#### **Game Day (opt. limited building)**

- Class A
- Class B
- Class C1
- Class C2
- Class D

#### **\*\*Unified Sideline (Non-building)**

- Classes A/B
- Classes C/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. One varsity team per school. 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.

### 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) **Game Day Routine** - Each Game Day performance should consist of a Band Chant, Situational Sideline, Crowd-leading Cheer, and Fight Song (in this order). Audio cues will be given to direct the teams. Time will begin after the first audio cue is given. Routines should not exceed an overall **maximum performance time of 3 minutes, allowing a maximum one minute for Band Chant and one minute for Fight Song.**



4) **Unified 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.

(Please refer to JUDGING CRITERIA below for further points of emphasis regarding the Unified Sideline category).

5) 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.

6) 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) For the most up to date music and copyright licensing information, visit [www.usacheer.org/music](http://www.usacheer.org/music). If you have any questions, cheer coaches should email [info@usacheer.net](mailto:info@usacheer.net). Please check the Preferred Provider list for updates and changes periodically.

2) Teams must provide proof of licensing, in the form of a printed copy, during registration at the event.

3) 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.

4) **All Music MUST be on IPOD AND CD – please have music in BOTH formats.**

#### 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 mat or area during the performance is NOT permitted. A half point 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. It is recommended that any use or placement of signs be handled by participants and not by coaches.

## 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 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. **JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY.**

### X. JUDGING CRITERIA

**Tumbling, Non-Tumbling & Sideline categories are NON-BUILDING, which prohibits lifts of any kind. The best practical way to ensure your team is not implementing a lift: No individual can be supported above the level of the floor by another individual or individuals at any time. LIMITED STUNTING ALLOWED IN GAME DAY ROUTINE (SEE BELOW)**

**1) Performance Routines** (non-Building non-tumbling & non-building tumbling)

a) The judges will score teams using the criteria listed on the score sheets. Each team will be evaluated on a 100 point system.

b) Any deductions or violations will be taken off of the final averaged score. The score sheets provided in this handbook are being used for the competition.

**2) Sideline Routine** (non-building)

a) The judges will score teams using the criteria listed on the score sheets. Each score sheet will be worth 100 points.

b) The judges' scores will be totaled together and then averaged. Any deductions or violations will be taken off of the averaged score. The score sheets provided in this handbook are being used for the competition.

**3) Game Day Routines \*\*Limited building will be allowed in the Game Day category (head coach AACCA certification required) – please visit**

<http://www.cheerrules.com/Nebraska/> for further information.

**SPOTTER POLICY**

*In an effort to promote a higher level of safety for competing athletes, Spotters will be supplied for the Game Day division to ensure that the safety of participants is not compromised. Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.*

a) The Game Day category showcases what traditional cheerleading is all about—leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations/performance, motion/dance and overall routine.

b) The performance will follow this order: Band Chant, situational sideline into Cheer, Fight Song. Collectively the sideline & cheer section will be defined as the Crowd Leading portion of the routine.

c) The use of crowd-leading tools such as signs, poms, flags and/or megaphones is required.

d) The incorporation of skills (stunts & tumbling) are only allowed during the fight song, sideline & cheer. Stunts & tumbling are not allowed as a transition before/between sections – this would include the team's entry to the floor and any time prior to starting the performance

**NOTE: Fight song incorporation is limited to three(3) consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the 3<sup>rd</sup> 8-count.**

e) The Band Chant should have an emphasis on crowd appeal & practicality – no stunts or tumbling permitted, however jumps & kicks will be allowed. Tumbling & building will not be permitted until the crowd-leading section.

f) Following completion of the Band Chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response, which transitions the squad into the crowd-leading portion.

g) The judges will score teams using the criteria listed on the Game Day score sheet. Each team will be evaluated on a 100 point system. Crowd-leading (sideline & cheer) will count for 50 points, and the Band Chant & Fight Song (collectively) will count for 50 points. Each section will be combined for the final score.

h) Each section should have a beginning and end.

**NOTE: Spirited crowd-leading interaction between each section is encouraged to continue the game day feel. Stunts & tumbling are not allowed as a transition before/between sections – this would include the team's entry to the floor and any time prior to starting the performance.**

i) Traditional game day uniform is required.

j) Total time is limited to 3 minutes.

k) If a team exceeds the time limit, a penalty will be assessed for each violation. Three(3) point deduction for 3-5 seconds over, five(5) point deduction for 6-10 seconds over, and seven(7) point deduction for 11 seconds over and up.

l) Additional skill restriction MUST FOLLOW NEBRASKA LIMITED STUNTING RULES

**\*No tosses (basket, sponge or elevator) are allowed**

**\*No inversions are allowed**

**\*No twisting release dismounts are allowed**

**\*Single leg stunts are limited to liberties & liberty hitches**

**\*No running tumbling is allowed**

**\*Standing tumbling is limited to one tumbling skill, and a back tuck is the most elite tumbling skill allowed**

**EXAMPLES: Standing full is not allowed.**

**Rippled Single Back Handsprings would be allowed & jump tumble (single skill) would be allowed**

<http://www.cheerrules.com/Nebraska/>

#### **4) \*\*Unified Sideline Routine (non-building)**

a) Scoring for Unified Sideline Cheerleading will be based on the same scoresheet as Sideline Cheerleading (see above).

b) Special Olympics Unified Sports® is an inclusive activities program that combines an **equal** number of Special Olympics athletes with intellectual disabilities and partners without intellectual disabilities on teams for competition and inclusive activities fostering an environment of social inclusion.

c) Students must be a bona fide member of an NSAA member school. Students must have a recognized disability defined within 42 U.S.C. Section 12102 (ADA).

d) Students will follow the guidelines set forth in their individual education plans and/or local school eligibility requirements.

e) Classification of unified categories will be A/B and C1/C2/D – (one classification per day of competition.)

f) Schools may be combined for Unified Sideline Cheerleading with an agreement between each board of education. Schools combining will remain within the same day of classification regardless of enrollment numbers.

**g) The minimum number required for a team entry is six total individuals. A team must be made up of no less than 50% Special Olympics athletes with intellectual disabilities. Students with other forms of disabilities may participate, but would not qualify as a Special Olympics athlete with intellectual disabilities. The team can be comprised of boys, girls or can be co-ed.**

h) Students must be in high school and partners without intellectual disabilities may be entered in two other categories, including Sideline Cheerleading.

i) A uniform for Unified Sideline Cheerleading will be t-shirt and shorts. The t-shirt must include a patch or screen of the Special Olympics/NCA cobranded logo.

j) Funding may be available for those schools that apply to be a Unified Champion School with Special Olympics Nebraska for the 2017-2018 school year.

## **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 or under individuals.

6) Participants may not tumble over props including poms. Exception: A forward roll over a prop is legal.

7) Landings for all jumps 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) Knee drops are prohibited.

9) Drops to a prone position on the performing surface from an airborne or handstand position are illegal. (examples: landing in a pushup position from a back flip, toe touch, or back handspring are all illegal).

## **GENERAL RULES**

Noisemakers of any kind are prohibited at this competition (i.e. drums, horns, bells, etc).

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.

\*\*\*\*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

# 2019 NEBRASKA STATE CHEER SCORESHEET - NON-TUMBLING

Judge # \_\_\_\_\_ Team Name \_\_\_\_\_ Class A B C1 C2 D

## CROWD LEADING ABILITY (25 POINTS)

| Points                                                    | Score |
|-----------------------------------------------------------|-------|
| Crowd Effectiveness- Voice, Pace & Flow                   | 10    |
| Proper Use of Motions & Signs, Poms, Flags, or Megaphones | 10    |
| Ability & Energy to Lead Crowd                            | 5     |

## CROWD SKILL INCORPORATIONS (20 POINTS)

|                                                                  |    |  |
|------------------------------------------------------------------|----|--|
| Motion Movement- Placement, Synchronization, Strength of Motions | 10 |  |
| Jumps- Use of skill to lead crowd                                | 10 |  |

## JUMPS (15 POINTS)

|                                                             |    |  |
|-------------------------------------------------------------|----|--|
| Execution- Proper Technique, Form, Height & Synchronization | 10 |  |
| Difficulty- Type of Jumps, Connections/ Combos, Variety     | 5  |  |

## DANCE (20 POINTS)

|                                                         |    |  |
|---------------------------------------------------------|----|--|
| Execution                                               | 10 |  |
| Difficulty- Level Changes, ripples, foot & ground work) | 10 |  |

## FORMATIONS/ TRANSITIONS (10 POINTS)

|                                          |   |  |
|------------------------------------------|---|--|
| Formations- Variety, Spacing, creativity | 5 |  |
| Transitions- Quick, Clean, Effective     | 5 |  |

## OVERALL ROUTINE (10 POINTS)

|                                                                         |    |  |
|-------------------------------------------------------------------------|----|--|
| Routine Creativity, Flow, Use of Formations/ Transitions & Choreography | 10 |  |
|-------------------------------------------------------------------------|----|--|

**TOTAL POSSIBLE 100**

# 2019 NEBRASKA STATE CHEER SCORESHEET - TUMBLING

Judge # \_\_\_\_\_ Team Name \_\_\_\_\_ Class A B C1 C2 D

## CROWD LEADING (20 POINTS) Points Score

|                                                                    |    |  |
|--------------------------------------------------------------------|----|--|
| Crowd Effectiveness- Voice, Pace & Flow                            | 10 |  |
| Proper Use of Motion Technique & Signs, Poms, Flags, or Megaphones | 5  |  |
| Ability & Energy to Lead Crowd                                     | 5  |  |

## CROWD SKILL INCOPORATIONS (15 POINTS)

|                                                          |    |  |
|----------------------------------------------------------|----|--|
| Proper Use of Skills to Lead the Crowd (Tumbling/ Jumps) | 10 |  |
| Performance- Proper Technique, Synchronization & Spacing | 5  |  |

## STANDING TUMBLING (15 POINTS)

|                                                                                                 |    |  |
|-------------------------------------------------------------------------------------------------|----|--|
| Performance- Proper Technique, Synchronization & Spacing                                        | 10 |  |
| Difficulty- Difficulty of Skills Performed in Groups, Number of Group Passes& Variety of Passes | 5  |  |

## RUNNING TUMBLING (15 POINTS)

|                                                                                                 |    |  |
|-------------------------------------------------------------------------------------------------|----|--|
| Performance- Proper Technique, Synchronization & Spacing                                        | 10 |  |
| Difficulty- Difficulty of Skills Performed in Groups, Number of Group Passes& Variety of Passes | 5  |  |

## JUMPS (15 POINTS)

|                                                               |    |  |
|---------------------------------------------------------------|----|--|
| Performance- Proper Technique, Form, Height & Synchronization | 10 |  |
| Difficulty- Type of Jumps, Connections/ Combos, Variety       | 5  |  |

## DANCE (10 POINTS)

|                                                                                                            |    |  |
|------------------------------------------------------------------------------------------------------------|----|--|
| Motion/ Dance- Tech. Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreo. & Visual Appeal | 10 |  |
|------------------------------------------------------------------------------------------------------------|----|--|

## OVERALL- Routine Creativity, Flow, Choreography (10 POINTS)

|                                                                                                            |    |  |
|------------------------------------------------------------------------------------------------------------|----|--|
| Motion/ Dance- Tech. Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreo. & Visual Appeal | 10 |  |
|------------------------------------------------------------------------------------------------------------|----|--|

**TOTAL POSSIBLE 100**



# 2019 NEBRASKA STATE CHEER SCORESHEET - SIDELINE

Judge # \_\_\_\_\_ Team Name \_\_\_\_\_ Class A B C1 C2 D

## CROWD LEADING ABILITY (40 POINTS)

| Points                                                                    | Score |
|---------------------------------------------------------------------------|-------|
| Crowd Effectiveness                                                       | 15    |
| Proper Use of Motion Technique & Signs, Poms, Flags, or Megaphones        | 10    |
| Ability to Lead The Crowd- <i>Voice, Pace, &amp; easy to follow words</i> | 15    |

## CROWD SKILL INCORPORATIONS (20 POINTS)

|                                                                                        |    |  |
|----------------------------------------------------------------------------------------|----|--|
| Proper Use of Skills To lead the Crowd- <i>Were jump/ tumbling used appropriately?</i> | 10 |  |
| Performance- <i>Proper Technique, Synchronization &amp; Spacing</i>                    | 10 |  |

## JUMPS/ TUMBLING (15 POINTS)

|                                                                      |    |  |
|----------------------------------------------------------------------|----|--|
| Execution- <i>Proper Technique, timing, spacing, synchronization</i> | 10 |  |
| Difficulty- <i>Group Tumbling, Group Jumps, Combinations.</i>        | 5  |  |

## FORMATIONS (15 POINTS)

|                                                  |   |  |
|--------------------------------------------------|---|--|
| Spacing                                          | 5 |  |
| Transitions- <i>Quick, Clean, Easy to follow</i> | 5 |  |
| Variety of Formations                            | 5 |  |

## OVERALL PRESENTATION (10 POINTS)

|              |    |  |
|--------------|----|--|
| Choreography | 10 |  |
|--------------|----|--|

**TOTAL POSSIBLE 100**

# 2019 NEBRASKA STATE CHEER SCORESHEET - GAME DAY

Judge # \_\_\_\_\_ Team Name \_\_\_\_\_ Class A /B C1/C2

| <b>CROWD LEADING</b>                                                                                | <b>(50 POINTS)</b> | <b>Points</b> | <b>Score</b> |
|-----------------------------------------------------------------------------------------------------|--------------------|---------------|--------------|
| <b>Game Day Situation-</b> <i>Proper response to game day situational cue</i>                       |                    | 5             |              |
| <b>Game Day Material-</b> <i>Proper use of material &amp; skills relevant to game day situation</i> |                    | 10            |              |
| <b>Crowd Effectiveness-</b> <i>Voice, pace, flow, maximum crowd coverage</i>                        |                    | 5             |              |
| <b>Crowd Leading Tools-</b> <i>Proper use of poms, megaphones, and/or flags</i>                     |                    | 5             |              |
| <b>Motion Technique-</b> <i>Technique, sharpness &amp; placement</i>                                |                    | 5             |              |
| <b>Crowd Appeal-</b> <i>Energy, leadership, visual appeal &amp; connection to the crowd</i>         |                    | 5             |              |
| <b>Execution of Skills-</b> <i>Technique, stability, synchronization &amp; spacing</i>              |                    | 10            |              |
| <b>Overall Impression</b>                                                                           |                    | 5             |              |

| <b>FIGHT SONGS &amp; BAND DANCE- Music Section</b>                                                           | <b>(50 POINTS)</b> | <b>Points</b> | <b>Score</b> |
|--------------------------------------------------------------------------------------------------------------|--------------------|---------------|--------------|
| <b>Proper Use of Skills-</b> <i>Proper use of material &amp; skills relevant to game day environment</i>     |                    | 10            |              |
| <b>Execution of Band Dance-</b> <i>Motion placement, sharpness, synchronization &amp; max crowd coverage</i> |                    | 10            |              |
| <b>Execution of Fight Song-</b> <i>Motion placement, sharpness, synchronization &amp; max crowd coverage</i> |                    | 10            |              |
| <b>Crowd Appeal-</b> <i>Energy, leadership &amp; connection to the crowd</i>                                 |                    | 5             |              |
| <b>Visual Appeal-</b> <i>Level changes, ripples, creative movements within groups &amp; levels</i>           |                    | 5             |              |
| <b>Overall Impression</b>                                                                                    |                    | 10            |              |

**TOTAL**

**POSSIBLE 100**

# 2019 NEBRASKA STATE CHEER SCORESHEET – UNIFIED SIDELINE

Judge # \_\_\_\_\_ Team Name \_\_\_\_\_ Class A/B C/D

| CROWD LEADING ABILITY (40 POINTS)                                         |  | Points | Score |
|---------------------------------------------------------------------------|--|--------|-------|
| Crowd Effectiveness                                                       |  | 15     |       |
| Proper Use of Motion Technique & Signs, Poms, Flags, or Megaphones        |  | 10     |       |
| Ability to Lead The Crowd- <i>Voice, Pace, &amp; easy to follow words</i> |  | 15     |       |

| CROWD SKILL INCORPORATIONS (20 POINTS)                                                 |  | Points | Score |
|----------------------------------------------------------------------------------------|--|--------|-------|
| Proper Use of Skills To lead the Crowd- <i>Were jump/ tumbling used appropriately?</i> |  | 10     |       |
| Performance- <i>Proper Technique, Synchronization &amp; Spacing</i>                    |  | 10     |       |

| JUMPS/ TUMBLING (15 POINTS)                                          |  | Points | Score |
|----------------------------------------------------------------------|--|--------|-------|
| Execution- <i>Proper Technique, timing, spacing, synchronization</i> |  | 10     |       |
| Difficulty- <i>Group Tumbling, Group Jumps, Combinations.</i>        |  | 5      |       |

| FORMATIONS (15 POINTS)                           |  | Points | Score |
|--------------------------------------------------|--|--------|-------|
| Spacing                                          |  | 5      |       |
| Transitions- <i>Quick, Clean, Easy to follow</i> |  | 5      |       |
| Variety of Formations                            |  | 5      |       |

| OVERALL PRESENTATION (10 POINTS) |  | Points | Score |
|----------------------------------|--|--------|-------|
| Choreography                     |  | 10     |       |

**TOTAL** **POSSIBLE** **100**

# Nebraska State Cheerleading Point Deduction

|            |                                  |
|------------|----------------------------------|
| <b>SF</b>  | (Game Day Only) Stunt Fall (.25) |
| <b>RT</b>  | Running Tumbling Fall(.25)       |
| <b>ST</b>  | Standing Tumbling Fall .25)      |
| <b>J</b>   | Jump Fall (.25)                  |
| <b>IN</b>  | Individual Fall (.25)            |
| <b>OB</b>  | Out of Bounds (.5)               |
| <b>ILS</b> | Illegal Skill (5)                |

TEAM: \_\_\_\_\_

DIVISION: \_\_\_\_\_ CLASS: \_\_\_\_\_

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2:15-2:30

| FALL          | # of times |       | Total   |
|---------------|------------|-------|---------|
| 0.25 pts      | x          | _____ | x _____ |
|               |            |       |         |
| ILLEGAL SKILL | # of times |       | Total   |
| 5 pts         | x          | _____ | x _____ |
|               |            |       |         |
| OUT OF BOUNDS | # of times |       | Total   |
| 0.5           | x          | _____ | x _____ |
|               |            |       |         |



# Nebraska State Cheerleading Time Deduction Sheet

TEAM: \_\_\_\_\_

DIVISION: \_\_\_\_\_ CLASS: \_\_\_\_\_

- Check One
- ☐ Sideline
- ☐ Performance Routine
- ☐ Game Day

Please notate the time in the appropriate box.

|                            | <b>Music Time</b><br><i>Must not exceed 1:30</i>  |                                                   | <b>Cheer Time</b>                                   |                        | <b>Total Time</b><br><i>Must not exceed 2:30</i> |
|----------------------------|---------------------------------------------------|---------------------------------------------------|-----------------------------------------------------|------------------------|--------------------------------------------------|
| <b>Performance Routine</b> |                                                   |                                                   |                                                     |                        |                                                  |
|                            | <b>Music Time</b>                                 |                                                   | <b>Sideline/ Cheer</b>                              |                        | <b>Total Time</b><br><i>Must not exceed 3:00</i> |
| <b>GAME DAY</b>            | Band Chant<br><small>Must not exceed 1:00</small> | Fight Song<br><small>Must not exceed 1:00</small> | Sideline                                            | Crowd leading<br>Cheer |                                                  |
|                            |                                                   |                                                   | <b>Sideline Time</b><br><i>Must not exceed 1:00</i> |                        | <b>Total Time</b><br><i>Must not exceed 1:00</i> |
| <b>Sideline</b>            |                                                   |                                                   |                                                     |                        |                                                  |

|                                                                                               |                                |  |
|-----------------------------------------------------------------------------------------------|--------------------------------|--|
| <b>TIME-</b> If a team exceeds the time limit, a penalty will be assessed for each violation: |                                |  |
|                                                                                               | <b>NO TIME PENALTY</b>         |  |
|                                                                                               | <b>3-5 SECONDS OVER</b> 3 PTS  |  |
|                                                                                               | <b>6-10 SECONDS OVER</b> 5 PTS |  |
|                                                                                               | <b>11+ SECONDS OVER</b> 7 P TS |  |
| <b>TOTAL</b>                                                                                  |                                |  |

# 2019 NEBRASKA STATE DANCE TEAM CHAMPIONSHIPS

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

## I. GENERAL RULES

### A. DIVISIONS (lifts allowed in Hip Hop & Jazz categories)

| Jazz     | Hip Hop   |
|----------|-----------|
| Class A  | Class A   |
| Class B  | Class B   |
| Class C1 | Class C1  |
| Class C2 | Class C2  |
| Class D  | Class D   |
| Pom      | High Kick |
| Class A  | Class A   |
| Class B  | Class B   |
| Class C  | Class C1  |
| Class C2 | Class C2  |
| Class D  | 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 in the Dance division. **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. **\*\*Limited lifting will be allowed in the JAZZ category (head coach AACCA certification required) -**

please visit

<http://www.cheerrules.com/Nebraska/> for further information.

**POM** - Poms must be used in at least 80% of the routine. 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 are allowed. See score sheet for more information. **\*\*Limited lifting will be allowed in the HIP HOP category (head coach AACCA certification required) - please visit**

<http://www.cheerrules.com/Nebraska/> for further 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. At least half of the team must execute a kick in order for it to be counted. Passe, flicks, turn sequences, toe taps, etc., will not be counted as kicks. 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.

## II. 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.

## III. 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 to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone. After the competition, teams will receive the judges' score sheets and comments for their team, as well as a ranking sheet with the names & scores of all teams in their group. All ties in each division or group will remain with the exception of first place. A first place tie will be broken based on judges' final ranking points. **JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY.**

## IV. 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.

## 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 any other persons affiliated with the team conduct themselves accordingly.

**Severe cases of unsportsmanlike conduct are grounds for disqualification.**

## 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 a team's routine must be 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 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/head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

## **VII. 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.

## **VIII. 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.

## **IX. FINALITY OF DECISIONS**

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

## **X. 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, or cancel, 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.

**XI. PENALTIES** A two (2) point per judge penalty will be assessed to any team violating any of the specific rules as stated. If you have any questions concerning the legality of a move or trick, please contact or send video to Varsity Rep Stacy Shelton at [sshelton@varsity.com](mailto:sshelton@varsity.com). Include your name, team name, and a contact phone number. It must be received no later than 2 weeks prior to competition.

## **XII. COMPETITION ROUTINE GUIDELINES**

1) Substitutions may be made in the event of injury or other serious circumstance. Substitutes must also abide by the rules & regulations in all divisions in which they compete.

2) Formal, excessive, & choreographed entrances which involve dance, technical skills and all traditions/chants are not permitted. Dancers should enter in a timely fashion.

3) All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, feathers, glitter, etc).

4) Teams will have a maximum of 2 minutes 15 seconds (2:15) to demonstrate their style and expertise. If a team exceeds the time limit by more than 3 seconds, they will be penalized.

5) Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is first.

## **XIII. MUSIC**

1) For the most up to date music and copyright licensing information, visit [www.usacheer.org/music](http://www.usacheer.org/music). If you have any questions, dance coaches should email [info@usacheer.net](mailto:info@usacheer.net). Please check the

Preferred Provider list for updates and changes periodically.

2) Teams must provide proof of licensing, in the form of a printed copy, during registration at the event.

3) 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.

**4) All Music MUST be on MOBILE DEVICE AND CD – please have music in BOTH formats.**

#### **XIV. CHOREOGRAPHY/COSTUMING**

1) Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and 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, makeup and/or music may affect the judges' overall impression and/or score of the routine.

2) Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (example: roller skates, roller blades, heely's, etc). Wearing socks and/or footed tights only is not allowed.

3) The use of powder, glitter or any other airborne substance that lingers in the competition area shall be strictly prohibited.

4) All costuming & makeup should be age appropriate & acceptable for family viewing.

5) 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, front of the body only. Nude body liners are acceptable. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.

7) Jewelry as part of the costume is allowed.

#### **XV. 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. (Poms are not considered props in Pom routine)

#### **XVI. WEIGHT BEARING SKILLS**

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward & backward rolls are allowed.) The use of hands free poms for hip over-head skills is allowed.

#### **XVII. 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**

Aerial Cartwheels  
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**

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

1) Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support & aerial cartwheels not connected to any tumbling skills are allowed).

2) Aerial cartwheels are not allowed while holding poms. They must be placed in one hand, or be executed with hands free poms. There are no exceptions to this rule.

- 3) Tumbling skills with airborne hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed, 4 are not).
- 4) Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
- 5) Drops to the knee, thigh, front, back, head, shoulder or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
- 6) Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are NOT permitted.
- 7) Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: this rule refers specifically and only to the 'rubber band' / 'bronco' kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

## **XVIII. DANCE LIFTS**

**(Executed by partners or groups)**

**Pom & High Kick are NON-LIFTING, which prohibits lifts of any kind. The best practical way to ensure your team is not implementing a lift: No individual can be supported above the level of the floor by another individual or individuals at any time.**

**Limited lifting will be allowed in the HIP HOP & JAZZ categories (head coach AACCA certification required) – please visit**

**<http://www.cheerrules.com/Nebraska/> for further information.**

## **XIX. RELEASE MOVES**

**(Unassisted Dismounts to the performance surface)**

- 1) Executing dancer may jump, leap, step, or push off a supporting dancer if:
  - a) **The highest point of the released skill does not elevate the Executing Dancer's FEET above head level.**

b) The Executing Dancer may not pass through the prone or inverted position after the release.

c) Toe pitch back tucks are not allowed.

2) Supporting Dancer may release/toss and Executing Dancer if:

a) The highest point of the release/toss does not elevate the Executing Dancer's hips above head level.

b) The Executing Dancer is not supine or inverted when released.

c) The Executing Dancer does not pass through a prone or inverted position after release.

d) Toe pitch back tucks are not allowed.

## **XX. TEAM PARTICIPANTS**

1) There is no limitation on the number of team members. If teams perform in more than one category, it is recommended (but not required) to have the same number of dancers in each category. However, you must choose the category with the most dancers as the first category when competing the registration. NOTE: If your team has any male dancers that choose to perform in pom, they are not required to hold poms.

\*\*\*\* It is highly recommended that you send video of any tumbling, tricks, or partner work for review. Please email video to Samantha Zust at [szust@varsity.com](mailto:szust@varsity.com). Include your name, team name, and a contact phone number. It must be received no later than 2 weeks prior to competition.\*\*\*\*

## **GENERAL RULES**

Noisemakers of any kind are prohibited at this competition (i.e. drums, horns, bells, etc).

# 2019 NEBRASKA STATE DANCE SCORESHEET

|                                                                                                                                                                                           |               |                          |                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------------------------|-----------------|
| Team Name _____                                                                                                                                                                           |               | JUDGE # _____            |                 |
| Category <b>POM HIP HOP JAZZ HIGH KICK</b>                                                                                                                                                |               | Class <b>A B C1 C2 D</b> |                 |
| <b>EXECUTION</b>                                                                                                                                                                          | <b>Points</b> | <b>Score</b>             | <b>COMMENTS</b> |
| <b>Execution of Movement</b> - proper control, placement & completion of movement/motions while staying true to style. Quality & strength of movement.                                    | 10            |                          |                 |
| <b>Execution of Skills</b> - Proper execution of technical skills.                                                                                                                        | 10            |                          |                 |
| <b>Synchronization/Uniformity</b> - consistent unison & timing by the team; uniformity of team movement within choreography & skills.                                                     | 10            |                          |                 |
| <b>Spacing</b> - Consistent & even positional of dancers throughout all formations & transitions.                                                                                         | 10            |                          |                 |
| <b>Communication/Projection</b> - ability to connect with audience throughout the performance; includes: projection, genuine expression, emotion, energy, & entertainment value.          | 10            |                          |                 |
| <b>CHOREOGRAPHY</b>                                                                                                                                                                       | <b>Points</b> | <b>Score</b>             | <b>COMMENTS</b> |
| <b>Creativity/Musicality</b> - originality of routine. New concepts/movement, levels/group work, visual effects & variety that complement the music.                                      | 10            |                          |                 |
| <b>Routine Staging</b> - use of varied formations & creative ways to move from one formation to another to allow for quick & seamless transitions. Adequate use of the performance floor. | 10            |                          |                 |
| <b>Complexity of Movement</b> - level of difficulty through movement such as, but not limited to weight changes, varied intricate movement, tempo changes, etc.                           | 10            |                          |                 |
| <b>Difficulty of Skills</b> - level of difficulty implemented through technical skills and/or tricks.                                                                                     | 10            |                          |                 |
| <b>OVERALL EFFECT</b>                                                                                                                                                                     | <b>Points</b> | <b>Score</b>             | <b>COMMENTS</b> |
| <b>Overall Impression</b> - Appropriateness of the music, costume & choreography. Impact of performance to create a lasting impression.                                                   | 10            |                          |                 |
| <b>TOTAL POINTS</b>                                                                                                                                                                       | <b>100</b>    |                          |                 |



**NEBRASKA STATE CHEER & DANCE CHAMPIONSHIP**  
**Heartland Event Center, Grand Island, NE**  
**February 15 & 16, 2019**

**IN ORDER FOR A PARTICIPANT TO COMPETE, A COPY OF THIS FORM MUST BE**  
**COMPLETED BY EACH PARTICIPANT AND RETURNED TO THE NCA OFFICE**  
**NO LATER THAN FEBRUARY 8**

**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 \_\_\_\_\_

Complete the form and return by FEBRUARY 8, 2019 to:

**Nebraska Coaches Association  
500 Charleston St, Ste 2  
Lincoln, NE 68508**

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**2019 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 |

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**2019 MUSIC COPYRIGHT COMPLIANCE STATEMENT**

**I confirm that I have reviewed the Music Guidelines and understand the Copyright basics as presented by the Nebraska Coaches Association, and all sound recordings used in our team's music shall only be used with written license from the owner(s) of the sound recordings.**

|                                   |       |
|-----------------------------------|-------|
| _____                             | _____ |
| Advisor/Coach signature           | Date  |
| _____                             |       |
| Advisor/Coach name (please print) |       |

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

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

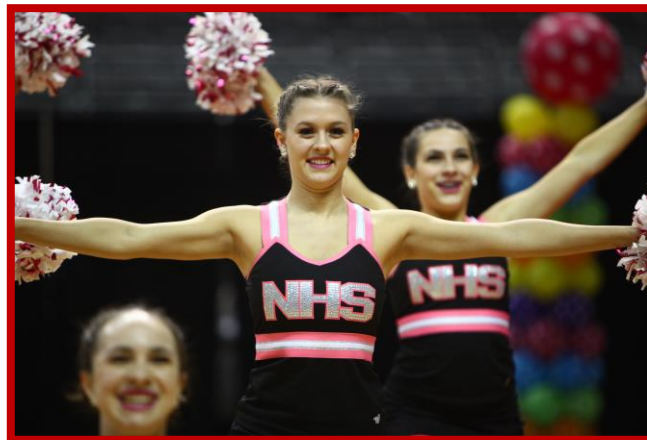
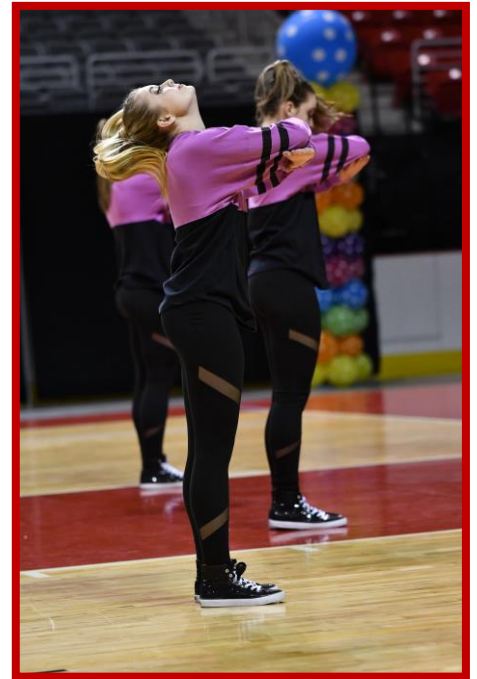
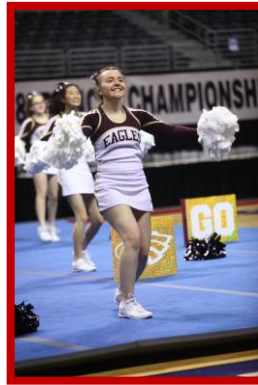
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**FINALITY OF DECISIONS**

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. **JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY.**

\*Class – based on Nebraska School Activities Association classification for GIRLS' BASKETBALL.





Photos courtesy of Callam Sports Photography