



“ SPIRIT OF GIVING” Championship



GENERAL INFORMATION

- Date of Event: Sunday, November 13, 2011
- Location: Wagner High School, 3000 North Foster Road, San Antonio, TX 78244
- Open to Public and Private School, All-Star, All Star Prep, Youth and Recreation Cheer and Dance Teams
- Registration Fee: \$35 per participant prior to October 14, 2011
\$40 per participant after October 15, 2011
Two (2) coaches or directors free - \$8 for each extra
\$25 per individual competitor (Best Cheerleader, Best Dancer, and Group Stunts) and all SHOW/Exhibition teams
Special Needs Teams - FREE
\$20.00 for 2nd participant team entry such as Game Day
- Registration Deadline: November 1, 2011
- Spectator Fee: CASH ONLY \$5.00 per person w/two (2) food items / \$8 per person without – PARKING FREE
- Children under five (5)-free
- Participant gift for each participant
- Placement trophies for all teams
- Individual trophies for Show/Exhibition and Special Needs participants
- Banners for Level High Point Winners
- Special award for teams with most food donations
- Special Award for “MOST SPIRITED” fan

Performance Information

General Safety Guidelines and Rules

- School, Recreation (All Star Prep), Youth Cheer Squads and Dance Teams follow NCA/NDA or UCA/UDA guidelines, which are available at www.varsity.com. **See below for school levels, etc.**
- All Star Cheer Squads and Dance Teams follow USASF/ISASF guidelines which are available at www.usasf.net

Performance Requirements

Cheer and Dance

- The routine time is 2 ½ minutes. Music may be used for the entire routine.

- Music must be recorded onto a **CD**. For best results, have music professionally recorded. Each squad or team must have a representative at the sound booth to start and stop the music for the performance. Please have a back-up CD for emergency.

Best Cheerleader

- Each Cheerleader will perform in this order: three consecutive jumps (with or without preps), tumbling pass and cheer and/or dance.
- Entire performance time should not exceed 90 seconds.
- There is a 5 limit trick incorporation in the cheer and/or dance. (A round-off back tuck is considered two tricks) The beginning jumps and tumbling pass is not counted in the 5 trick limit.
- If music is used, please record on a CD for best results. Each individual must have a representative at the sound booth to start and stop the music for the performance. Please have a back-up CD for emergency.

Crowd Pleaser

- Same routine requirements as Best Cheerleaders except **No Tumbling allowed**

Best Dancer

- Entire performance time should not exceed 2 minutes.
- Music must be recorded onto a CD for best results. Each individual must have a representative at the sound booth to start and stop the music for the performance. Please have a back-up CD for emergency.

Group Stunts

- There is no limit to the number of stunts teams that may enter from a team. Individuals may enter more than once with a different stunt group.
- The routine may be up to 60 seconds with background music.
- Music must be recorded onto a **CD**. For best results, have music professionally recorded. Each squad or team must have a representative at the sound booth to start and stop the music for the performance. Please have a back-up CD for emergency.

Crossover (Cheer Participants)

- Unlimited crossovers are allowed. We will do our best to accommodate crossovers; however, we cannot guarantee that a performance overlap will not occur.

Performance, Warm-up, and Practice Area

- All squads will warm-up on a **spring tumbling strip** with mats and practice on a full size regular competition floor (No spring floor other than tumbling strip will be available for warm-up). All Cheer performances will perform on the spring competition floor, 42" deep by 54" wide. All dance performances will take place on the same competition mat.
- Each squad will have at least five minutes of scheduled time for warm-up tumbling and team performance.

SCHOOL LEVELS: NOVICE, INTERMEDIATE, AND ADVANCED

NOVICE SKILL RESTRICTIONS:

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

Standing Tumbling. Standing tumbling is limited to a standing single back handspring. (Standing back handspring series and jump/back handspring combinations are not allowed). Standing tucks are not allowed.

Running Tumbling. Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

Stunts. Single leg stunts may not be held or pass through an extended position. (No extended liberties). Twisting transitions are limited to a 1/2 twist by the top person (full ups are not allowed).

Pyramids. Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.

Dismounts. Only straight pop downs, basic straight cradles

INTERMEDIATE SKILL RESTRICTIONS:

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

Standing Tumbling. Flips are not allowed. (No standing back tucks or back handspring back tucks).

Running Tumbling. Flips may only be performed in a tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip.

Stunts. Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.

Pyramids. During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below.

Dismounts. Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1-1/4 twists are allowed from any two-legged stunt.

Tosses. Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

ADVANCED SKILL RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no additional skill restrictions.

ADDITIONAL SCHOOL COMPETITION CATEGORIES:

GAME DAY

TIME OUT CHEER Rules and Restrictions:

Showcase your best sideline crowd-leading material.

The use of signs, poms, flags, and/or megaphones is encouraged.

- 1 minute 15 seconds time limit
- Emphasis on crowd involvement
- At least 2 components required from the following: cheers, chants,
- traditional yells, and/or drum cadences
- No music permitted
- No baskets, sponge, elevator, or similar type tosses permitted
- inversions and/or twisting into or out of stunts
- No single leg extended stunts
- Maximum difficulty in tumbling is limited to standing back handspring

FIGHT SONG RULES AND RESTRICTIONS

Perform your favorite school fight song.

- 1 minute 15 seconds time limit
- Up to two eight counts may be incorporated with stunts, tumbling and/or
- jumps

- Same skill restrictions as listed in Time Out cheer rules and restrictions
- No tumbling allowed on entrance

TIME OUT DANCE RULES AND RESTRICTIONS

Perform your favorite Time-Out dance.

- 1 minute 15 seconds time limit, time will begin with first note of music
- Traditional sideline uniforms required
- Emphasis on crowd entertainment
- No stunts or tumbling permitted

Hotel Information - See link at www.cheerstarproductions.com or contact Bret Gove at Traveling Teams – 1-866-468-3268 Ext. 814

Registration

- **All registration fees must be paid in full by Friday, November 5, 2011. Please make checks payable to Cheer Star Productions and mail registration form and payment to:**

**Cheer Star Productions
P. O. Box 260165
Plano, TX 75026**

**For additional Information call Sharon (210) 883-6002 or Venessa (972) 904-9868
Email info@cheerstarproductions.com**

Cancellations

- *Penalty fee 20.00 non refundable per participant for cancellations and a \$30.00 fee for division changes after 11/05/11.*

Schedule: The schedule will be posted at www.cheerstarproductions.com no later than 6:00 PM on Thursday, November 10, 2011.