



Alamo National Championship



General Information

- **Date of Event:** Sunday, February 14, 2010
- **Location:** Greehey Arena, St. Mary's University, One Camino Santa Maria San Antonio, Texas 78228, (210) 436-3011
- **Open to Public and Private School, All-Star, Youth and Recreation Cheer and Dance Teams**
- **Registration Fee:** \$65 per participant prior to January 14, 2009
\$75 per participant after January 15, 2010
Two (2) coaches, sponsors, or directors free
- **Registration Deadline:** February 10, 2010
- **Spectator Fee:** \$10.00 per person
- **Children five and under – free**
- **Special Prizes and Awards**
- ** **Event 15 – 20 minutes from the River Walk**

Performance Information

General Safety Guidelines and Rules

- *School, Recreation, Youth Cheer Squads and Dance Teams follow NCA/NDA or UCA/UDA guidelines which are available at www.varsity.com (See division breakdown on Cheer Star Productions registration forms)*

All Star Squads and Teams follow USASF guidelines which are available at www.usasf.net

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

ADVANCED SKILL RESTRICTIONS

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

GAME DAY

(SIDELINE CHEERING) 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
- No inversions and/or twisting into or out of stunts
- No single leg stunts
- Maximum difficulty in tumbling is limited to standing back handspring
- Running tumbling is permitted only during team entrance

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 Game Day (Sideline Cheerleading) Rules and Restrictions

TIME OUT DANCE RULES AND RESTRICTIONS

Perform your favorite Time-Out dance.

- 1 minute 15 seconds time limit
- Traditional sideline uniforms required
- Emphasis on crowd entertainment

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.*

Crossover (Cheer Participants)

- *Unlimited crossovers are allowed. Each participant will pay the full participation fee for each team. 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 tumbling strips and practice on a full size competition floor (No spring floor will be available for warm-up). All Cheer performances will perform on the competition mat, 42" deep by 54" wide. All dance performances will take place on the same competition mat.*
- *Each squad will have a scheduled time for warm-up, practice, and performance.*

Awards

- *Placement trophies will be awarded to all competition teams. Individual trophies will be awarded to Show Teams.*
- *Sweatshirts awarded to Division Levels Winners*
- *Jackets awarded to Level Champions*
- *Banners will be awarded to Level Champions*
- *Special awards will be presented to Most Spirited FANS*

Judges

- *The judges for the competition will be qualified, experienced judges with a thorough knowledge and background in cheerleading and dance. Varsity scoring system will be used.*

Hotel Information – Hotels near the competition:

1. Courtyard by Marriott, 6738 NW Loop 410 (78238) – (210) 647-4100

**** Ask for the Cheer Star Discount ****

Cheer Star Productions CORPORATE GUEST ROOM RATES

We are pleased to extend the following Special Rates to Cheer Star Productions travelers beginning October 19, 2009 THROUGH October 19, 2010.

Season Start Date	Season End Date	Room Type	Rate
September 9, 2009	March 6, 2010	QNQN	\$ 99.00
September 9, 2009	March 6, 2010	KING	\$ 99.00
March 7, 2010	September 9, 2010	QNQN	\$109.00
March 7, 2010	September 9, 2010	KING	\$109.00

2. Residence Inn by Marriott, 2838 Cinema Ridge (78238) – (210) 509-3100

3. Holiday Inn Express, 2861 Cinema Ridge, San Antonio, TX 78238- (210) 520-4200

Registration

- **All registration fees must be paid in full by February 10, 2010. Payment may be made by credit card or check. Please make checks payable to Cheer Star Productions.**
- **Mail registration form and payment to**

**Alamo National Championship
P. O. Box 260165
Plano, TX 75026**

Questions? Please contact Billy Smith 972-333-0369 or email: bsmith@spiritcelebration.com
Sharon Fuery 210-883-6002 or email: vwlewis15@aol.com

Cancellations

- *Penalty fee \$30.00 non refundable per participant for cancellations and a \$50.00 fee for division changes after 2/1/10.*