

# *SPIRIT of Giving Championship*



## **General Information**

- **Date of Event: Sunday, November 15, 2009**
- **Location: Durbon Center, South San ISD, 2737 Bobcat Lane, San Antonio, Texas 78224 (210) 977-7390**
- **Open to Public and Private School, All-Star, Youth and Recreation Cheer and Dance Teams**
- **Registration Fee: \$30 per participant prior to October 17, 2009  
\$35 per participant after October 18, 2009  
Two (2) coaches or directors free  
\$25 per individual competitor (Best Cheerleader, Best Dancer, and Group Stunts)**
- **Registration Deadline: November 8, 2009**
- **Spectator Fee: \$5.00 per person w/two (2) canned or dry goods / \$8 per person without**
- **Children under five (5)-free**
- **T-shirt for each participant**
- **Special Award for teams with most food donations**
- **Special Award for "MOST SPIRITED" fans**

*SPECIAL SUPER SAVER (Register for both Spirit of Giving and Cheer Star Texas State Competition) prior to October 17<sup>th</sup> and receive 10% discount on both registration fees.*

## **Performance Information**

*Maximum of 36 members per cheer squad (including mascot if mascot performs during routine)  
Maximum of 50 members per dance team/squad*

### **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

## **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](http://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](http://www.usasf.net)*

## **Performance Requirements**

### **Cheer**

- *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.*

### **Dance**

- *The routine time is 2 minutes and 15 seconds. 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.*
- *Intermediate, Non-Mount, Non-Tumbling, and Game Day Divisions available*

### **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. 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. Three minutes will be allocated for each.

### **Awards**

- Placement trophies will be awarded to all teams and individuals competing. Special awards will be presented to Most Food donated and Most Spirited FANS. All participants will receive a T-shirt.

### **Judges**

- The judges for the competition will be qualified, experienced judges with a thorough knowledge and background in cheerleading.

**Hotel Information** – These are suggested hotels downtown and near the competition location La Quinta Inn and Suites, 100 Durango (78204) – (210) 212-5400 (All Suites)

Radisson, 502 W. Durango (78204) – (210) 224-7155

Holiday Inn Downtown, 318 W. Durango (78204) – (210) 225-3211

Courtyard by Marriott, 600 S. Santa Rosa Ave (78204) – (210) 229-9449

### **Registration**

- **All registration fees must be paid in full by Saturday, November 8, 2009. Checks and Credit cards accepted. 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](mailto:info@cheerstarproductions.com)**

### **Cancellations**

- *Penalty fee \$15.00 non refundable per participant for cancellations and a \$30.00 fee for division changes after 11/09/09.*