



## *Texas Cheer and Dance Championship*



### General Information

- **Date of Event: Sunday, December 6, 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: \$50 per participant prior to November 14, 2009  
\$55 per participant after November 15, 2008  
Two (2) coaches, sponsors, or directors free  
\$35 per individual competitor (Best Cheerleader, Best Dancer, and Group Stunts)**

*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.*

- **Registration Deadline: Monday, November 30, 2009**
- **Spectator Fee: \$10.00 per person**
- **Children five and under – free**
- **Special Prizes and Awards**
- **Grand Champions – All Star and School Teams with the highest points receive **\$1000****
- **Special Spirit Award for most SPIRITED fans**

### 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.*
- *Intermediate, Non-Mount, Non-Tumbling and Game Day Divisions available*

### ***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.*

### **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 Cheerleader 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.*
- *State Championship trophies and banners will be awarded to the top scoring all star team in each Level (Level 1, 2, 3, 4, & 5)*
- *State Championship trophies and banners will be awarded to the top school by UIL classification (1A, 2A, 3A, 4A, 5A, Jr. High/ MS, Freshman/JV, Elementary/Recreation)*

- *T-shirt and bag for all participants*
- **\$1000 CASH** will be awarded to the overall top scoring All Star Team and School team. Banners will be awarded to division winners.
- *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.*

### **Miscellaneous**

- *High schools will compete for state championship by UIL classification (1A, 2A, etc.) See registration form for divisions.*

### **Hotel Information** – These are hotels near the competition location:

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

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

### **Registration**

- **All registration fees must be paid in full by Monday, November 30, 2009. Make checks payable to Cheer Star Productions.**
- **Mail registration and medical release forms to**  
**Cheer Star Productions**  
**P. O. Box 260165**  
**Plano, TX 75026**

**For additional information call (210) 883-6002 or (972) 904-9868**

**Email [info@cheerstarproductions.com](mailto:info@cheerstarproductions.com)**

### **Cancellations**

- *Penalty fee \$20.00 non refundable per participant for cancellations and a \$30.00 fee for division changes after 12/1/09.*