

2020 CCSD Middle School Classic

Saturday, February 8, 2020 at Foothill High School

Hosted by Foothill High School, in cooperation
with CCSD Student Activities



Contact Information:

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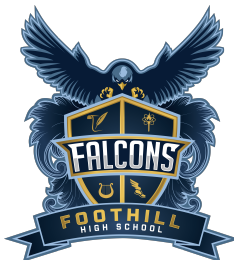


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General Information

All competition information can also be found at FoothillCheer.Net

Competition to be held at:

Foothill High School
800 College Dr.
Henderson, NV 89002
February 8, 2020

Registration Information

Registration will be online for the 2020 Middle School Classic. On page 18 you will find the registration form. Once the form is complete, click the following link to upload your registration form. Once your registration form is submitted, an invoice will be emailed to you.

Link to online registration:

<https://forms.gle/ui6nA7X4jq2tmPaV7>

****Registration will close Friday, January 24, 2020. Registration will not be accepted after January 24, 2020****

Roster

A roster containing all team members and all team members GPA's is required for each participating team. Please complete the roster found on page 22 and submit with your online registration or mail it with your payment to Foothill High School Attn: Kaela Boersma (Cheerleading Coach). The completed roster MUST be received prior to February 8, 2020. **The roster on page 22 is the only roster that will be accepted*

Entrance Fees

Best Cheerleader Division: \$10.00 per performer **Maximum 2 best cheerleaders per school*

Group Stunt Division: \$50.00 per stunt group **Maximum 4 stunt groups per school*

Show Cheer Division: \$25.00 per cheerleader

Exhibition Performance: \$15.00 per performance **Elementary, Middle/ Junior High and High School teams welcome*

Payments

All payments should be in the form of a check made out to Foothill High School and mailed to Foothill High School Attn: Kaela Boersma (Cheerleading Coach). All payments MUST be received prior to February 8, 2020. **Payments will not be accepted the day of the competition*

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Divisions

This year there will be three Show Cheer and Group Stunt divisions; novice, intermediate and advanced. All division limitation information can be found on pages 9-10. Divisions are subject to change based on the number of entries. If any changes are made, the teams' coach will be notified.

Rules and Regulations (By Category)

Included in this section are rules and guidelines to follow for the 2020 Middle School Classic. Information can be found on pages 6- 8. Additionally, there is a Rules & Regulations Acceptance Agreement, found on page 21. This form **MUST BE SIGNED** by both the coach and the school's Activities Administrator and mailed with your payment to Foothill High School Attn: Kaela Boersma (Cheerleading Coach). The Rules & Regulations Acceptance Agreement **MUST** be received prior to February 8, 2020.

Medical Release Form

A parent/ medical release and liability form can be found on pages 19- 20. (Two- page document) An original completed release form for each participant must be turned in upon check in on the day of the event by the coach.

Spectator Admission Prices

Adults- \$7.00
Students- \$5.00 (K- 12)
Under 5- No Charge
Cash Only

Trophies and Awards

All participants will receive a ribbon. Trophies will be provided to the top 50% of teams in each show cheer and group stunt divisions. In the best cheerleader division, the top 3 cheerleaders will receive a trophy. The routine with the highest score of the day will receive a "Grand Champion" banner. Teams that participate in the exhibition division will receive a participation certificate.

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. An email will be sent to all participating coaches when the schedule is available.

Competitor Warm- Up Area

There will be assigned warm-up times for each team. All teams should report to the warm-up room at the check-in time noted on the final schedule. All teams will have the opportunity to visit three warm-up stations, including: stretching (floor), tumble strips (3 mats) and stunt strips (4 mats). Group/Partner stunts and Best Cheerleader competitors will visit a stretch station and a 4-panel warm- up station. All teams will perform on a carpet-bonded foam mat floor measuring 54'x 42' (9 strips).

Competitor Entrance and Seating

All team members will receive a wristband. Two complimentary wristbands will be provided per school for coaches/advisors. The WEST (GIRLS) side of the gymnasium will be reserved for participant seating and participant bathrooms. No spectators will be allowed on the WEST (GIRLS) side of the gymnasium at any time. Directions will be available at the time of check-in.

Sportsmanship Award

One team will be awarded the Sportsmanship Award as voted on by competing coaches, judges and volunteer staff. The award will be presented at the awards ceremony at the end of the competition. A ballot for coaches will distributed at check-in, and should be turned into the music table immediately following the last performance.

Academic Award

One team will be awarded the Academic Award for having the highest team GPA as verified by CCSD Student Activities. When completing your team roster, please complete the students GPA section as well. To be considered for this award, you must submit completed roster with each cheerleader GPA's for THIS school year only and have the roster turned in prior to February 8, 2020. A school administrator must verify all GPA's.

Coach of the Year Award

One coach will be selected for the 2020 Middle School Classic Coach of the Year award. Each coach may nominate another coach based on his or her efforts. We are looking for a coach that goes above and beyond for their school, team, and community. The Coach of the Year nomination form can be found on the online registration site.

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Rules & Regulations

I. GENERAL CHEER RULES

A. Divisions:

Show Cheer

- Novice Show Cheer
- Intermediate Show Cheer
- Advanced Show Cheer

Group Stunt (4-5 cheerleaders)

- Novice Group Stunt
- Intermediate Group Stunt
- Advanced Group Stunt

Individual Best Cheerleader (1 cheerleader)

B. Uniform Guidelines:

- 1) All participants' uniforms must cover the midriff when standing at attention.
- 2) Any team in violation of the uniform guidelines will be assessed a six (6) point deduction.

C. Time Limitations:

1) **Show Cheer-** Each team's routine 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.

2) **Group Stunt-** In the group stunt division there is no requirement for a cheer portion. The total time limit is **one minute**. Timing will begin with the first movement, voice, or note of music, whichever comes first.

3) **Best Cheerleader-** In the best cheerleader division, there must be a cheer or sideline chant section and a musical section. The total time limit is **one minute and thirty seconds**. Timing will begin with the first movement, voice, or note of music, whichever comes first.

4) 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 the competition

and leave several seconds as a cushion to allow for variations in sound equipment)

5) Organized 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 exists or other activities after the official ending of the routine.

D. Music:

- 1) All music must be age and content appropriate.
- 2) Each team must have someone to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.
- 3) All Music must be on an IPOD or phone (a CD player WILL NOT be provided)
- 4) A music license agreement is required for all teams. Please have a copy upon check-in. If a license agreement is not provided, the team will count out their routine or use music provided by competition officials.
- 5) The team must provided any adapter needed to play music from a phone other than an AUX output.

E. Competition Area:

- 1) Participants must start in the competition area with at least one foot on the ground.
- 2) Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
- 3) Signs or props may be placed or dropped outside the competition area by a team member. It is recommended that any use or placement of signs be handled by participants and not by coaches.

II. INTERRUPTION OF PERFORMANCE

A. Unforeseen 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.

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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 the 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.

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 people 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) If the injured participant wishes to perform, they 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.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. Rules & Procedures:

1) Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach/ advisor 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:

1) 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

1) 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

1) 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.

2) Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. DEDUCTIONS

1) Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a six point (6) deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

VII. DISQUALIFICATION

1) 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.

VIII. FINALITY OF DECISIONS

1) By participating in this competition, 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

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and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

1) 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 coach or advisor at the conclusion of the competition.

X. JUDGING CRITERIA

1) The judges will score teams using the criteria listed on the score sheets. Each scoresheet will be worth 100 points. The judges' scores will be totaled together and then averaged. Any deductions or violations will be taken off of the averaged score. For more information on scoring, scoresheets and judging criteria, please contact Kaela Boersma. The scoresheets provided in this handbook are being used for the competition.

XI. 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) Coaches/ advisors 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.

(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.

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.

****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 program including advisors, coaches, assistants, squad members, parents, and administrators****

Note: The above rules and regulations 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 coach or advisor. 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.

Show Cheer/ Group Stunt Division Limitations

In addition to all rules covered in the "2019- 20 AACCA School Cheer Safety Rules," the following restrictions also apply to elementary schools and junior high/ middle school teams entering a Show Cheer – Novice, Intermediate or Advanced division and Group Stunt – Novice, Intermediate or Advanced division.

NOVICE Division Limitations:

TUMBLING

Standing tumbling:

1. Limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed.

For example, standing tucks and/or aerials are not allowed.

- *Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.*

Running tumbling:

1. Limited in difficulty to front and/or back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials, punch fronts, etc.

- *Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.*

STUNTS

1. Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.

2. Single leg stunts may not be held or pass through an extended position.

3. Twisting stunt transitions are limited to a ½ twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.

4. All release moves must land in a cradle.

5. The only stunt inversions allowed are:

a. Transitions from ground level inversions up to non-inverted positions. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.

b. Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.

c. Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

PYRAMIDS

1. All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.

2. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition.

3. Twisting pyramid transitions are limited to a ½ twist.

4. Pyramid inversions are not allowed.

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DISMOUNTS

1. Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

- *"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.*

TOSSES

1. Tosses are not allowed.

INTERMEDIATE Division Limitations:

TUMBLING

Standing Tumbling:

1. Limited in difficulty to a standing back handspring series and/or jump/handspring(s) combination. Tucks and/or aerials are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed.

- *Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.*

Running Tumbling:

1. Limited in difficulty to tucks. Round off back tucks and round off back handspring back tucks are examples of skills that are allowed. Aerial cartwheels are also allowed. Punch fronts are not allowed. Cartwheel tucks, cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill.

- *Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.*

STUNTS

1. Extended single leg stunts are allowed.

2. Only a ½ twist is allowed to any extended single leg stunt.

3. All other twisting transitions may not exceed 1 twisting transition.

4. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

PYRAMIDS

1. All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.

2. Pyramid inversions: A braced forward or backward flip is allowed while adhering to the "USA Cheer/AACCA School Cheer Safety Rules" rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position.

3. Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

1. Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.

2. Up to 1 twist is allowed from a platform position.

3. Up to 1¼ twists are allowed from any two leg stunts.

- *"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.*

TOSSES

1. Tosses are not allowed.

ADVANCED Division Limitations:

1. Advanced teams will follow the "2019-20 USA Cheer/AACCA School Cheer Safety Rules" with the following additional skill restriction for the division: **tosses are not allowed.**

Suggested Content of a Show Cheer Routine

Opening

- Starting with Music or Cheer
- Place hardest tumbling passes in opening when athletes are strongest and have best chance of performing good technique
- 1st thing crowd sees – has to be entertaining, effective & strong

Tumbling

- 4 to 5 - 8 counts are enough, after that we have seen everything
- Chase tumbling – synch gets off in round off
- Running tumbling to music and standing in cheer or sideline
- Not perfected – go front to back
- Well synched – side to side chase tumbling
- Great strong technique – Back to front
- Diamond formation hides bad technique

Cheer

- Words easy to understand and follow
- Use crowd involvement in your cheer
- Make signs legible and easy to read
- Standing tumbling only – hard to cheer in inverted position
- Time for traditional material

Formations

- Utilize entire floor surface
- Use more than 1 formation (bowling pin to windowed lines)

Transitions

- Make transitions flow from one performance to another like good mixed music
- Watch out for awkward silences
- Music to Cheer use sideline as a segway
- Shoulders facing front, when transitioning from formations
- Practice walking from one formation to another in slow motion

Ending

- Last thing they see, so make it strong

Tips for Choreographing a Routine

- Each scoresheet is broken down into categories. These categories and the point breakdown for each one may be different from one competition to another. It is important that the choreographer follow the scoresheet of the competition, and not only the personal criteria of what constitutes a good routine.
- If you are not familiar with a competition's criteria, request a scoresheet prior to the event in order to familiarize yourself with the sheet layout. You should also question any categories where you do not understand what the competition is looking for.

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General Routine Tips

Communication

- Communication is a combination of confidence, energy, facial expression and vocal expression. The cheerleaders should express confidence through their facial expressions and vocals. Teams should project high energy throughout the routine.
- Facial expressions should be a natural look with smiles. Facial expressions should not change during transitions to demonstrate that they are comfortable in the skills they are doing.
- The words should be clear, natural, and loud! Consider the number and age of participants when determining your score. They should keep a good volume during cheers and tumbling.

Motions

- Motions should be sharp, meaning they move quickly from one motion to another. Everyone performing a motion should have the same level or angle of motion, and the motions should be at the correct angle. For example, a "High V" should be at a 45-degree angle. Many teams, and especially flyers, hold their arms too high and make a "high V" almost a "Touchdown" motion.
- Motion technique calls for straight lines through wrists and elbows unless a specific motion calls for a bent arm.

Dance

- The dance section should include degrees of difficulty that include things like formation and level changes, footwork, intricate motions, execution, and rhythm. The dance should also have motions that are appropriate, fit well to the music, and are true elements of dance instead of just motions set to music.
- Dance segments should have a high level of energy and add entertainment value to the routine. This is accomplished by having movements that are fast-paced, yet easy to follow for the athletes. Facial expression and enthusiasm of the performers will add energy, and therefore points, to the dance category. Make sure dance is age appropriate.

Standing Tumbling and Running Tumbling (Two categories)

- In a scoring system where gymnastics skills are rewarded, a judge must first assess the degree of difficulty of such skills, both those performed by the entire squad as well as individuals.
- Synchronized tumbling skills are rewarded more than individual passes. Multiple tumblers performing a skill in unison will increase the overall difficulty of that skill.
- Secondly, a judge must determine the quality of execution of such skills from a purely gymnastics viewpoint. For example, a judge must take into consideration body position on back handsprings, height on back tucks, and landing technique on full twisting layouts.
- Thirdly, a choreographer must consider the effectiveness of such skills based on their placement in the routine. This also relates to their incorporation in cheer elements, where vocal quality can be affected by the timing of preparation, execution, and recovery. For example, running tumbling may not be as effective in the cheer portion of the routine because the participant can't lead the crowd from an inverted position. Instead, a seasoned choreographer will place standing tumbling in the cheer and utilize it as an effective tool for crowd involvement.

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Individual Best Cheerleader Guidelines

Participation: Each school may enter no more than 2 individual participants

Time limit: 1 minute and 30 seconds, maximum.

Music: May be used for the entire routine or just a portion of it. Prerecorded music should be low during the cheer portion, so that the judges can hear the participant's voice.

Routine: Should include the following: jumps, tumbling skills (standing or running), cheer/motions and a dance.

- These skills may be performed in any order
- Must perform at least 1 jump in routine

Tumbling: Skills are limited to 1 twisting rotation. Running and standing tumbling will be judged.

Jumps: Points are awarded based on jump difficulty as follows:

- 1-2 pts. 1 jump
- 2-3 pts. 2+ unconnected jumps
- 3-4 pts. 2+ basic connected jumps
- 4-5 pts. 2+ advanced connected jumps

** Advanced jumps include: herkie, hurdler, pike, double toe- touch

Scoring: Please consult scoresheet on pg. 14

BEST CHEERLEADER SCORESHEET

EXECUTION		TUMBLING	15	JUMPS	15	MOTIONS	15	DANCE	10
	Entries	-	@	+	-	+	-	+	
	Landings								
	Body Positions								
	Control								
	Arms & Legs								
	Flexibility								
	Timing								
	Skill Completion								
	Approaches								
	Landings								
	Body Positions								
	Arms								
	Legs								
	Height								
	Flexibility								
	Sync & Timing								
	Placement								
	Sharpness								
	Timing								
	Levels								
	Arms								
	Legs								
	Height								
	Flexibility								
	Sync & Timing								
	Tempo Variations								
	Difficulty								
	Incorporation								
	Tempo Variations								
	Floorwork								
	Elements								
	Transitions								
	Quantity								
	Variety								
	Difficulty								
	Speed of Dance								
	Choreography								
	Impression								
	Tempo Variations								
	Floorwork								
	Elements								
	Transitions								
	Quantity								
	Variety								
	Difficulty								
	Speed of Dance								
	Projection								
	Energy								
	Enthusiasm								
	Showmanship								
Voice									
	Use of Words								
	Crowd Interaction								
	Sportsmanship								
	1- 2 pts= 1 jump								
	2- 3 pts= 2+ unconnected jumps								
	3- 4 pts= 2+ basic connected jumps								
	4- 5 pts= 2+ advanced connected jumps								
	Standing								
	Running								
	Quantity								
Combinations									
Variety									
Level of Skills									
Jumps+Tumbling									
	Comments								
	Comments								
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Group Stunt Scoresheet

FUNDAMENTAL SKILLS	Maximum Points	Score
Base Technique	15	
Flyer Technique	15	
Stability of Stunts	20	
ROUTINE EXECUTION	Maximum Points	Score
Expression/Showmanship	10	
CHOREOGRAPHY	Maximum Points	Score
Creativity/Flow of Routine	10	
Degree of Difficulty	10	
ROUTINE	Maximum Points	Score
Perfection of Routine	20	
TOTAL	100	

Judge's Initials _____

Comments:

Show Cheer Scoresheet

CROWDLEADING ABILITY	MAXIMUM POINTS	SCORE
Crowd Effective Material	10	
Use of Motions/Props/Stunts to Lead the Crowd	5	
TUMBLING SKILLS	MAXIMUM POINTS	SCORE
Creativity, Execution	10	
Difficulty	5	
STUNTING SKILLS	MAXIMUM POINTS	SCORE
Creativity, Execution	10	
Difficulty	5	
PYRAMIDS	MAXIMUM POINTS	SCORE
Creativity, Execution	10	
Difficulty	5	
JUMPS	MAXIMUM POINTS	SCORE
Technique, Height, Flexibility	5	
DANCE	MAXIMUM POINTS	SCORE
Technique, Sharpness, Placement, Timing & Spacing	10	
TRANSITIONS	MAXIMUM POINTS	SCORE
Creativity, Flow of Routine	5	
SHOWMANSHIP	MAXIMUM POINTS	SCORE
Performance, Energy, Confidence	10	
OVERALL IMPRESSION	MAXIMUM POINTS	SCORE
	10	
TOTAL	100	

Judge's Initials _____

Comments:

Safety and Routine Deductions Scoresheet

Judged By: _____

DROPS AND FALLS:

BOBBLES (.5 pt deduction)- Includes touching down on tumbling (hands or knees depending on the skill); stunts that almost fall but are saved; incomplete twists when cradling

FALLS (1 pt deduction)- Includes dropping a stunt but still catching the top person

MAJOR FALLS (1.5 pt deduction)- Includes dropping a stunt/ top person all the way to the floor; major tumbling falls

PYRAMID COLLAPSES (2 pt deduction)- Includes at least half a pyramid completely collapsing; if only one stunt group falls but the remaining groups stay up then either a 1 or 1.5 pt deduction will be applied

BOBBLES: _____ **X 5 =** _____

FALLS: _____ **X 1 =** _____

Major Falls: _____ **X 1.5 =** _____

Pyramid Collapses: _____ **X 2 =** _____

SUB- TOTAL

ILLEGAL SKILLS INFRACTION- DIVISION LIMITATIONS AND OVERALL:

(3 pt deduction) – Per occurrence, for a skill performed in a division in which the skill exceeds the restrictions of the division limitations (i.e. performing twist cradle in the novice division, when only straight cradles are allowed)

(6 pt deduction) – Per occurrence, for skills performed in a routine that are illegal and against the rules outlined in the "2019- 2020 AACCA School Cheer Safety Rules", the "2019- 2020 NFHS Spirit Rules" and the "2020 Middle School Classic Rules and Regulations."

of Division Illegalities Performed: _____ **X 3 =** _____

of Overall Illegalities Performed: _____ **X 6 =** _____

SUB- TOTAL

ROUTINE LENGTH:

Total show cheer routine length= 2 minutes and 30 seconds maximum

- 1 minute and 30 seconds maximum music length
- 1 minute maximum cheer length

Total group stunt routine length= 1 minute maximum

Total best cheerleader routine length= 1 minute and 30 seconds maximum

SUB- TOTAL

of Seconds Over The Maximum Time: _____ **=** _____ **points deducted**

(3-5 seconds= 3 pts/ 6- 10 seconds= 5 pts/ 11 and over= 7 pts)

Comments:

Total Points Deducted:

Judges Signature: _____

2020 Middle School Classic Registration Form

School name: _____			
School address: _____			
Head coach name: _____			
Head coach email: _____			
Head coach phone number: _____			
Best Cheerleader Division			
Division:	Name of participant:	Cost per participant:	Sub- total cost:
Best Cheerleader #1		\$10.00	
Best Cheerleader #2		\$10.00	
Group Stunt Division			
Division:	# of groups:	Cost per group:	Sub- total cost:
Novice		\$50.00	
Intermediate		\$50.00	
Advanced		\$50.00	
Show Cheer Division			
Division:	# of participants	Cost per participant:	Sub- total cost:
Novice		\$25.00	
Intermediate		\$25.00	
Advanced		\$25.00	
Exhibition Division			
Division:	# of participants	Cost per performance:	Sub- total cost:
Elementary School		\$15.00	
Middle School/ Junior High		\$15.00	
High School		\$15.00	
Total number of participants:		Total cost:	
Total number of division entries:			

Please submit this registration form to the online registration link. The link can be found on page 3 of the informational packet or on FoothillCheer.Net.

Should you need to update your registration form or if you have any questions, please email Kaela Boersma, Boerskr@nv.ccsd.net.

2020 CCSD
Middle School Classic

Medical Release Form:
To be turned in upon check in on day of event.

*IN ORDER TO COMPETE, THIS FORM
MUST BE COMPLETED BY EACH PARTICIPANT*

Minor's Name:

Name of Parent or Legal Guardian:

Address:

Email:

School:

City, State, Zip:

Division:

Daytime Phone Number ()

Evening Phone Number ()

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 Foothill High School. I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Foothill High School, Clark County School District, and any employees or volunteers at the Event (hereinafter collectively "Releases"), from any and all liability whether caused by negligence of the Releases 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 Releases and Releases' 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 Releases any loss or costs Releases 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 Releases 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 Releases 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 Releases 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.

2020 CCSD
Middle School Classic

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 release to obtain necessary medical treatment for Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless release 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):

Allergic to (if any):

I acknowledge that the Minor suffers from the following conditions:

I, _____ in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases 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: _____

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: _____

2020 CCSD
Middle School Classic

Activity Administrator/ Coach - Rules & Regulations Acceptance Agreement

To be mailed with your payment to Foothill High School.

Must be received prior to February 8, 2020

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. As the coach/ advisor I understand that I must supervise my team throughout the duration of the event; this includes arrival and departure of cheerleaders.

Finality of Decisions

By participating in this classic, 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.

School

Date

Activity Administrator Signature

Coach/ Advisor Signature

2019- 2020 Team Roster

***To be mailed with your payment to Foothill High School or submitted via online registration.
Must be received prior to February 8, 2020.***

School Name: _____

Team Division: _____

[illegible]

Activity Administrator Signature: _____

Coach/ Advisor Signature: _____

2020 CCSD
Middle School Classic

Contact Information and Questions

*Should you have any questions, please feel free to contact
Kaela Boersma, Foothill High School head cheerleading coach.*

Kaela Boersma
Boerskr@nv.ccsd.net

Foothill High School Address:

800 College Dr.
Henderson, NV 89002

We look forward to seeing you and your team on February 8, 2020
for the 2020 Middle School Classic!

