

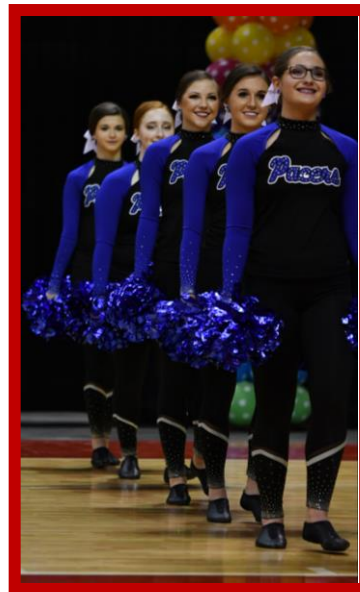


2020 Nebraska State Dance Championships

* Hosted by the Nebraska Coaches Association, in cooperation with the NSIAAA and the Nebraska High School Sports Hall of Fame Foundation

* Friday, February 21, 2020 (ALL CLASSES)

Heartland Event Center in Grand Island, NE



Photos courtesy of Callam Sports Photography

NCA Mailing Address:

500 Charleston St Ste 2
LINCOLN, NE 68508

Contact Info:
402-434-5675
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Registration Deadline: FRIDAY, JANUARY 10!



State Championships

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**2020 Nebraska State  
Dance Championships  
February 21, 2020 (ALL CLASSES)  
Heartland Event Center  
Grand Island, NE**

**General Competition Information**

**Registration**

Only **varsity** teams from NSAA member schools are eligible to compete in the State Championship.

**REGISTRATION IS ON-LINE** and is available on our website. Go to [www.ncacoach.org](http://www.ncacoach.org) – click on the Cheer & Dance tab and follow the link 'Register for the 2020 State Cheer & Dance Championships'.

The first page of the on-line registration will be for cheer teams. Dance teams should click on the link **[Skip to the Dance Entry Form](#)** near the top of the page.

Every student competing must be included on the on-line registration form. There is a one-time cost of \$110.00 per team for up to 10 members. There is an additional charge of \$10.00 per person over 10 team members. If your team chooses to compete in more than one category there is an additional \$50.00 fee. Only TWO categories may be entered per team.

**\*\*\*REGISTRATION DEADLINE IS FRIDAY, JANUARY 10, 2020\*\*\***

## **Categories and Classes**

Information may be found on pages 8-9. At the time of registration closing (1/10/2020) there must be a minimum of at least FOUR TEAMS registered for the category (per class) to be included as a state championship event within the classification of schools. The NCA reserves the right to merge or combine classifications. If your school enters a category that has fewer than four teams entered, your school will be able to select one the following choices:

1. Accept the merger of classifications within the category during the same day of competition;
2. Move to a new category of competition;
3. Receive a full registration refund.

No refunds will be issued to a school that drops from an event after the schedule of the state championship is released. If the number of schools competing in a category drops below four school entries after the schedule is released, the category will remain as scheduled with full awards.

## **Medical Release Form**

A parent/medical release form may be found on pages 17-18. (Two-page document) **An original completed release form for each participant must be mailed to the NCA office at least one week prior to the event.**

## **Rules and Regulations (by category)**

Included in this section are rules, information and guidelines for developing dance routines. Sample score & deduction sheets can be found on pages 14-16. **Each registration must also be accompanied by the Rules & Regulations Acceptance Agreement, found on page 19. This form MUST BE SIGNED by both the coach and the school's Athletic/Activities Director.** Also included on this required form is the **MUSIC COPYRIGHT COMPLIANCE STATEMENT**, which will require your signature. You will also be required to provide a copy of your music proof of purchase.

## **Score sheets**

Scoresheets are available in a separate document from the website [www.ncacoach.org](http://www.ncacoach.org), under the cheer/dance tab.

## **Admission Prices**

ALL SEATS GENERAL ADMISSION - \$10.00/person  
(Two years & under, free lap seating)

Advanced purchase General Admission Seating now available

\*\*\*Advanced purchase tickets are NONREFUNDABLE\*\*\*

<http://www.ncacoach.org/uploads/ticketorderform.pdf>

## **Trophies and Medals**

Trophies will be provided to the 1<sup>st</sup> and 2<sup>nd</sup> place teams in each category. Individual medals will be awarded to participants on each first place team. **Top FOUR teams in each category will be announced during the awards ceremony.**

## **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 on the NCA website at [www.ncacoach.org](http://www.ncacoach.org). An email will be sent to all participating coaches when the schedule is posted.

## **Competitor Warm-up Area**

Information regarding warm-up area and time and space for storing team equipment will be available at check-in the day of the competition.

## **Competitor Entrance/Parking**

Team entrance and parking will be on the SOUTH side of the Bosselman Conference Center. **Only participants and coaches will be allowed to enter through the registration area.** All others must enter through the regular spectator entrances located on the southeast side of the building or on the north side of the building.

## **Event Center Map/Driving Directions**

A map of the venue, along with driving directions, may be found on the Heartland Event Center website at [www.heartlandeventcenter.com](http://www.heartlandeventcenter.com)

Heartland Event Center  
700 E Stolley Park Rd, PO Box 490  
Grand Island, NE 68802-049  
Telephone: 308-382-4515

## **Lodging Information**

Area hotels provide services that are critical to the success of the State Cheer and Dance Championships. The Grand Island/Hall County Convention & Visitors Bureau website has a complete listing of area hotels on their website. Please visit [www.visitgrandisland.com](http://www.visitgrandisland.com) for lodging information.

## **Pictures/DVD**

Callam Sports Photography will be providing team photos and action photography of the event. Information and order forms will be available on the NCA website ([www.ncacoach.org](http://www.ncacoach.org)).

Mr. Video will be on-site, producing DVD's. Information and order forms will be available on the NCA website ([www.ncacoach.org](http://www.ncacoach.org)).

## **State Championship Apparel by Custom Sports**

Please visit our website ([www.ncacoach.org](http://www.ncacoach.org)) for further information regarding state championship apparel. Click on the Cheer & Dance tab and follow the link for Custom Sports.

## **Spirit Award**

The Spirit Award, sponsored by Mr. Video, will be presented again this year. ONE TEAM (across all classes) will be presented with the award AS VOTED BY THE COMPETITION EVENT STAFF. The award, which will be a monetary donation in the selected team's name to the TeamMates mentoring program, will be presented at the completion of the Awards ceremony.





# 2020 NEBRASKA STATE DANCE TEAM CHAMPIONSHIPS

\*Please read, sign, and return the completed portion at the bottom of this section\*

## I. GENERAL RULES

### A. CATEGORIES

#### Jazz

Class A  
Class B  
Class C1  
Class C2  
Class D

#### Hip Hop

Class A  
Class B  
Class C1  
Class C2  
Class D

#### Pom

Class A  
Class B  
Class C  
Class C2  
Class D

#### High Kick

Class A  
Class B  
Class C1  
Class C2  
Class D

1) A team may opt to move up and compete in a larger class; however, a team may not move down and compete against a smaller class. (Example: A Class B team competing in a Jazz routine may opt to compete against Class A Jazz teams. They may not compete against Class C or D Jazz teams.) Only Varsity teams will be allowed to compete. Teams must be from NSAA member schools only. **A School's class size is determined by using the NSAA classification for girls' basketball.** No All-Star or Studio teams are allowed. There will be four categories in the Dance division. **Teams may enter two of the four available categories.** This must be specified on the registration form.

### B. CATEGORY DESCRIPTIONS

\*\* = Indicates limited lifting allowed with head coach AACCA certification – see page 12 for more information.

\*\* **JAZZ** - A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture an

audience and judges' attention. Having your own "style" will distinguish your team apart from the rest.

\*\***POM** - Poms must be used in at least 80% of the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as 'one'. A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more 'traditional' theme, whereas jazz routines are more stylized. See score sheet for more information.

**HANDS FREE POMS – The use of hands-free poms will be allowed. Hands-free poms are defined as poms with a strap across the palm of the hand, making them easily transferrable to place a clean hand on the ground for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.**

\*\* **HIP HOP** - Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work.

\*\***HIGH KICK** - The emphasis will be on synchronization, choreography, and technique. **Each routine must have at least 60 kicks.** We suggest that your routine have more than 60 kicks to ensure meeting the minimum requirements. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor. At least half of the team must execute a kick in order for it to be counted.



Passé, turn sequences, toe taps, **all flicks other than flick kicks above 90 degrees**, etc., will not be counted as kicks. Note that can-can kicks (any time the leg extends at or above 90 degrees, bends, and extends again at or above 90 degrees) will be defined as separate kicks.

## II. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of the Tournament Director. **The judging panel will be split, with half judging Execution and half judging Choreography. Each section will be averaged, and then the Execution section average will be added to the Choreography section average. All judges will evaluate Communication/Projection and Overall Impression, and this score will be averaged among all judges.**

**Below is a breakdown of score calculation. Sample scoresheets can be found on the NCA website under the Cheer/Dance tab.**

**Execution average – 40 pts**  
**Choreography average – 40 pts**  
**Communication/Projection average – 10 pts**  
**Overall Impression average – 10 pts**  
**Final Score – 100 pts**

## III. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. All ties in each division or group will remain with the exception of first place. **In the event of a first place tie, the tie will be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will then be used to break the tie. Should a tie still remain, the ranking points from the “Overall Effect” portion of the scoresheet will be used to break the tie.** After the competition, teams will receive the judges' score sheets and comments for their team, as well as a ranking sheet with the names & scores of all teams in their group. No scores or rankings will be given over the telephone. **JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY SPIRIT.**

## IV. HOW TO HANDLE PROCEDURAL QUESTIONS

### A. RULES & PROCEDURES

1) Any question concerning the rules of the competition will be handled **exclusively** by the advisor/coach of the team and shall be directed to the Event Director. Such questions should be made prior to the team's competition performance.

### B. PERFORMANCE

1) Any questions concerning the team's performance should be made to the Event Director immediately after the team's performance. **Coaches will have 15 minutes from when their deduction worksheet is received to dispute the ruling. Any disputes made after that time frame will not be considered. If a dispute is submitted, the entire routine will be reviewed, including the deduction in question.**

## V. SPORTSMANSHIP

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 any other persons affiliated with the team conduct themselves accordingly. Note that noisemakers of any kind are prohibited at this competition (i.e. drums, horns, bells, etc). **Severe cases of unsportsmanlike conduct are grounds for disqualification.**

## VI. INTERRUPTION OF PERFORMANCE

### A. UNFORSEEN CIRCUMSTANCES

1) If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.

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 TEAM

- 1) In the event a team's routine must be interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
- 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 persons 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) The injured participant that wishes to perform 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.
  - b) If medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. In the event of a suspected concussion/head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

## VII. INTERPRETATIONS AND/OR RULINGS

Any INTERPRETATION of any aspect 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 consist of the NCA, Event Director, and Head Judge.** 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.

## VIII. DISQUALIFICATION

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.

## IX. FINALITY OF DECISIONS

PLEASE SEE THE BOTTOM OF THE RULES & REGULATIONS ACCEPTANCE AGREEMENT.

## X. TOURNAMENT FACILITY

- 1) The competition is scheduled to be held at The Heartland Events Center in Grand Island, Nebraska.
- 2) The performance floor will be the size of a regulation basketball court – approximately 94 feet x 50 feet.
- 3) The tournament officials shall have the right to alter the time and location of the competition, or cancel, in the event changes become necessary due to inclement weather, facility problems, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

**XI. PENALTIES** A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

- **0.5 points** – Performance Error (ex. touching down on an aerial cartwheel with non-hands free poms in hand)
- **1.0 points** – General Rules Violations including (but not limited to) time infractions, inappropriate music, costuming, or choreography, not enough kicks, costume/shoe rule, exceeding performance floor boundaries, etc.
- **1.5 points** – Routine safety violations (ex. illegal lifts in all categories, lifting with non-hands free poms in hands, etc.).

**\*\*\*\* It is highly recommended that you send a video of any tumbling, tricks, partner work, or lifts for review.** If you have any questions concerning the legality of a move or trick, please send a video to your Varsity Spirit State Director, Samantha Zust, at [szust@varsity.com](mailto:szust@varsity.com). Videos may only be submitted by the head coach of the team. Please include your name, the team name, and a contact phone number. **Videos received less than 2 weeks prior to the competition will not be reviewed.** Text messages containing videos or videos from choreographers will not be allowed. \*\*\*\*

## **XII. COMPETITION ROUTINE GUIDELINES**

- 1) Substitutions may be made in the event of injury or other serious circumstance. Substitutes must also abide by the rules & regulations in all divisions in which they compete.
- 2) Formal, excessive, & choreographed entrances which involve dance, technical skills and all traditions/chants are not permitted. Dancers should enter in a timely fashion.
- 3) All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, feathers, glitter, etc).
- 4) Teams will have a maximum of 2 minutes 15 seconds (2:15) to demonstrate their style and expertise. If a team exceeds the time limit by more than 3 seconds, they will be penalized.
- 5) Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is first.

## **XIII. MUSIC**

- 1) **For the most up to date music and copyright licensing information, visit [www.varsity.com/music](http://www.varsity.com/music).** If you have any questions, dance coaches should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please check the Preferred Provider list at <https://www.usacheer.org/music/preferred-providers> for updates and changes periodically.
- 2) **Teams must provide proof of licensing, in the form of a printed copy, during registration at the event.**

3) Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.

**4) All music MUST be on MOBILE DEVICE. Please bring any necessary adapters for your device to fit a standard, 3.5mm auxiliary cord. Please have back-up music readily available on an alternate mobile device or CD.**

## **XIV. CHOREOGRAPHY/COSTUMING**

- 1) Routine choreography should be appropriate and suitable for family viewing and listening of all ages. Vulgar or suggestive material, choreography and/or inappropriate music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. **Music containing words unsuitable for family listening is not allowed. This includes (but is not limited to) swearwords, connotations of inappropriate behavior, etc.**
- 2) Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (example: roller skates, roller blades, Heely's, etc). Wearing socks and/or footed tights only is not allowed.
- 3) The use of powder, glitter or any other airborne substance that lingers in the competition area shall be strictly prohibited.
- 4) All costuming & makeup should be age appropriate & acceptable for family viewing.
- 5) When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- 6) Jewelry as part of the costume is allowed.

## **XV. PROPS**

- 1) Props are not allowed. A prop is defined as anything that is danced with that is not attached to your costume at all times. Articles of clothing, such as jackets, headbands, sunglasses, hats etc. may be removed from the body and discarded;

these items may not have any choreographed movement done with them. If taken off and danced with, it becomes a prop. Poms being used in a pom routine do not count as props.

## **XVI. TUMBLING AND TRICKS (Executed by individuals)**

Tumbling and/or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling is allowed, but not required, in all divisions with the following limitations:

**\*Note: The following are lists of commonly known dance skills. This does not mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal.\***

### **ALLOWED**

Aerial Cartwheels  
**Front Handsprings**  
**Branny**  
**Side Somi**  
 Forward/Backward  
 Rolls  
 Shoulder Rolls  
 Cartwheels  
 Headstands  
 Handstands  
 Backbends  
 Front/Back Walkovers  
 Stalls /Freezes  
 Head Spins  
 Windmills  
 Kip Up  
 Headsprings  
 (with hand support)  
 Round Off

### **NOT ALLOWED**

Front Aerials  
 Layouts  
 Toe Pitch Back Tucks  
 Back Handsprings  
 Dive Rolls  
 Front/back tucks  
 Shushunova  
 Headsprings (w/o  
 hand support)  
 Continuous double  
 (partner) cartwheels

1) Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support & aerial cartwheels no connected to any tumbling skills are allowed).

**2) If a team chooses to use hands free poms for aerial cartwheels and/or side somis, and later touches down, the poms MUST be flipped off of the hand, or a penalty will be assessed. Simply wearing the hands free poms for the aerial cartwheel does not make it legal if they are not used correctly.**

**3) If a team chooses to use non- hands free poms for aerial cartwheels and/or side somis, they MUST be moved to one hand. If a dancer later touches down with the hand that holds both poms, a penalty will be assessed. There are no exceptions to this rule.**

4) Tumbling skills with airborne hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed, 4 are not).

5) Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.

6) **Choreographed** drops to the knee, thigh, front, back, head, shoulder or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.

7) Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are NOT permitted.

8) Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: this rule refers specifically and only to the 'rubber band' / 'bronco' kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

## **XVII. WEIGHT BEARING SKILLS**

Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward & backward rolls are allowed.) The use of hands free poms for hip over-head skills is allowed. Please reference the Hands Free Poms Section (B – Category Descriptions) for more details.

## **XVIII. DANCE LIFTS**

### **(Executed by partners or groups)**

**Limited lifting is allowed in ALL categories for teams with coaches who are AACCA certified. Lifts in the pom category must be executed without poms in hand or with hand-free poms in hand. A lift is defined as an individual being supported above the level of the floor by another individual or individuals of any time. Please visit**

## **XIX. RELEASE MOVES**

### **(Unassisted Dismounts to the performance surface)**

1) Executing dancer may jump, leap, step, or push off a supporting dancer if:

a) The highest point of the released skill does not elevate the Executing Dancer's **FEET** above head level **of the supporting dancer. (Exception: toe touches off a dancers back / leapfrog jumps will be allowed)**

b) The Executing Dancer may not pass through the prone or inverted position after the release.

c) Toe pitch back tucks are not allowed.

2) Supporting Dancer may release/toss and Executing Dancer if:

a) The highest point of the release/toss does not elevate the Executing Dancer's hips above head level **of the supporting dancer.**

b) The Executing Dancer is not supine or inverted when released.

c) The Executing Dancer does not pass through a prone or inverted position after release.

d) Toe pitch back tucks are not allowed.

## **XX. TEAM PARTICIPANTS**

1) There is no limitation on the number of team members. If teams perform in more than one category, it is recommended (but not required) to have the same number of dancers in each category. However, you must choose the category with the most dancers as the first category when competing the registration. NOTE: If your team has any male dancers that choose to perform in pom, they are not required to hold poms.





**NEBRASKA STATE CHEER & DANCE CHAMPIONSHIP**  
**Heartland Event Center, Grand Island, NE**  
**February 21 & 22, 2020**

**IN ORDER FOR A PARTICIPANT TO COMPETE, A COPY OF THIS FORM MUST BE COMPLETED BY EACH PARTICIPANT AND RETURNED TO THE NCA OFFICE NO LATER THAN FEBRUARY 17**

**LIABILITY RELEASE AND WAIVER FORM**

Minor's Name \_\_\_\_\_  
 Name of Parent or Legal Guardian \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 School \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Division \_\_\_\_\_  
 Daytime Phone Number (\_\_\_\_) \_\_\_\_\_ Evening Phone Number (\_\_\_\_) \_\_\_\_\_  
 Event Location \_\_\_\_\_ Event Date \_\_\_\_\_ Cheer [ ] Dance [ ]

**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 Varsity Spirit Corporation ("Varsity Spirit") d/b/a Universal Cheerleaders Association ("UCA"), d/b/a Universal Dance Association ("UDA"), NSG Corporation ("NSG") d/b/a/ National Cheerleaders Association ("NCHA") and d/b/a National Dance Alliance ("NDA"), Nebraska State Interscholastic Athletic Administrators Association (NSIAAA) and the Nebraska Coaches Association (NCA). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit, NSG, The Heartland Event Center, on whose premises the Event will occur (hereinafter the "Location"), the affiliates of Varsity Spirit, NSG, and the Location, American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") and the respective directors, officers, representatives, members, agents and employees of Varsity Spirit, NSG and their respective affiliates, NSIAAA, and the NCA (hereinafter collectively "Releasees"), from any and all liability whether caused by negligence of the Releasees 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 Releasees and Releasees' 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 Releasees any loss or costs Releasees 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 Releasees 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 Releasees 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 Releasees 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. Varsity Spirit Corporation d/b/a/ UCA and/or UDA, NSG Corporation d/b/a NCHA and/or d/b/a NDA, AACCA, NSIAAA and NCA are not responsible for participants' supervision.

**Appearance Agreement:** I understand that Varsity Spirit d/b/a UCA and/or UDA, NSG d/b/a NCHA and/or NDA, from time to time, produces promotional material relating to its programs. I understand that as participant and/ or a spectator at the Event that Minor may be included in videotapes, dvd's, pod casts and video casts or photographs taken during the Event. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to Varsity Spirit d/b/a UCA and/or UDA, NSG d/b/a NCHA and/or NDA, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape Minor and to utilize such videotapes and photographs and Minor's name, face likeness, voice and appearance as a part of the Event or in any other media now in existence or hereafter developed, in advertising and promoting the Event, in advertising and promoting similar future events or in advertising and promotions relating to Varsity without reservations and limitations. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges herein granted. I waive any right to inspect or approve the programs, copies thereof and any promotional materials related thereto.

**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 Varsity Spirit, NSG, NSIAAA, the NCA to obtain necessary medical treatment for Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees 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, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees 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:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
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 \_\_\_\_\_



Complete the form and return by FEBRUARY 17, 2020 to:

**Nebraska Coaches Association  
500 Charleston St, Ste 2  
Lincoln, NE 68508**

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**2020 Athletic Director/Coach - Rules & Regulations Acceptance Agreement**

**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.**

\_\_\_\_\_  
School

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Advisor/Coach signature

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**2020 MUSIC COPYRIGHT COMPLIANCE STATEMENT**

**I confirm that I have reviewed the Music Guidelines and understand the Copyright basics as presented by the Nebraska Coaches Association, and all sound recordings used in our team's music shall only be used with written license from the owner(s) of the sound recordings.**

\_\_\_\_\_  
Advisor/Coach signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Advisor/Coach name (please print)

\_\_\_\_\_  
Class\*

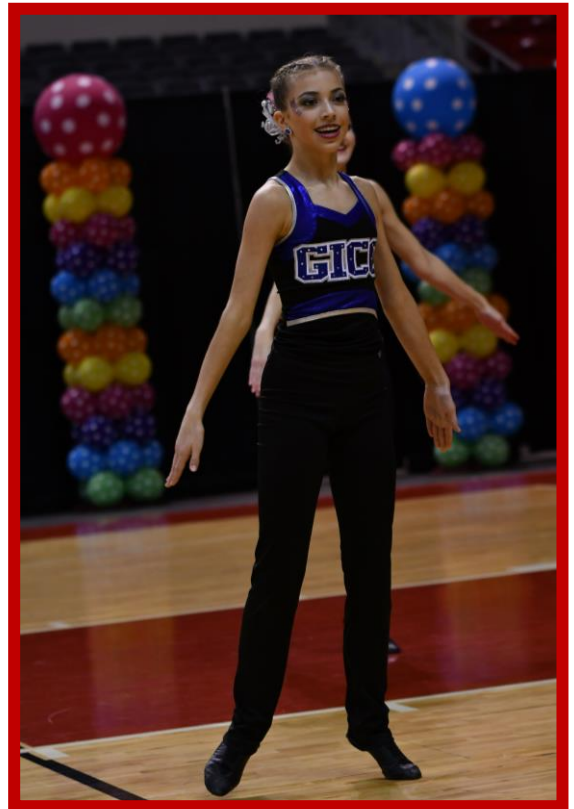
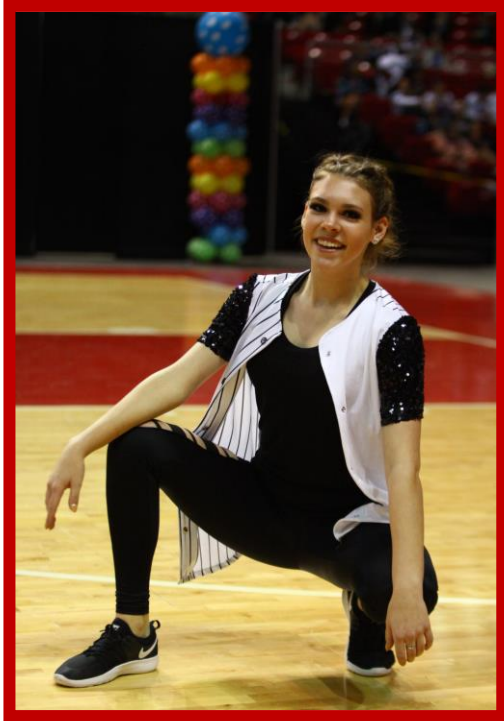
\_\_\_\_\_  
Division/Category

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**FINALITY OF DECISIONS**

By participating in this championship, 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. **JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY.**

\*Class – based on Nebraska School Activities Association classification for GIRLS' BASKETBALL.



Photos courtesy of Callam Sports Photography