



2021 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

* Wednesday, Feb 17 (Classes C & D); Thursday, Feb 18 (Classes A & B)

Heartland Event Center in Grand Island, NE



NCA Mailing Address:

500 Charleston St Ste 2
LINCOLN, NE 68508

Contact Info:
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Photos courtesy of
Callam Sports
Photography

Registration Deadline:

MONDAY, DECEMBER 14



State Championships

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**2021 Nebraska State
Dance Championships
Feb 17 (Class C & D) and Feb 18 (Class A & B)
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 – click on the Cheer & Dance tab and follow the link 'Register for the 2021 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 MONDAY, DECEMBER 14, 2020*****

Categories and Classes

Information may be found on pages 8-9. At the time of registration closing (12/14/2020) 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 14-15. (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 as a separate link on the NCA webpage. **Each registration packet must also be accompanied by the Rules & Regulations Acceptance Agreement, found on page 16. 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, under the cheer/dance tab.

Admission Prices

ALL SEATS GENERAL ADMISSION - \$10.00/person

Advanced purchase General Admission Seating available beginning February 1, 2021 – nonrefundable unless event is cancelled for health reasons – limited seats available. On-line ticket sales ONLY.

www.Etix.com

Trophies and Medals

Trophies will be provided to the 1st and 2nd 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. 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

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 for lodging information.

LIVE STREAMING/DVD/Pictures

Daily Live Video Streaming: Mr. Video will provide live video streaming of the competition each day. Cost is \$20.00 per-day.

Mr. Video will also be on-site, producing DVD's. Streaming Information and DVD order forms will be available on the NCA website (www.ncacoach.org).

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).

State Championship Apparel by Custom Sports

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



2021 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** - Jazz encompasses any range of jazz movement including but not limited to traditional jazz, contemporary, lyrical, musical theatre jazz, and jazz funk. Important characteristics include stylized dance movements and combinations, visual effects, and technical elements. Emphasis is

placed on proper technical execution, control, musical interpretation, and team uniformity.

****POM** - Pom routines must utilize poms during 80% of the routine. Important characteristics include proper pom placement, strength of movement, dance technique, and routine staging. Emphasis is placed on precision, visual effectiveness, athleticism, and team uniformity.

HANDS FREE POMS – The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface 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** - Hip Hop routines may include any street style movements (or combination of styles) that have evolved from the hip hop culture. Important characteristics include quality of movement, a grounded approach, creativity, flow, and control. Emphasis is placed on authentic style, execution, musical interpretation, originality and team uniformity.

****HIGH KICK** - A kick routine requires teams to have a minimum of 60 kicks, performed by at least half of the dancers. Important characteristics include variety of kicks/kick combinations, routine staging, creativity, and visual effects. Emphasis is placed on precision, timing, control, technique, and team uniformity (including height of kicks). Teams with an odd number of dancers will have the allowance of one less (example: a team has 15 members – both 8 dancers executing a kick AND 7 dancers executing a kick will count as the 'majority').

- **Leg Holds:** If the leg hold is lifted off the ground with force at or above 90 degrees and is performed by a majority of the team, it is considered a kick that counts toward the requirement.
- **Ripple/Contagions:** When a kick is performed in a ripple or a contagion by a majority of the team, it will count as one (1) kick toward the requirement.
- **Chasing Ripples/Pickups:** These kicks will count as one (1) kick, however many times it is completed by the majority of the team.
- **Contracted/Can-Can Kicks:** Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks.

Passé, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as 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 first 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. **Severe cases of unsportsmanlike conduct are grounds for disqualification. When a coach is in discussion with an official, other coaches, athletes, and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in a 1-point penalty, removal of coach, or**

disqualification. Note that noisemakers of any kind are prohibited at this competition (i.e. drums, horns, bells, etc).

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.

c) Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
d) In addition to Varsity Brands head injury policy, we encourage you to be familiar with the specific laws of the state.

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 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** – Starting/ending off the performance area; Performance Error – any skill or trick executed incorrectly (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, not enough kicks, prop rules, costume/shoe rules, 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, Kelsey Scheffer, at kscheffer@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 (2:00) 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.** If you have any questions, dance coaches should email 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) **All facets of a performance/routine, including choreography & music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.' Music or movement in which the**

appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed, as to not put their team in an unfortunate situation.

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. This rule applies to all categories. 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.

7) **For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.**

XV. PROPS

1) Props are not allowed. A prop is defined as anything that is danced with that is not attached to your costume **and is used to enhance the routine.** 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. **Items/articles of clothing brought onto the performance floor but not worn are considered props.** 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 Ups
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)

1) Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support, aerial cartwheels, and **side somis** not connected to any tumbling skill 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 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 hands-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 www.cheerrules.com/Nebraska for further information.

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 17 - 20, 2021

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 10

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 10, 2021 to:

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

2021 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

2021 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

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.

