



2023 Nebraska State Cheer Handbook

Registration & ALL FORMS

Deadline:

SATURDAY, DECEMBER 31, 2022

Contact Info:

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General Information

Please read, sign, and return the completed portion at the end of this booklet

Location: Heartland Event Center
700 E Stolley Park Rd
Grand Island, NE 68802
308-382-4515

Website: <https://heartlandeventscenter.com>

Dates: February 17 (Class C2/D); February 18 (C1/A/B)

Admission: Admission price information will be uploaded to the website www.ncacoach.org when it becomes available.

Schedule: The competition schedule will depend on the number of teams entered in the competition. The final schedule will be available in mid-January, 2023, on the NCA website at www.ncacoach.org. An email will be sent to all participating coaches when the schedule is posted.

Entrance: Team entrance will be on the SOUTH side of the Bosselman Conference Center. **Only participants, coaches, and bus drivers will be allowed to enter through the registration area.**

Regular spectator entrances are located on the SOUTHEAST side and NORTH side of the building.

Food/Drink: **NO outside food or drink is allowed to be brought into the event center.** Concessions will be available.

Parking: School buses will be required to park between the Aurora Cooperative Pavilion and Tom Dinsdale Automotive Cattle Barn. A map will be provided upon arrival.

Lodging: 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. For lodging information, please visit www.visitgrandisland.com.

Apparel: Custom Sports will have apparel for sale. 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.

Photos: 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.

Streaming: Please visit our website www.ncacoach.org for the most up-to-date information regarding Video and Live Streaming information. Click on the Cheer & Dance tab and follow the link for Mr. Video.

Registration

***** REGISTRATION DEADLINE IS FRIDAY, DECEMBER 31, 2022 *****

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

Coaches **MUST** be a member of the Nebraska Coaches Association for their team to participate.

Where to Register: Go to www.ncacoach.org – click on the Cheer & Dance tab and follow the link 'Register for the 2023 State Cheer & Dance Championships.

Every student competing must be included on the on-line registration form.

Cost: There is a one-time cost of \$150.00 per team for up to 10 members.

There is an additional charge of \$20.00 per person over 10 team members.

If your team chooses to compete in more than one category there is an additional \$100.00 fee.

Only TWO categories may be entered per team. Teams should register separately for Unified Sideline Cheer. This will not count as one of the categories.

Payment: Schools can send in a check or make a credit card payment over the phone prior to **DECEMBER 31**.

- Required Forms:**
1. Liability Release and Waiver Form (page 16-17) completed by each participant (both sides). The coach must submit ALL forms together, by December 31, with registration and payment to be considered registered for the event.
 2. Rules & Regulations Acceptance/Music Copyright Compliance (page 18) signed by Athletic Director and Coach. The coach must submit ALL forms together, by December 3, with registration and payment to be considered registered for the event.
 3. Music Proof of Purchase (page 8) must be submitted by the coach with registration and payment by December 31 to be considered registered for the event. (see page 7 for more details)

All FORMS MUST BE SUBMITTED TOGETHER.

Scan and email them to staff@ncacoach.org OR mail (prior to December 31) to Nebraska Coaches Association, 500 Charleston Street Suite 2, Lincoln, Ne 68508

Your team will officially be registered once all forms and payment have been received.

NO ENTRIES OR PAPERWORK WILL BE ACCEPTED AFTER DECEMBER 31.

REGISTRATION REQUIREMENTS CHECKLIST

(ALL ITEMS MUST BE COMPLETED, PAID FOR, AND RECEIVED BY DECEMBER 31ST)

- _____ 1. Join 2022-2023 NCA as a PAID member by registering [Online](#) - **REQUIRED AS A HEAD COACH**

- _____ 2. Register and Pay for team registration. **Please plan ahead if your school requires pre-approval for check payments.**
Online Team [Registration](#) **OPENS OCTOBER 15th**

- _____ 3. Liability Release and Waiver Form (page 16-17) - Form **MUST** be completed on both sides by each participant and parent.

- _____ 4. Rules & Regulations Acceptance/Music Copyright Compliance (page 18) - Form **MUST** be signed by Athletic Director and Coach.

- _____ 5. Printed copy of Music Proof of Purchase/License if mixing music

- _____ 6. **Submit items 3, 4, and 5 together by mail or SCAN and email them to staff@ncacoach.org**
PHOTOS OF DOCUMENTS ARE NOT ACCEPTED.

*****NEW*****

Your registration will not be complete until all the above items are complete and received by the NCA Staff

No payments, registrations, or forms will be accepted after December 31st.

I. GENERAL CHEER RULES

Categories & Classes

A. PERFORMANCE ROUTINE CATEGORIES

Non-Building/Non-Tumbling Routine

- Class A
- Class B
- Class C1
- Class C2
- Class D

Non-Building/Tumbling Routine

- Class A
- Class B
- Class C1
- Class C2
- Class D

Traditional Performance Routine (Limited Stunting & Tumbling)

- Class A
- Class B
- Class C1
- Class C2
- Class D

B. Game Day Routine (Optional Limited Stunting)

- Class A
- Class B
- Class C1
- Class C2
- Class D

C. Unified Sideline (Non-Building)

- Classes A/B/C/D

At the time of registration closing (12/31/2022) 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 of 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.

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 tumbling routine may opt to compete against Class A tumbling teams. They may not compete against Class C or D tumbling teams.)

Teams may enter two categories.

2) Only Varsity teams will be allowed to compete. **A varsity team is defined by those cheerleaders that will cheer at more than 5 varsity contests in which a varsity sports team from their high school is involved. One varsity team per school.** 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.

UNIFORM GUIDELINES

- 1) All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners, however fringe would not count as a cover.
- 2) Any team in violation of the uniform guidelines will be assessed a five (5) point per judge deduction.
- 3) Make-Up, if worn, should be appropriate and should not include any glitter or other materials that could fall into the eye.
- 4) Hair for all athletes does not need to be worn the same but must be secured off the face and shoulders and should consider all diversities.
- 5) Bows, if worn, should not be excessive in size and should not be a distraction to the performance. Bows should be worn in a manner to minimize risk of participants, should be adequately secured to the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing. A deduction will be given for teams in violation of this rule. Please reference point deduction sheet.

TIME LIMITATIONS

- 1) **Tumbling, Non-Tumbling, and Traditional Performance Routines** - Each team's presentation 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. **No tumbling will be allowed in the non-tumbling division. Ex: Forward rolls, cartwheels, assisted tumbling, hand stands and head stands, etc. will not be permitted. No Stunting will be allowed in the non-building divisions.**
- 2) **Game Day Routine** - Each Game Day performance should consist of a Band Chant, Situational Sideline, Crowd-leading Cheer, and Fight Song (in this order). Timing will not include the team spiriting, rallying or individuals performing jumps, kick or tumbling, but will begin with the first group movement, voice, or note of music, whichever comes first. Audio cues will be given to direct the teams. Routines should not exceed an overall **maximum performance time of 3 minutes, allowing a maximum one minute for Band Chant and one minute for Fight Song.**
- 3) **Unified Sideline Routine** - Total time limit is **one minute**. A routine will consist of a cheer/chant. Use of music is **not** permitted. Tumbling and jumps are permitted but not required. Sideline participants must follow the general safety rules and regulations. Timing will begin with the first movement or voice. (Please refer to JUDGING CRITERIA below for further points of emphasis regarding the Unified Sideline category).
- 4) If a team exceeds the time limit, a penalty will be assessed for each violation. Please reference the point deduction sheet. **BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.**
- 5) All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. Stunts are not allowed during the team's entry to the floor or any time prior to starting the performance. There should not be any organized exits or other activities after the official ending of the routine. All team breaks rituals and traditions need to take place prior to entering the mat.

MUSIC

- 1) For the most up to date music and copyright licensing information, visit www.usacheer.org/music. If you have any questions, cheer coaches should email info@usacheer.net. Please check the Music Provider list for updates and changes periodically.
- 2) Teams must provide proof of licensing, in the form of a printed copy, during registration at the event.
For Example:
 - Clementine - provide team's invoice from camp or provider.
 - iTunes - provide screenshot or printed document of song you are using from your purchased playlist.
 - Music Provider - provide printed copy of proof of licensing.
 - If your team would like to perform your schools original fight song, you may bring a recording of your band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor.
 - Band Music - if you'd like to perform to a recording of your band playing a single musical composition, you will need to provide documentation that confirms the following:
 - The team has secured a compulsory license to make copies of the recording made by the band or orchestra.
 - The band or orchestra recorded the song for and in conjunction with the team.
 - The school principal or dean was aware of and approved this recording.
 - No other musical composition is embodied in the recordings to be used by the authorized squad.
- 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.**

COMPETITION AREA

- 1) Participants must start in the competition area with at least one foot on the ground.
- 2) Teams may line up anywhere inside the competition area.
- 3) Nebraska State Cheerleading Competition complies with the NFHS & USA Cheer surface ruling that school-based programs may not compete on a spring floor.
- 4) Approximate floor size will be **54 feet wide by 42 feet deep** (9 strips).
- 5) BOUNDARY for THE Nebraska High School Cheer Competition – any team member that stepping outside or touching the outside of the performance area will cause the squad to receive a penalty per occurrence.
- 6) Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. A penalty will be assessed for Props (signs, etc.) that are made of solid material or have sharp edges/corners released from a top person. A point penalty will be assessed for persons on the ground throwing hard props (signs, megaphones, etc.)
- 7) All team mascots, props, center markers, etc. are prohibited. The center will be marked on all performance surfaces. *Please reference the point deduction sheet for allotted amounts.

COMPETITOR WARM-UP AREA

Information regarding warm-up area and time and space for storing team equipment will be available on the NCA event web page.

II. 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 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 is interrupted because of failure of the team's own equipment, the team must 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 the 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, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.*

III. HOW TO HANDLE PROCEDURAL QUESTIONS

RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

PERFORMANCE

Any questions concerning the team's performance should be made to the Event Director immediately after the team's performance. **Deduction sheets should be picked up at the designated area within 20 minutes of their completed 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.**

IV. INTERPRETATIONS AND/OR RULINGS

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 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

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. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. DEDUCTIONS

Any team in violation of these Rules and Regulations or any of the above-mentioned guidelines will be assessed a deduction for each violation as specified on the point deduction sheet. **(Some deductions may be given per occurrence.)**

VII. 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 and may also forfeit the opportunity to participate in a competition for the National Championship.

VIII. FINALITY OF DECISIONS

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

IX. 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 at the conclusion of each session. Team photos of the 1st & 2nd place teams will take place in the conference center after each session. NO PARENTS OR FANS ARE ALLOWED IN THIS AREA.**

X. SCORES AND RANKINGS

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 advisors or coaches at the conclusion of the competition.

JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY.

SCORE SHEETS

Scoresheets are available in a separate document from the website www.ncacoach.org, under the cheer/dance tab.

XI. JUDGING CRITERIA

Performance Routines

(Non-Building/Non-Tumbling, Non-Building Tumbling, and Traditional)

- a) The judges will score teams using the criteria listed on the score sheets. Each team will be evaluated on a 100-point system.
- b) Cheer section will count for 35 points and music section will count for 65 points. Each section will be combined for the final score.
- c) Any deductions or violations will be taken off the final score:
 - 1) Non-Building/Non-Tumbling & Non-Building/Tumbling **Performance Routines** are NON-BUILDING. The best practical way to ensure your team is not implementing a lift - NO individual can be supported above the level of the floor by another individual or individuals.
 - 2) LIMITED STUNTING will be allowed in Traditional Performance routine. Traditional Performance routines will be evaluated on the running & standing tumbling, jumps, pyramids, and stunts that follow the NFHS and Nebraska Limited Stunting Rules.
 - 3) Game Day Routines ****Limited building will be allowed (but not required) in the Game Day category.**

SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, Spotters will be supplied for the Game Day division to ensure that the safety of participants is not compromised. Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

Game Day Routines

- a) The Game Day category showcases what traditional cheerleading is all about –leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations/performance, motion/dance and overall routine.
- b) Each Game Day performance should consist of a Band Chant, Situational Sideline, Crowd-leading/ Time out Cheer, and Fight Song (in this order). Timing will not include the team spirting, rallying or individuals performing jumps, kick or tumbling, but will begin with the first group movement, voice, or note of music, whichever comes first. Audio cues will be given to direct the teams. Routines should not exceed an overall **maximum performance time of 3 minutes, allowing a maximum one minute for Band Chant and one minute for Fight Song.**
- c) The use of crowd-leading tools such as signs, poms, flags and/or megaphones is required.

Game Day Routines Continued

- d) The incorporation of stunts & tumbling is only allowed during the Fight Song, Sideline & Cheer. Stunts are not allowed as a transition before/between sections – this would include the team's entry to the floor between the Sideline and Cheer, and any time prior to starting the performance.

NOTE: Fight song incorporation is limited to three (3) consecutive 8-counts of stunts, jumps, and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count.

- e) The Band Chant should have an emphasis on crowd appeal & practicality – no stunting or tumbling permitted, however jumps & kicks will be allowed.
- f) Following completion of the Band Chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
- g) The judges will score teams using the criteria listed on the Game Day score sheet. Each team will be evaluated on a 100-point system.
- h) Please reference scoresheets for point breakdown.
- i) STUNTING IS NOT REQUIRED for scoring in the Game Day Routine.
- j) Each section should have a beginning and end.

NOTE: Spirited crowd-leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections – this would include the team's entry to the floor and any time prior to starting the performance.

- k) Traditional game day uniform is required.
- l) Total time is limited to 3 minutes.
- m) If a team exceeds the time limit, a penalty will be assessed for each violation. Please reference Point Deduction Sheet for penalty information.
- n) Additional skill restrictions:
*No twisting release dismounts are allowed.
*Single leg stunts are limited to liberties & liberty hitches that follow the Nebraska Limited Stunting Rules.
*No running tumbling is allowed.
*Standing tumbling is limited to one tumbling skill, and a back tuck is the most elite tumbling skill allowed. EXAMPLES: Standing full is not allowed. Rippled Single Back Handsprings would be allowed & jump tumble (single skill) would be allowed.
- o) Any deductions or violations will be taken off the final score.

General Rules - Unified Sideline Routine (non-building)

- a) Special Olympics Unified Sports® is an inclusive activities program that combines an **equal** number of Special Olympics athletes with intellectual disabilities and partners without intellectual disabilities on teams for competition and inclusive activities fostering an environment of social inclusion.
- b) Students must be a bona fide member of an NSAA member school.
Students must have a recognized disability defined within 42 U.S.C. Section 12102 (ADA).
- c) Students will follow the guidelines set forth in their individual education plans and/or local school eligibility requirements.
- d) Classification of unified categories will be A/B and C1/C2/D.
- e) Schools may be combined for Unified Sideline Cheerleading with an agreement between each board of education. Schools combining will remain within the same day of classification regardless of enrollment numbers.
- f) The minimum number required for a team entry is six total individuals. A team must be made up of no less than 50% Special Olympics athletes with intellectual disabilities. Students with other forms of disabilities may participate but would not qualify as a Special Olympics athlete with intellectual disabilities. The team can be comprised of boys, girls or can be co-ed.**
- g) Students must be in high school and partners without intellectual disabilities may be entered in two additional categories, including Unified Sideline Cheerleading.
- h) A uniform for Unified Sideline Cheerleading can be a traditional cheerleading uniform ~ OR ~ t-shirt and shorts. The t-shirt may include a patch or screen of the Special Olympics/NCA cobranded logo.
- i) Funding may be available for those schools that apply to be a Unified Champion School with Special Olympics Nebraska for the 2022-2023 school year.

SCORING UNIFIED SIDELINE (NON-BUILDING)

A. Jumps/Tumbling

Judges will credit:

- Attempts of a variety of skills and the connection of skills in running and standing tumbling. Watch for an attempt of a correct approach- lunge into a cartwheel, tucked chin into roll etc.
- Creative transitions to sides and between
- The approach or first steps into skill as a group or group tumbling.
- Timing of the entrance prior to a jump. EX clap, prep, punch, dip approach or simple punch dip.
- The attempt of a variety of jumps and transitions between jumps.

Judges will not penalize for athletes running across the floor with arms in air and dipping down or touching floor and standing back up=- this is an attempt at a cartwheel or roundoff. Athletes may land in a flat position after a roll and have issues getting back up- do not penalize for timing or executions but credit and comment if athletes get up on their own.

Judges will not penalize for toes that not pointed, bent legs low height or timing of landing.

B. Formations

Judges will credit:

- A variety of movement without the buddies leading or coaxing the athletes across the floor.
- Innovative formations with a natural flow or seamless patterns *Keep in mind there may be a few athletes that do not move or simply take a few steps forward, backward or side to side or crouch down, turn in a circle and stand back up. In these cases credit and comment on spacing in formations.

Judges will not penalize for buddies or assistants pushing wheelchairs or assisting sight impaired athletes to their spots.

C. Overall Presentation

Judges will credit:

- How well the movement compliments the routine through the variety of skills and use of the floor.
- Innovative use of skills that display visual effects and seamless patterns all while projecting confidence.

Judges will not penalize a team for lack of skills but will give credit to teams with innovative skills sets and skills that fit the overall capabilities of the team as a whole.

NOTE: An assistant may help an athlete up after a forward roll to get to their feet and it will NOT result in a ZERO in the Jumps/Tumbling category.

D. Crowd Leading Ability & Crowd Skill Incorporations

Please see scoresheet for scoring criteria

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 super-vised 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) Advisors/coaches 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.

(Jewelry of any kind is prohibited. 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 (no gymnastic slippers).
- 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.

SPECIFIC RULES

TUMBLING/JUMPS

- 1) Dive rolls are prohibited.
- 2) Flips greater than one rotation are prohibited.
- 3) Twists greater than one rotation are prohibited.
- 4) A forward three-quarter flip to the seat or knees is prohibited.
- 5) Participants may not tumble over or under individuals.
- 6) Participants may not tumble over props including poms. Exception: A forward roll over a prop is legal.
- 7) Landings for all jumps must bear weight on at least one foot. (Ex.: A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back or to a push-up position are prohibited.)
- 8) Knee drops are prohibited.
- 9) Drops to a prone position on the performing surface from an airborne or handstand position are illegal. (Example: landing in a pushup position from a back flip, toe touch, or back handspring are all illegal).

GENERAL RULES

Noisemakers of any kind are prohibited at this competition (i.e., drums, horns, bells, etc.).

****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 safety guidelines 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 advisor or coach. 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.

NEBRASKA STATE CHEER & DANCE CHAMPIONSHIP
Heartland Event Center, Grand Island, NE
February 16 – 18, 2023

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 DECEMBER 31, 2022

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:** _____

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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, NSIAAAA 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, NSIAAAA, 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 _____

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

2023 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

2023 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

