

Spring Cheer & Dance Invitational Competition
Hosted by Eastern Region Pop Warner Little Scholars, Inc.

Eastern Region Pop Warner

**Ritacco Center
Toms River, New Jersey**

Sunday, April 11, 2010

How to Register:

1. Indicate the number of competitors for each division on the registration form.
2. Make all checks payable to Eastern Region Pop Warner.
3. Registration requires payment in full, one week prior to event. Mail registration form and payment to:



Eastern Region Pop Warner
143 Brookfield Drive
Jackson, New Jersey, 08527
Website: www.easternregion.org



4. A \$25.00 returned check fee will be charged for each insufficient check.
5. Confirmations will be e-mailed if the appropriate addresses are provided to confirm, registration receipt, warm-up and performance times along with directions to the facility. The mail receipt of your registration form will determine the order of performance.
6. The start and end time of each event depends on the number of registrants. The order of events will be available on the above websites.

General Information:

Entry Fee:	\$150.00 Per Team
Admission:	\$10.00 Adults, \$6.00 Children 10 and up, Under 10 are free
Parking:	\$0
Time:	Doors Open at 9:00 AM, Competition Start Time 10:00 AM (approx)

JUDGING:

1. Qualified Judges will be selected from various cheerleading organizations. All judging and rule interpretations are final.
2. Tie Breakers are left to the decision of the judging panel based on the fundamentals section of the scoring sheet along with RMT.
3. All cheer performances are based on Cheer Projection, Fundamentals (Motion Technique, Jumps, Tumbling, Partner Stunts, Pyramids, Tosses), Dance/Choreography, Timing & Transitions and Overall Performance.
4. Routine choreography and music selection should be suitable for family viewing. Inappropriate, offensive or vulgar choreography is not permitted.

- 5 All dance performances are based on Fundamentals (Technique, Execution of Style, Incorporation of Skills) Dance/Choreography, Squad Precision and Overall Appeal.
- 6 Team trophies awarded will be contingent upon the number of entries in each division. The judges will also give an award to the team that displays the most spirit throughout the day depending on the amount of team entered.

CONTENT:

- **CHEER:** Your routine will include cheers, chants and a dance routine that incorporates pyramids, partner stunts, jumps and tumbling. Your routine may be performed in any format as long as you keep within the time guideline.
- **DANCE:** A team may present a routine of one style or combination of styles (pom, hip hop, jazz, kick line, etc). Emphasis will be on choreography, execution and overall effect. Teams may incorporate a theme that is fully developed throughout the dance.
- **RULES:** Rec teams will only compete against other “Rec” teams and will follow National Federation Rules. Year Round PW teams will only compete against other Year Round PW teams and must follow all Pop Warner Rules.
- **TEAM ROSTERS:** indicating name, age and grade for each team and if they have any **crossovers**. Rec teams are allowed to have crossovers, but must declare so on the registration form. Rec teams also only need to have 90% of the girls in that grade category. **For example:** A team of 20 competing in 6th and under rec. are allowed to have up to two 7th graders on their team. PW teams shall provide their On line Year Round Rosters.

TIMING:

- Your routine may not exceed 2:30 in length. The total music portion(s) may run up to 90 seconds in length for the Pop Warner division.
- For the Rec division, all Music routines shall not exceed 2:30 in length.
- **Timing** begins for the cheerleading routine with the first movement, voice or first note in music. All routines exceeding the limit will receive a one-point deduction from your final score for each second over the time limit. All performances must begin with each participant having at least one foot on the floor.

SOUND SYSTEM

- A D.J. and Master of Ceremonies will operate the sound system. Please assign one representative to start and stop your music. Your team representative will be directed to the music area before your squad is on deck. Music should be on CD, please be prepared with a back-up copy of your music.

FLOOR SURFACE

- A 54’ x 42’ rollout (9 Panels) gymnastic matted surface will be set up for your performance and warm-up areas. This surface is for all divisions; *we do not provide a spring floor surface.*
- Spotters will be positioned on the court during your performance to provide maximum safety.
- It is important that your routine is choreographed not to exceed these measurements. All props must start within the performance area.

SCORESHEETS & PLACEMENTS

- At the close of your division, the Head Coach will receive your squad's score sheets and a complete list of placements and scores for your competing division.
- By participating in this competition, each squad agrees that decisions by the judging officials are final.

SPORTSMANSHIP

- All participants, coaches and their fans agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The Head Coach for each squad is responsible for proper conduct of squad members, coaches, parents and any other persons affiliated with the squad.

CONFIRMATION NOTICES BY E-MAIL

- **Registration Form/Payment Confirmation:** The mail receipt of your registration form with payment. We will e-mail your contact person(s) a confirmation of registration receipt.
- **Order of Performance Confirmation:** The contact person(s) will receive an email the Wednesday prior to the event by 5:00 pm to confirm warm-up and performance times.

GENERAL INFORMATION – THE FACILITY: Ritacco Center

- **For Team:** The Head Coach will register and hand in the Medical Treatment & Liability Forms for each participant as the team and remainder of coaches enter the team entrance. Registration will take place from 8:00 a.m. to 8:45 a.m. All spectators will only be allowed to enter the main gym doors.
- **Buses:** Buses may drop team members off before and pick teams up after competition. The security staff will inform the bus driver about appropriate parking locations.
- **For Family & Friends AM Session:** The doors to the Ritacco Center will open promptly at 9:00 am for all Spectators. (We are unable to grant access to the gym or lobby area prior to registration).
- **Competition Start Time:** 10:10 am approximate
- **Spectator Fee:** The spectator fee is \$10 for adults and \$6 for children 10 and up.
- **Parking:** There is no fee for parking.
- **Refreshments and T-Shirts** may be purchased throughout the day in the gym lobby.
- **Videographer:** SE Video will provide DVD copies of your performance for purchase in the main lobby. (No videotaping or photography will be permitted in the warm up area or main gym during performances.)

MEDICAL RELEASE AND CONSENT FORM WAIVER

This form must be presented for each participant upon arrival at event registration in case of emergency:

Date Of Event: _____ Location: _____
Participant's Name: _____ Organization: _____
Home Address: _____ Date of Birth: _____
Home Telephone: _____ Emergency Contact #: _____
Emergency Contact Name: _____ Relation: _____

Name of Health Insurance Provider: _____
Policy Number: _____
Family Doctor: _____ Doctor Contact #: _____
Have you had any serious illness, surgery or injury? **YES** _____ **NO** _____
If yes, please describe and give dates:

Do you have any medical problems or allergies that may interfere with this PWLS event? **YES** _____ **NO** _____
If yes, please describe and any limitations:

Are you currently taking any medications for this? **YES** _____ **NO** _____
If yes, please describe and any limitations:

MEDICAL TREATMENT AUTHORIZATION AND LIABILITY/APPEARANCE RELEASE

I understand that there are risks of physical injury (including but not limited to cuts, sprains, broken bones and/or catastrophic injury) associated with, arising out of and inherent to the activity taking place at this event. In recognition of this acknowledged risk of injury, I knowingly and voluntarily waive all rights and/or causes of action of any kind, including any and all claims of negligence, arising as a result of such activity from which liability could accrue to Pop Warner Little Scholars, Inc., its officers, agents, employees and all affiliated entities (hereinafter collectively referred to as Pop Warner Little Scholars, Inc.)

I hereby agree to release Pop Warner Little Scholars, Inc. and hold Pop Warner Little Scholars, Inc., harmless of all liability, and hereby acknowledge that I knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in this event on behalf of the participant.

I understand that Sportsmanship is an integral part of Pop Warner events. Pop Warner will hold accountable coaches, athletes, parents, and/or fans for instances of flagrant poor sportsmanship. Poor sportsmanship may result in squad disqualification.

If I am a minor, my parent and/or legal guardian has signed this document releasing Pop Warner Little Scholars, Inc from any and all such liability described above and has acknowledged that I am knowingly and voluntarily assuming all risk of injury inherent to this activity/event.

I understand that Pop Warner Little Scholars, Inc. produces promotional material about their program. I understand that my daughter/son may be included in video tape or photography during this event. I hereby grant that Pop Warner Little Scholars, Inc., its successors, assignees, licensees, sponsors and television networks and all other commercial exhibitors the exclusive right to photograph and/or video tape my daughter/son and further to utilize my daughter/son's name, face, likeness, voice and appearance as part of the event, and in advertising and promotion of the event, without reservation or limitation. In granting license, I understand that Pop Warner Little Scholars, Inc is under no obligation to exercise any of its rights, licenses and privileges herein granted.

The above named student has my permission to attend/participate in the Pop Warner Little Scholars, Inc. event. I warrant the above information is complete and correct. By my signature below, I hereby stipulate that I have read, fully understand and voluntarily agree to all of the above and I am legally responsible for the participant and authorized to grant this consent. I hereby authorize the event director or their agent to act in my behalf to provide emergency medical treatment. I further release Pop Warner Little Scholars, Inc. of all liabilities associated with my child's attendance at the event.

Date _____/_____/_____

Parent/Guardian Signature