

Event Information

Competitors:

Cost Please see Event Pricing below

Every Competitor receives a medal and a gift at theme park events

Every Competitor receives a medal at Free events and Spirit Events

Teams:

Every team receives a trophy

Every 1st place team receives a 5ft trophy and individual medals for each competitor

Individual competitors/stunt groups:

Cost Please see Event pricing below

Each participant receives a trophy

Gateway Grizzlie Award

Winning team receives free registration at the Gateway Grizzlie Event May 1st 2010.

Each team member will receive 1 free ticket for parent admission.

Spectators:

Please see event pricing below

Coaches:

Every gym receives 2 coaches free at theme park events each additional coach must purchase ticket to enter park. Spirit Events and Free events all coaches are free.

Hotels:

Great deals at midwestcheeranddance.com please visit hotel link

Videos and Pictures:

You may take pictures and video tape at all events....NO FLASH

Please refer to USASF.net for safety guidelines and divisions

Save yourself the paperwork and register online!!!!



General Information

Performance Area: Is a 54x42 spring floor unless otherwise noted above

Performance & Warm up Information: Each squad/team will have a scheduled warm-up time. We suggest that you arrive at least one hour prior to your practice time & check in at the registration booth. Proceed to the practice area 15 minutes prior to your scheduled practice time. Warm up and competition times will be posted on the website and you will get a copy via e-mail.

Music: Each team must provide music recorded on a quality CD. A representative from your team is responsible for bringing the music to the sound table and pressing the play and stop buttons at the proper times. Please bring a back up copy to the sound table. Routines should be choreographed to finish a few seconds under the time limit to ensure that the squad/team does not go over the time limit. Penalty points will be deducted for exceeding the time limit for routines.

Code of Conduct: We expect that all teams, coaches, and spectators represent themselves and their respective communities by exhibiting respect, encouragement, courtesy, kindness, humility and a positive attitude towards others. Let's make this event a pleasant experience for everyone! There will be no contact with the judges by a coach, participant or spectator. The Judges' rulings are final on all decisions concerning deductions, specific rulings & final placement. Any unruly behavior by coaches, participants or spectators will result in removal from the event and team disqualification. MCDA reserves the right to deny participation in future events.

Score Sheets : Score sheets will be passes out at award ceremony. Only the team coach/director may pick up the score sheet packet.

Glitter Policy: For the safety of all competitors, no loose glitter will be allowed on the performance floor.

All-Star Teams: We will follow the USASF Guidelines for all divisions.

General Routine Requirements

1. Formal entrances are allowed. Teams should move on and off the performance area as quickly as possible.
2. Timing will begin with the first organized word, movement, or note of music by the team after it is officially announced and has taken the floor. Timing will end with the last organized word, movement, or note of music by the team. See below for time limits for specific routines.
3. Routines must follow the USASF Safety Guidelines. See www.usasf.net for all level skill limitations.

CHEER TIME LIMITS

SQUAD/TEAM EVENTS 2½ Minutes in Length for Performance

BEST CHEERLEADER 2 Minutes in Length for Performance

BEST GROUP STUNT 1 Minutes in Length for Performance

BEST PARTNER STUNT 1 Minutes in Length for Performance

BEST TUMBLER 1 1/2 Minutes in Length for Performance

BEST JUMPER 30 seconds in Length for Performance

Recreation and All Star Teams may elect to perform any or all of their 2 ½ minute routine to music.

School teams will NOT have a time limitation on music, but a cheer/chant section is required in the routine.

Individuals choosing to compete in more than 1 individual category may forfeit warm-up time due to scheduling.

BEST CHEERLEADER

Best Cheerleaders may enter only one routine.

The time limit is 2 minutes.

Routines should include all aspects of cheerleading; motions, jumps, tumbling, and dance.

Timing penalties will apply (see penalty information).

The age of the competitor as of May 31, 2009 will be the age used for competition purposes throughout the 2009 competitive year.

MCDA Events reserves the right to combine or close divisions at any time prior to the event.

DIVISIONS

TINY BEST CHEERLEADER School/Youth Rec Squad – 5 years of age & younger
MINI BEST CHEERLEADER School/Youth Rec Squad – 6 - 8 year olds
YOUTH BEST CHEERLEADER School/Youth Rec Squad – 9 – 11 year olds
JUNIOR BEST CHEERLEADER School/Youth Rec Squad – 12 – 14 year olds
SENIOR BEST CHEERLEADER School/Youth Rec Squad-15-18
COLLEGE BEST CHEERLEADER School/Youth Rec Squad-15-18
TINY ALL-STAR BEST CHEERLEADER All-Star Squad - 5 years & younger
MINI ALL-STAR BEST CHEERLEADER All-Star Squad - 6 - 8 year olds
YOUTH ALL-STAR BEST CHEERLEADER All-Star Squad – 9 – 11 year olds
JUNIOR ALL-STAR BEST CHEERLEADER All-Star Squad - 12 – 14 year olds
SENIOR ALL-STAR BEST CHEERLEADER All-Star Squad - 15 – 18 year olds

BEST GROUP STUNT

Best Group Stunt Competition is open to 5 members maximum from the same team.
The time limit for the routine is one (1) minute maximum, with background music.
The team is not required to choreograph directly to the music. Please refer to the **USASF Safety Guidelines – Level 5**.

DIVISIONS

JUNIOR BEST GROUP STUNT School Squad - 9th grade & under
SENIOR BEST GROUP STUNT School Squad – 12th grade & under
TINY ALL-STAR BEST GROUP STUNT All-Star Squads – 5 years & under
MINI ALL-STAR BEST GROUP STUNT All-Star Squads – 8 years & under
YOUTH ALL-STAR BEST GROUP STUNT All-Star Squads – 11 years & under
SENIOR ALL-STAR BEST GROUP STUNT All-Star Squads – 18 years & under
Open College -19 years and above

BEST PARTNER STUNT

Best Partner Stunt Competition is open to couples.
Individuals may enter more than once with a different partner/base.

The time limit for the routine is one (1) minute maximum, with background music.
The couple is not required to choreograph directly to the music. Please refer to the **USASF Safety Guidelines – Level 5.**

DIVISIONS

YOUTH BEST PARTNER STUNT 11 years and under
JUNIOR BEST PARTNER STUNT 14 years and under
SENIOR BEST PARTNER STUNT 18 years and under
OPEN COLLEGE 19 years and older

Best Tumbler

Best Tumblers may enter only one routine.

The time limit is 1 1/2 minutes.

Routines may include all aspects of cheerleading; motions, jumps, tumbling, and dance.

Routines will be judged on tumbling passes only. Tumblers must perform a minimum of 4 passes.

The age of the competitor as of May 31, 2009 will be the age used for competition purposes throughout the 2009-10 competitive year.

MCDA Events reserves the right to combine or close divisions at any time prior to the event.

TINY BEST TUMBLE School/Youth Rec Squad – 5 years of age & younger
MINI BEST TUMBLE School/Youth Rec Squad – 6 - 8 year olds
YOUTH BEST TUMBLE School/Youth Rec Squad – 9 – 11 year olds
JUNIOR BEST TUMBLE School/Youth Rec Squad – 12 – 14 year olds
SENIOR BEST TUMBLE School/Youth Rec Squad-15-18
COLLEGE BEST TUMBLE School/Youth Rec Squad-15-18
TINY ALL-STAR BEST TUMBLE All-Star Squad - 5 years & younger
MINI ALL-STAR BEST TUMBLE All-Star Squad - 6 - 8 year olds
YOUTH ALL-STAR BEST TUMBLE All-Star Squad – 9 – 11 year olds
JUNIOR ALL-STAR BEST TUMBLE All-Star Squad - 12 – 14 year olds
SENIOR ALL-STAR BEST TUMBLE All-Star Squad - 15 – 18 year olds
COLLEGE ALL-STAR BEST TUMBLE All-Star Squad – 19 AND UP

Best Jumper

Best Jumper may enter only one routine.

The time limit is 30 seconds.

Routines may include all aspects of cheerleading; motions, jumps, tumbling, and dance.

Routine will be judged for JUMPS ONLY.

Jumpers must perform a minimum of 5 jumps and a maximum of 10.

The age of the competitor as of May 31, 2009 will be the age used for competition purposes

throughout the 2009-10 competitive year.

MCDA Events reserves the right to combine or close divisions at any time prior to the event.

In the event you division is not listed. You may write it in on the registration form and it will be added.

TINY BEST JUMPS School/Youth Rec Squad – 5 years of age & younger

MINI BEST JUMPS School/Youth Rec Squad – 6 - 8 year olds

YOUTH BEST JUMPS School/Youth Rec Squad – 9 – 11 year olds

JUNIOR BEST JUMPS School/Youth Rec Squad – 12 – 14 year olds

SENIOR BEST JUMPS School/Youth Rec Squad-15-18

COLLEGE BEST JUMPS School/Youth Rec Squad-15-18

TINY ALL-STAR BEST JUMPS All-Star Squad - 5 years & younger

MINI ALL-STAR BEST JUMPS All-Star Squad - 6 - 8 year olds

YOUTH ALL-STAR BEST JUMPS All-Star Squad – 9 – 11 year olds

JUNIOR ALL-STAR BEST JUMPS All-Star Squad - 12 – 14 year olds

SENIOR ALL-STAR BEST JUMPS All-Star Squad - 15 – 18 year olds

COLLEGE ALL-STAR BEST JUMPS All-Star Squad – 19 AND UP

Cheer and Dance Teams



Visit usasf.net for updated age grid, cheer and dance rules and glossary.

Registration Form

Gym Name _____
Gym Phone # (____) _____
Gym Address _____
City _____ State _____ Zip _____
Coach/Director Name _____
E-Mail _____
Home Phone (____) _____
Cell (____) _____ Fax # _____

I have read the cancellation policy, rules/regulations, and event information contents:

Coach Signature

EVENT CITY: _____ EVENT DATE: _____

Division	Level	Competitors
Division	Level	Competitors
Division	Level	Competitors
Division	Level	Competitors
Division	Level	Competitors
Division	Level	Competitors

Total Competiors _____ Total Crossovers _____

MCDCA MEDICALRELEASE FORM

I fully understand that MCDCA staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the MCDCA staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the MCDCA staff, to call our doctor and to seek medical help, including transportation by an MCDCA member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the MCDCA staff deem it necessary.

We, the staff of MCDCA recognize our obligation to make our competitors and their parents aware of the risks and hazards associated with the sport of cheerleading. Competitors may suffer injuries, possibly minor, serious or catastrophic in nature. These activities can be dangerous and can lead to injury! It is the parents who should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coaches' instructions.

The undersigned agree, MCDCA, its coaches and other staff members, are not responsible for injuries sustained by any competitor during the course of tumbling, stunting, cheerleading, in which he or she may participate or while traveling to or from the event. With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by MCDCA. I, my heirs, executors, and other representatives, waive and release all rights and claims for damages that I or my child may have against MCDCA and or its representatives whether paid or volunteer.

I also affirm that I now have and will continue to provide hospitalization, health, and accident insurance coverage that I consider adequate for both my child's protection and my own protection.

I hereby give permission for myself/my child to be photographed, videotaped, and/or audio taped to be used in print or broadcast media such as deemed appropriate for promotion of Athletic activities and for publicity surrounding participation in these events.

Team name & Participant name

Participant Address City, State, Zip Code

Parent phone number & Guardian phone number

Emergency Contact & Emergency contact phone number

Medical Insurance Company & Medical Insurance Policy number

Participants or Participants Mother/Father/Guardian Signature if under (18)

X _____ Date _____

MCDA Events Payment Check List

Total # of competitors _____ x \$ _____ = _____
Total # of crossovers _____ x \$ _____ = _____
Total # participants in stunt group _____ x \$ _____ = _____
Total # of individual routines _____ x \$ _____ = _____
Total # of spectator tickets _____ x _____ = _____ (theme park events only)
Total # of late registration competitors x \$10.00= _____

Total Payment amount \$ _____

All competitors' fees must be received by the registration deadline or late fees apply. Deadline is 2 weeks prior to any event. If you pay at the event you will be charged 10.00 per competitor.

Check # _____ Amount _____

Credit Card Info:

Name _____
Address _____
City _____, State, _____ Zip _____
CC number _____
Exp. _____ CCV code _____
Type of card _____

Please feel free to use our on-line registration! It's free and saves you the paperwork and postage!