



2012 JUNIOR NATIONALS

Based on your squad's **SUPERIOR** performance and resulting qualification at a USA Regional or Classic, you are invited to participate in the **USA Junior Nationals** weekend in southern California, **March 3-4, 2012**. The competition will return to *Disney California Adventure™* Park, Hyperion Theater, located in Anaheim, California. This event is provided exclusively to the United Spirit Association for this event.

Activities will begin Saturday with competition for the **youth teams**. Competition for **junior high and elementary school teams** will take place on Sunday. Divisions with 10 or more teams will have a "Prelims" and "Finals," with both performances on the same day.

The festivities also include fun at the *Downtown Disney®* District, *Disneyland®* Park and *Disney California Adventure™* Park. The *Downtown Disney®* District is located within the *Disneyland®* Resort and is walking distance from the competition's host hotel. It offers dining, entertainment and shopping. A separate admission ticket is not necessary to visit the *Downtown Disney®* District.

A 2-day, 3-day or 4-day "Park Hopper Pass" can be used throughout the weekend. Otherwise, you can use a 1-day "Park Hopper Pass" or a one-day one park pass to *Disneyland®* Park or *Disney California Adventure™* Park on Friday, Saturday or Sunday.

Admission to *Disney California Adventure™* Park is required to participate in and/or to view the competition. Discounted theme park tickets are available through the event packages listed on page 4.

PLEASE READ THROUGH THE ENCLOSED INFORMATION. IT IS IMPERATIVE THAT YOU ACCURATELY COMPLETE ALL FORMS AND RETURN THEM TO THE ADDRESS LISTED BELOW BY JANUARY 6, 2012 (HOTEL PACKAGE) OR JANUARY 24, 2012 (EVENT PACKAGE).

*If purchasing a hotel package, a non-refundable \$75.00 deposit (per room) must be received by **January 6, 2012.***

*The balance or payment in full for all packages is due to the address listed below by **January 24, 2012.** Late fees apply for registrations received after January 24, 2012. **Please submit only ONE payment form; unfortunately we cannot accept individual payments.** (see page 12 for further information).*

SEND TO:
USA JUNIOR NATIONALS
11135 Knott Avenue
Suite C
Cypress, CA 90630

ENCLOSED FORMS:

- Page: Forms
- 1-3 **GENERAL INFORMATION**
- 4 **EVENT PACKAGES INFORMATION** – Packages available to all of our Nationals competitors and guests. All-inclusive items are listed, as well as the price for each.
- 5-9 **SQUAD ROSTER** – Please list the first and last name of each squad member (including the divisions in which they have registered).
- 10-11 **EVENT PACKAGE REGISTRATION FORMS** – All pages must be accurately completed in order to record your reservation. These pages must accompany page 12 when registering.
- 12 **REVIEW SHEET** – Summary of all packages being purchased.
- 13 **ROOMING LISTS** – Please be accurate in making room assignments. There will be a \$25 per change fee if changes are made once the information is received in our office.
- 14 **USA PARTICIPANT RELEASE AND WAIVER FORM** – This is required and must be submitted by January 24, 2012. **Original** forms must be on file in case of emergency.
- 15 **DISNEY PARTICIPANT RELEASE AND WAIVER FORM** – This is required and must be submitted by January 24, 2012.
- 16-18 **ARTICLES OF UNDERSTANDING** – This is required and must be submitted by January 24, 2012.
- 19 **MUSIC SELECTION FORM** – This is required and must be submitted by January 24, 2012.
- 20 **ON SITE CONTACT INFORMATION SHEET** - This is required and must be submitted by January 24, 2012.
- 21 **DVD OF STUNTS AND TUMBLING**
- 22-28 **AACCA SAFETY RULES** – All cheerleading divisions must follow the 2011-12 AACCA School Cheer Safety Rules.
- 29 **SONG/POM/PEP FLAG SAFETY RULES** – All song/pom divisions must follow the 2011-12 USA Song/Pom/Pep Flag Safety Rules.
- 30 **DIVISION LIMITATIONS - Cheer**
- 31 **SAMPLE COMPOSITE SHEET**
- 32 **SAMPLE POINT DEDUCTION SHEET**
- 33-36 **DIVISION DETAILS**
- 37 **REFUND REQUEST FORM**

GREAT LOCATIONS

The 2012 USA Junior Nationals will be held at *Disney California Adventure™* Park, with the competition in the Hyperion Theater. Check-in, pictures and warm-up times will be assigned to each team. Check your registration packet on the weekend of the event for exact times.

Youth teams will compete on Saturday and Jr. High/Middle and Elementary School teams will compete on Sunday.

Teams purchasing the USA hotel package will stay at *Disney's Paradise Pier®* Hotel. The hotel is located at the *Disneyland®* Resort and near various southern California amusement attractions. Supervision of performers is provided solely by the school/organization that is attending.

PERFORMANCE AREA

All Performance Cheer, Show Cheer and Group Stunt Teams will perform on a carpet bonded foam mat measuring 42' x 42'. At the *Disney California Adventure™* Park Hyperion Theater, the mat will be over an area measuring approximately 60' x 60'. All stunts and/or tumbling must be completed on the mat surface. There will be a three-point deduction off your final averaged score for each infraction of this rule. The mat will be removed for the Songleading/Pom categories/divisions.

AWARDS

At the conclusion of each section of the competition, awards will be presented to the top teams in each division. Score sheets will be made available following the competition. Recaps of scores in the divisions in which you competed will be sent upon request 1 (one) week following the competition.

Divisions with 10 or more teams will have a "Prelims" and "Finals," with both performances on the same day.

For the 2012 Junior Nationals competition, trophies will be presented to 50% of the teams competing in each division. For teams placing 1st, 2nd and 3rd, individual medallions will be given to each participant. First place teams will also receive a Nationals banner and each individual team participant will receive a "Champion" gift.

ADMISSION

All prepaid guests who purchase a one-day one park ticket, 1-day, 2-day, 3-day or 4-day Hopper pass from the United Spirit Association will receive a competition spectator wristband to enter the competition at no extra charge (Package D). If seating in the venue reaches capacity, competitors (cheerleaders and dancers) may be required to view the competition from an alternative venue.

All other guests who do not purchase a park ticket directly from the United Spirit Association will need to purchase a competition spectator wristband from the USA in order to watch the competition. The additional spectator fee for this wristband helps to offset production costs associated specifically with this event. Competition spectator wristbands may be purchased in advance or at the competition venue on the day of the event (Package E), unless the venue reaches capacity.

Registration for all competitors includes a *Disney California Adventure™* Park ticket through the USA (Package B) to offset production costs specific to this competition. *Disneyland®* Resort Annual Passports cannot be used towards Package B. Advisors/coaches need to purchase a park ticket to attend the competition. Each team will be given 2 complimentary competition wristbands per team for advisors/coaches as general admission to enter the competition and for access backstage. These wristbands do not cover admission to either theme park, only access to view the competition. For security, safety and production reasons, access backstage will be strictly limited. No children (other than performers/competitors) will be permitted backstage – this includes infants in strollers.

ADDITIONAL ACTIVITIES

For additional transportation, hotel and activity options during the USA Jr. Nationals weekend, contact Gretchen Gates, with Adventures America, a tour company that specializes in travel for performing arts groups. They can assist you with all the arrangements for your group trip. Call 866-656-6105 or Gates_Gretchen@yahoo.com.

2012 EVENT PACKAGES INFORMATION

Disney's Paradise Pier® Hotel will be the official host hotel for the 2012 USA Junior Nationals. The hotel is located in the *Disneyland®* Resort. A limited block of guest rooms have been reserved for USA Junior Nationals participants and guests at special package rates. You are not able to reserve a room at the USA discounted rate directly through the hotel – all reservations must be made through the United Spirit Association. Rooms will be booked on a first come, first served basis. The hotel block may be filled before the hotel registration deadline (January 6, 2012). Therefore, rooms are not confirmed until you receive confirmation back from the USA office. **Nationals registration packets will be available for pick-up by the authorized team representative only starting Thursday, March 1st at 10:00am. Packets, which include *Disneyland®* Resort tickets ordered, will not be mailed in advance.** This insures that tickets and wristbands are received and accounted for by your group's representative.

EVENT PACKAGE A *\$180 per room/per night* (Hotel Room Only)

- ◆ Hotel rooms only. Price includes room tax. Price does not include parking. (Maximum occupancy is four per room.)
- ◆ Entry fees to all competition events and *Disneyland®* Resort parks are sold separately.

EVENT PACKAGE B1 – B5

(Competition Fees - Competitors) - *Disneyland®* Resort Annual Passports may not be used towards Package B.

- ◆ B1 - Competition Fee + *Disney California Adventure™* Park admission *\$96 per person*
- ◆ B2 - Competition Fee + 1-day "Park Hopper Pass" (Admission to *Disneyland®* Park and *Disney California Adventure™* Park) *\$116 per person*
- ◆ B3 - Competition Fee + 2-day "Park Hopper Pass" (Admission to *Disneyland®* Park and *Disney California Adventure™* Park within 14 consecutive-day period) *\$172 per person*
- ◆ B4 - Competition Fee + 3-day "Park Hopper Pass" (Admission to *Disneyland®* Park and *Disney California Adventure™* Park within 14 consecutive-day period) *\$186 per person*
- ◆ B5 - Competition Fee + 4-day "Park Hopper Pass" (Admission to *Disneyland®* Park and *Disney California Adventure™* Park within 14 consecutive-day period) *\$197 per person*

EVENT PACKAGE C *\$65 per group* (Additional Category – Competitors Only)

- ◆ Additional competition fee for any group participating in the Group Stunt category.

EVENT PACKAGE D1 – D6

(*Disneyland®* Resort Tickets - Non-Competitors – Spectators Only)

Disneyland® Resort tickets purchased through the United Spirit Association may not be re-sold. Tickets are non-refundable and non-upgradeable.

- ◆ D1 - One-day admission to *Disney California Adventure™* Park only + One-Day Competition Spectator Wristband *\$67 per person*
- ◆ D2- One-day admission to *Disneyland®* Park only + One-Day Competition Spectator Wristband *\$70 per person*
- ◆ D3- 1-day "Park Hopper Pass" + One-Day Competition Spectator Wristband (Admission to *Disneyland®* Park and *Disney California Adventure™* Park) *\$87 per person*
- ◆ D4- 2-day "Park Hopper Pass" + One-Day Competition Spectator Wristband (Admission to *Disneyland®* Park and *Disney California Adventure™* Park within 14 consecutive-day period) *\$143 per person*
- ◆ D5 - 3-day "Park Hopper Pass" + One-Day Competition Spectator Wristband (Admission to *Disneyland®* Park and *Disney California Adventure™* Park within 14 consecutive-day period) *\$157 per person*
- ◆ D6- 4-day "Park Hopper Pass" + One-Day Competition Spectator Wristband (Admission to *Disneyland®* Park and *Disney California Adventure™* Park within 14 consecutive-day period) *\$168 per person*

EVENT PACKAGE E1 – E2

(Competition Spectator Wristband - Non-Participants)

- ◆ Package E **does not** include admission to *Disneyland®* Park or *Disney California Adventure™* Park. Good for admission to either Saturday's or Sunday's competition.
- ◆ E1 – One-Day Competition Spectator Wristband (10yrs and older) *\$13 per person*
- ◆ E2 – One-Day Competition Spectator Wristband (Children 3 – 9 yrs old) *\$6 per person*
- ◆ Children 2 and under are free

PACKAGE A - A \$75.00 deposit per room must be received with the registration form by **January 6, 2012**. THE \$75.00 DEPOSIT IS NEITHER REFUNDABLE NOR TRANSFERABLE. The balance for Package A is due on **January 24, 2012** – THERE WILL BE NO REFUNDS AFTER **January 24, 2012**.

PACKAGES B • C • D • E - The entire amount must be received with the registration form by **January 24, 2012**. THERE WILL BE NO REFUNDS AFTER **January 24, 2012**.

All changes and/or cancellations related to Packages A-E must be made by the team advisor/contact and received in writing via email to the USA office or via fax toll-free to (866) 761-9365 by **January 24, 2012**. Late fees apply for registrations received after January 24, 2012. Changes to existing registrations received after January 24, 2012 are subject to an administrative fee. The USA will not confirm cancellations or changes over the phone. Partial refunds will not be given on items not used. **Please submit only ONE payment form; unfortunately we cannot accept payments from individual squad members.** (see page 12 for further information).

Correspondence Information – A confirmation e-mail will be sent within 48 hours once your registration is received in the USA Office. Please do not fax documents, nor rely upon confirmation from your fax machine that any type of communication was received by the USA. If you do not receive an e-mail, please contact the USA office to confirm receipt of your registration. Once your registration has been processed (approximately 3 weeks) you will receive a second email.

SHOW CHEER – ADVANCED ♦ SQUAD ROSTER

(Please print or type. Form may be duplicated.)

School/Team _____ City _____

Advisor _____ Coach _____

School Colors _____ School Mascot _____

Location of competition where you qualified for Nationals _____

Please attach a copy of the Superior Certificate you received at a qualifying competition as proof of your team's qualification.

Please list the specific number of participants in each division:

SHOW CHEER - ADVANCED _____ Jr. High _____ Jr. High Co-Ed (2+ males) _____ Elementary
 _____ Midget (11-15yrs) _____ Jr. Midget (10-12yrs) _____ Pee Wee (9-11yrs) _____ Jr. Pee Wee (8-10yrs)
 _____ Mighty Mites (5-8yrs) _____ Youth Sports Pee Wee Open (11yrs and under) _____ Youth Sports Midget Open (15yrs and under)
 _____ Youth Open Pee Wee Open (11yrs and under) _____ Youth Open Midget Open (15yrs and under)

Please list each participant's name (in alphabetical order), grade level, age, sex and division in which she/he will participate.

Division Codes: (J) Jr. High (JCO) Jr. High Co-Ed (E) Elementary (M) Midget (JM) Jr. Midget (PW) Pee Wee (JPW) Jr. Pee Wee (MM) Mighty Mites (YSPWO) YS Pee Wee Open (YSMO) YS Midget Open (YOPWO) YO Pee Wee Open (YOMO) YO Midget Open

PLEASE LIST PARTICIPANT NAMES IN ALPHABETICAL ORDER.

SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division	SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division
1.					16.				
2.					17.				
3.					18.				
4.					19.				
5.					20.				
6.					21.				
7.					22.				
8.					23.				
9.					24.				
10.					25.				
11.					26.				
12.					27.				
13.					28.				
14.					29.				
15.					30.				

THIS FORM IS DUE WITH REGISTRATION. PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.

SHOW CHEER – NOVICE ♦ SQUAD ROSTER

(Please print or type. Form may be duplicated.)

School/Team _____ City _____

Advisor _____ Coach _____

School Colors _____ School Mascot _____

Location of competition where you qualified for Nationals _____

Please attach a copy of the Superior Certificate you received at a qualifying competition as proof of your team's qualification.

Please list the specific number of participants in each division:

SHOW CHEER - NOVICE _____ Jr. High _____ Jr. High Co-Ed (2+ males) _____ Elementary
 _____ Midget (11-15yrs) _____ Jr. Midget (10-12yrs) _____ Pee Wee (9-11yrs) _____ Jr. Pee Wee (8-10yrs)
 _____ Mighty Mites (5-8yrs) _____ Youth Sports Pee Wee Open (11yrs and under) _____ Youth Sports Midget Open (15yrs and under)
 _____ Youth Open Pee Wee Open (11yrs and under) _____ Youth Open Midget Open (15yrs and under)

Please list each participant's name (in alphabetical order), grade level, age, sex and division in which she/he will participate.

Division Codes: (J) Jr. High (JCO) Jr. High Co-Ed (E) Elementary (M) Midget (JM) Jr. Midget (PW) Pee Wee (JPW) Jr. Pee Wee (MM) Mighty Mites (YSPWO) YS Pee Wee Open (YSMO) YS Midget Open (YOPWO) YO Pee Wee Open (YOMO) YO Midget Open

PLEASE LIST PARTICIPANT NAMES IN ALPHABETICAL ORDER.

SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division	SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division
1.					16.				
2.					17.				
3.					18.				
4.					19.				
5.					20.				
6.					21.				
7.					22.				
8.					23.				
9.					24.				
10.					25.				
11.					26.				
12.					27.				
13.					28.				
14.					29.				
15.					30.				

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PERFORMANCE CHEER ♦ SQUAD ROSTER

(Please print or type. Form may be duplicated.)

School/Team _____ City _____

Advisor _____ Coach _____

Team Colors _____ Team Mascot _____

Location of competition where you qualified for Nationals _____

Please attach a copy of the Superior Certificate you received at a qualifying competition as proof of your team's qualification.

Please list the specific number of participants in each division:

PERFORMANCE CHEER (No Music) _____ Midget (11-15yrs) _____ Jr. Midget (10-12yrs)
 _____ Pee Wee (9-11yrs) _____ Jr. Pee Wee (8-10yrs) _____ Mighty Mites (5-8yrs)

Please list each participant's name (in alphabetical order), grade level, age, sex and division in which she/he will participate.

Division Codes: (M) Midget (JM) Jr. Midget (PW) Pee Wee (JPW) Jr. Pee Wee
 (PWO) Pee Wee Open (MO) Midget Open (MO) Midget Open (MM) Mighty Mites

PLEASE LIST PARTICIPANT NAMES IN ALPHABETICAL ORDER.

SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division	SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division
1.					16.				
2.					17.				
3.					18.				
4.					19.				
5.					20.				
6.					21.				
7.					22.				
8.					23.				
9.					24.				
10.					25.				
11.					26.				
12.					27.				
13.					28.				
14.					29.				
15.					30.				

THIS FORM IS DUE WITH REGISTRATION. PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.

SONGLEADER/POM PON ♦ SQUAD ROSTER

(Please print or type. Form may be duplicated.)

School/Team _____ City _____

Advisor _____ Coach _____

School Colors _____ School Mascot _____

Location of competition where you qualified for Nationals _____

Please attach a copy of the Superior Certificate you received at a qualifying competition as proof of your team's qualification.

Please list the specific number of participants in each division:

SONGLEADER/POM PON _____ Jr. High _____ Elementary
 _____ Midget (11-15yrs) _____ Jr. Midget (10-12yrs) _____ Pee Wee (9-11yrs) _____ Jr. Pee Wee (8-10yrs)
 _____ Mighty Mites (5-8yrs) _____ Youth Sports Pee Wee Open (11yrs and under) _____ Youth Sports Midget Open (15yrs and under)
 _____ Youth Open Pee Wee Open (11yrs and under) _____ Youth Open Midget Open (15yrs and under)

Please list each participant's name (in alphabetical order), grade level, age, sex and division in which she/he will participate.

Division Codes: (J) Jr. High (E) Elementary (M) Midget (JM) Jr. Midget (PW) Pee Wee (JPW) Jr. Pee Wee (MM) Mighty Mites (YSPWO) YS Pee Wee Open (YSMO) YS Midget Open (YOPWO) YO Pee Wee Open (YOMO) YO Midget Open

PLEASE LIST PARTICIPANT NAMES IN ALPHABETICAL ORDER.

SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division	SQUAD MEMBERS	Grade Level	Age	Sex (M/F)	Division
1.					16.				
2.					17.				
3.					18.				
4.					19.				
5.					20.				
6.					21.				
7.					22.				
8.					23.				
9.					24.				
10.					25.				
11.					26.				
12.					27.				
13.					28.				
14.					29.				
15.					30.				

THIS FORM IS DUE WITH REGISTRATION. PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.

GROUP STUNT ♦ SQUAD ROSTER

(Please print or type. Form may be duplicated.)

School/Team _____ City _____

Advisor _____ Coach _____

School Colors _____ School Mascot _____

Location of competition where you qualified for Nationals _____

Please attach a copy of the Superior Certificate you received at a qualifying competition as proof of your team's qualification.

Please list the specific number of participants and stunt groups in each category:

GROUP STUNT _____ # stunt groups _____ # of participants

Please list each participant's name (in alphabetical order), grade level, age, sex and division in which she/he will participate.

Division Codes: (GS) Group Stunt

PLEASE LIST PARTICIPANT NAMES IN ALPHABETICAL ORDER.

SQUAD MEMBERS	Sex (M/F)	Grade Level	Category	SQUAD MEMBERS	Sex (M/F)	Grade Level	Category
Group Stunt #1				Group Stunt #4			
1			GS	1			GS
2			GS	2			GS
3			GS	3			GS
4			GS	4			GS
5			GS	5			GS
Group Stunt #2				Group Stunt #5			
1			GS	1			GS
2			GS	2			GS
3			GS	3			GS
4			GS	4			GS
5			GS	5			GS
Group Stunt #3				Group Stunt #6			
1			GS	1			GS
2			GS	2			GS
3			GS	3			GS
4			GS	4			GS
5			GS	5			GS

THIS FORM IS DUE WITH REGISTRATION. PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.

EVENT PACKAGE REGISTRATION FORM

EVENT PACKAGE A

Disney's Paradise Pier® Hotel

(Please Print or Type)

School/Team _____ Contact _____

Contact Address (Not a P.O. Box) _____

City _____ State _____ Zip _____

Work Phone () _____ Home Phone () _____

Fax () _____ Cell () _____

E-mail _____

HOTEL CHECK-IN IS AFTER 3:00 PM

TOTAL # OF ROOMS _____ @ \$180.00 PER ROOM, PER NIGHT. (Maximum occupancy is four per room).

Rooms will be booked on a first come, first served basis. The hotel block may be filled before the hotel registration deadline (January 6, 2012). Therefore, rooms are not confirmed until you receive confirmation back from the USA office.

Please list total number of rooms needed each day in the appropriate square. The days below are the only dates available at this price.

March 1-Thursday	March 2-Friday	March 3-Saturday	March 4-Sunday	March 5-Monday	TOTAL # OF ROOMS
				TOTAL AMOUNT DUE:	\$

HOUSING FORM

Please fill out a housing form (rooming list) for the *Disney's Paradise Pier® Hotel* (page 13) for each room.

-- If selecting Package A, this page must be sent in with the Review Sheet on Page 12 --

**THIS FORM IS DUE WITH REGISTRATION
PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.**

EVENT PACKAGE REGISTRATION FORM (B – E)**ONLY SUBMIT ONE COPY OF THIS PAGE PER SCHOOL/TEAM**

(Please Print or Type)

School/Team _____ Contact _____

Contact Address (Not a P.O. Box) _____

City _____ State _____ Zip _____

Work Phone () _____ Home Phone () _____

Fax () _____ Cell () _____

E-mail _____

EVENT PACKAGES B • C • D • E
(Does Not Include Hotel Lodging)**EVENT PACKAGE B1 – B5***Competition Fee & Disneyland® Resort Tickets (Competitors Only)*

of people

_____ B1 - \$96.00 per person (Competition Fee + One-Day *Disney California Adventure™* Park only)

_____ B2 - \$116.00 per person (Competition Fee + 1-day "Park Hopper Pass")

_____ B3 - \$172.00 per person (Competition Fee + 2-day "Park Hopper Pass")

_____ B4 - \$186.00 per person (Competition Fee + 3-day "Park Hopper Pass")

_____ B5 - \$197.00 per person (Competition Fee + 4-day "Park Hopper Pass") PACKAGE B1 – B5 TOTAL: \$ _____

EVENT PACKAGE C*(Additional Categories)*

of people

_____ \$65.00 per group (Group Stunt) PACKAGE C TOTAL: \$ _____

EVENT PACKAGE D1 – D6*Disneyland® Resort Tickets, includes a one-day competition spectator wristband (Non-Competitors -- Spectators Only)*

of people

_____ D1 - \$67.00 per person (One-Day *Disney California Adventure™* Park only)_____ D2 - \$70.00 per person (One-Day *Disneyland®* Park only)

_____ D3 - \$87.00 per person (1-day "Park Hopper Pass")

_____ D4 - \$143.00 per person (2-day "Park Hopper Pass")

_____ D5 - \$157.00 per person (3-day "Park Hopper Pass")

_____ D6 - \$168.00 per person (4-day "Park Hopper Pass") PACKAGE D1 – D6 TOTAL: \$ _____

EVENT PACKAGE E1 – E2*Competition Spectator Wristband/General Admission Ticket (Non-Competitors -- Spectators Only)*Package F **does not** include admission to *Disneyland®* Park or *Disney California Adventure™* Park

of people

_____ E1 - \$13.00 per person (10 yrs and older)

_____ E2 - \$6.00 per person (Children 3-9 yrs old) PACKAGE E1 – E2 TOTAL: \$ _____

*If selecting any package from this page, you must send in this form with the Review Sheet on page 12.***PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.**

REVIEW SHEET

(Please Print or Type)

SCHOOL/TEAM _____

THIS FORM MUST BE RETURNED WITH EVENT PACKAGE REQUEST.

Please transfer total amounts from pages 10 & 11 to this Review Sheet:

PACKAGE A – Hotel Package	TOTAL AMOUNT – A \$ _____
PACKAGE B1-B5– Competitors Only	TOTAL AMOUNT – B \$ _____
PACKAGE C – Additional Category (Group Stunt)	TOTAL AMOUNT – C \$ _____
PACKAGE D1-D6 – Non-competitors-Disneyland® Resort Tickets	TOTAL AMOUNT – D \$ _____
PACKAGE E1-E2 – Non-competitors-Competition Spectator Wristband	TOTAL AMOUNT – E \$ _____
LATE FEE: Submitting registration after January 24, 2012	
(Must receive approval from the USA office before submitting)	
\$20 late fee x _____ Competitors =	LATE FEE \$ _____

GRAND TOTAL	\$ _____
DEPOSIT FOR PACKAGE A <i>(\$75.00 per room, due January 6, 2012)</i>	\$ _____
BALANCE DUE (January 24, 2012)	\$ _____

For Package A return all forms with your deposit by January 6, 2012. The balance of this package is due on January 24, 2012. For Packages B, C, D & E send forms and complete payment by January 24, 2012. **There will be no full or partial refunds after January 24, 2012.** At least ten days prior to the event, you will receive information regarding performance schedules, maps and general information pertaining to March 3-4, 2012.

Please submit only ONE payment form -- unfortunately we cannot accept payments from individual squad members. Make checks payable to "United Spirit Association". **Please do not send cash, individual personal checks or organizational checks.** Forms of payment accepted: school purchase order, school check, money order, cashier's check and credit card. If you are paying with a purchase order, make sure to include the registration forms and the name of the school on the purchase order. School purchase orders must be paid in full at least 14 days prior to the event. Teams will be responsible for the full registration fees for cancellations past the cancellation deadline (January 24, 2012) or no shows on the day of the event. Payment may also be made by American Express, VISA, Discover Card or MasterCard by using the space for credit card information below. **Only one credit card may be used.** Declined credit cards are a basis for immediate cancellation of your registration. There will be a \$25 return check fee.

- VISA
- MASTERCARD
- AMERICAN EXPRESS
- DISCOVER CARD

Card Number		Dollar Amount
Expiration Date	Cardholder's Name (please print)	
Cardholder's Signature		Telephone
Billing Address		Billing Zip Code

PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.

Disney's Paradise Pier® Hotel Housing Form Room # _____ of _____

Please check room type:	<input type="checkbox"/> Single	<input type="checkbox"/> Double	<input type="checkbox"/> Triple	<input type="checkbox"/> Quad
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School/Team _____ Contact _____

Contact Address (Not a P.O. Box) _____

City _____ State _____ Zip _____

Work Phone () _____ Home Phone () _____

Fax () _____ Cell () _____

E-mail _____

HOTEL CHECK-IN IS AFTER 3:00 PM			
ARRIVAL DATE _____	TIME _____	DEPARTURE DATE _____	TIME _____

Instructions:

1. Please use one (1) form for each room occupied by attendees from your school/team. **Maximum** occupancy is four (4) per room. **NUMBER EACH PAGE ABOVE AS YOU DUPLICATE THIS FORM.**
2. Please type or print legibly (**with blue or black ink only**) to enable the hotel to process your reservation accurately. Please duplicate form as necessary. Use this form only. **PLEASE DO NOT CREATE YOUR OWN.**
3. After each individual's name below, please identify each person occupying the room using the following codes: (P) Participant/Competitor (A) Adult non-participant/non-competitor (D) Director/Advisor (Y) Youth non-participant/non-competitor (under 18yrs of age). Also, please circle M - Male or F - Female.
4. Please note that the school/team and director/advisor named on these housing forms are responsible for all persons registered with the above named school/team while on hotel premises.
5. A \$25 per change fee will be assessed if changes are made to this form after submission.

Name (M / F) _____ ()

Address _____

City _____ State _____ Zip _____

Emergency Contact _____

Phone () _____

Name (M / F) _____ ()

Address _____

City _____ State _____ Zip _____

Emergency Contact _____

Phone () _____

Name (M / F) _____ ()

Address _____

City _____ State _____ Zip _____

Emergency Contact _____

Phone () _____

Name (M / F) _____ ()

Address _____

City _____ State _____ Zip _____

Emergency Contact _____

Phone () _____

**ALL HOUSING FORMS ARE DUE WITH REGISTRATION.
PLEASE DO NOT FAX THIS FORM. ALL ORIGINALS NEED TO BE SUBMITTED TO THE USA OFFICE.**

PARTICIPANT LIABILITY RELEASE AND WAIVER FORM

This form is due in the USA office by January 24, 2012. Please do not fax this form.

Every participant must have submitted a completed and signed release form in order to participate.

Please use **blue** ink. Photocopies will not be accepted.

Minor's Name _____ Name of Parent or Legal Guardian _____
 Address _____ School /Team Name _____
 City, State, Zip _____ Division _____
 Phone Number (_____) _____ Event Location **Disneyland® Resort**
 E-mail _____ Event Date **March 3-4, 2012** Cheer [] Dance []

[] **Yes, you have my permission to send me updates / emails from Varsity**

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/USA, Inc. d / b / a United Spirit Association ("USA"). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity/USA, Inc., Varsity Spirit's Corporate Sponsors (hereinafter "Sponsors"), the Hosting site, (university, hotel, convention center, high school) on whose premises the Event will occur (hereinafter the "Location"), the affiliates of Varsity/USA, Inc. 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/USA, Inc., Sponsors, and their respective affiliates (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 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: **X** _____ **Date:** _____

Supervision: A chaperone/Adult (age 21 and over) is required to attend with participants. This Chaperone will be responsible for the participants at all times. Varsity/USA, Inc. d/b/a/ USA and AACCA are not responsible for participants' supervision.

Appearance Agreement: I understand that Varsity/USA, Inc. d / b / a USA 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, dvds, podcasts and videocasts 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/USA, Inc. d/ b/ a USA, 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/USA, Inc. without reservations and limitations. I further understand that neither Varsity/USA, Inc. 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/USA, Inc. 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: **X** _____ **Date:** _____

Relationship to Minor: _____ Minor Birthdate: _____

Minor SS# _____ (Not required but helpful for quick verification of insurance policy by hospital/clinic.)

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: **X** _____ **Date:** _____

RELEASE/WAIVER FORM

As used below, "Varsity" shall mean Varsity Spirit Corporation (including its division United Spirit Association), its parent and subsidiaries and the officers, directors, employees, agents and assigns of each of the foregoing, and "Disney" shall mean Walt Disney Parks and Resorts, LLC and its parent, related, affiliated and subsidiary companies and the officers, directors, employees, agents and assigns of each of the foregoing.

I/we, _____, parent(s)/legal guardian(s) of _____ (hereinafter "son/daughter"), hereby agree to assume full responsibility for the payment of all debts incurred by my/our son/daughter during his/her visit to the DISNEYLAND® Resort and to reimburse Disney for any damages suffered by Disney due to acts of my/our son/daughter during that visit.

I/we hereby waive for myself/ourselves and on behalf of my/our son/daughter any claims and/or causes of action for death, personal injury, property damage and/or otherwise which he/she and/or I/we may now have and/or hereafter have against Disney and/or Varsity arising out of my/our son/daughter's participation in cheerleading, dance and/or other activities on or about March 5 and March 6, 2011, including, without limitation, all claims and/or causes of action for death, personal injury, property damage and/or otherwise resulting from risks inherent in cheerleading, dance and/or other activities, including, without limitation, falls.

I/we further agree to defend, indemnify and hold harmless Disney, Varsity, and the Event officials, corporate sponsors and production staff (such Event officials, corporate sponsors and production staff, hereinafter "Varsity's Event Agents") from and against any and all claims, judgments, losses, liabilities, costs and expenses (including, without limitation, attorneys' and other professionals' fees and costs) asserted against Disney, Varsity and/or Varsity's Event Agents by me/us and/or my/our son/daughter and/or suffered by Disney, Varsity and/or Varsity's Event Agents arising out of the death, personal injury, property damage and/or otherwise suffered and/or caused by me/us and/or my/our son/daughter in connection with cheerleading, dance and/or other activities in which my/our son/daughter participates during his/her visit for the Event.

I/we authorize Disney and/or Varsity to procure, at my/our expense, any medical care reasonably required by my/our son/daughter during his/her visit at hospitals and/or facilities chosen by Disney and/or Varsity.

I/we understand that Varsity is the organizer of the proposed television program that may feature the Event (the "TV Program"). I further understand that the TV Program may be televised at any number of television networks, and may be televised elsewhere throughout the world for an unspecified number of runs. I/we hereby grant Disney, Varsity, their respective successors, assignees, licensees, sponsors and television networks and all other commercial exhibitors the exclusive right to photograph and/or videotape my/our son/daughter and further utilize my/our son/daughter's name, face, likeness, voice and appearance as part of the TV Program, in advertising and promotions relating to the TV Program and in advertising and promotions relating to the DISNEYLAND® Resort without reservation or limitation. In granting this license, I/we understand that neither Disney nor Varsity is under any obligation to exercise any of its rights, licenses and/or privileges herein granted.

I/we acknowledge that neither Disney nor Varsity is responsible for supervising my/our son/daughter. This Release/Waiver shall be governed by the laws of the State of California.

I/we have listed below any medication which my/our son/daughter is currently taking. I/we will ensure that my/our son/daughter brings the medication with him/her to the DISNEYLAND® Resort and that my/our son/daughter is responsible for taking the medication. I/we have also listed below any medications my/our son/daughter is allergic to.

Medications my/our son/daughter is taking (if any): _____

Medications my/our son/daughter is allergic to (if any): _____

Witnesses:

Parent/Guardian

Parent/Guardian

EMERGENCY INFORMATION:

Address: _____

Telephone: () _____ (home) () _____ (work)

**EVERY PERSON PARTICIPATING IN THE EVENT MUST COMPLETE THIS FORM. This form is due in the USA office by January 24, 2012.
Please do not fax this form.**

ARTICLES OF UNDERSTANDING

I. GENERAL RULES

- A. The competition will follow the 2011-12 AACCA School Cheer Safety Rules, 2011-12 USA Show Cheer Division Limitations for School and Youth Teams, 2011-12 USA Song/Pom/Pep Flag Safety Rules, Division Details and Regional brochure. (Available on-line at <http://usa.varsity.com>.)
- B. The competition will consist of the following categories/divisions:
- SHOW CHEER ADVANCED** (6 - 36 members on team) – 12 divisions
 Jr. High School (9th grade and under), Jr. High School Co-Ed (9th grade and under/2+ males), Elementary School (6th grade and under), Midget (11-15 yrs), Jr. Midget (10-12 yrs), Pee Wee (9-11 yrs), Jr. Pee Wee (8-10 yrs), Mighty Mites (5-8 yrs), Youth Sports Pee Wee Open (11 yrs and younger), Youth Sports Midget Open (15 yrs and younger), Youth Open Pee Wee Open (11 yrs and younger), Youth Open Midget Open (15 yrs and younger)
- SHOW CHEER NOVICE** (6 - 36 members on team) – 12 divisions
 Jr. High School (9th grade and under), Jr. High School Co-Ed (9th grade and under/2+ males), Elementary School (6th grade and under), Midget (11-15 yrs), Jr. Midget (10-12 yrs), Pee Wee (9-11 yrs), Jr. Pee Wee (8-10 yrs), Mighty Mites (5-8 yrs), Youth Sports Pee Wee Open (11 yrs and younger), Youth Sports Midget Open (15 yrs and younger), Youth Open Pee Wee Open (11 yrs and younger), Youth Open Midget Open (15 yrs and younger)
- PERFORMANCE CHEER (6 - 36 members on team) – 5 divisions**
 Midget (11-15 yrs), Jr. Midget (10-12 yrs), Pee Wee (9-11 yrs), Jr. Pee Wee (8-10 yrs), Mighty Mites (5-8 yrs)
- SONGLEADING/POM PON** (3 - 36 members) – 9 divisions
 Jr. High School (9th grade and under), Elementary School (6th grade and under), Midget (11-15 yrs), Jr. Midget (10-12 yrs), Pee Wee (9-11 yrs), Jr. Pee Wee (8-10 yrs), Mighty Mites (5-8 yrs), Pee Wee Open (11 yrs and younger), Midget Open (15 yrs and younger)
- GROUP STUNT** (4-5 members) – 1 division/ Jr. High School (9th grade and under/all male or all female)
- C. Entrants must be registered students in the school they are representing and/or full-time spiritleaders of their team. The penalty for an eligibility violation will be disqualification. **YOUTH SPORTS SQUADS** - Entrants for youth sports squads must represent a youth sports team. To compete in this category, a team must adhere to these guidelines: The team is affiliated with a governing youth organization (i.e. Pop Warner Football, P.A.L., local youth basketball or football league, etc.). The youth organization must include cheerleading bi-laws and follow a standardized set of cheerleading safety rules as part of the organization's charter. The cheerleading team must support, be affiliated with and be required to cheer for games in their organized sport (i.e. football, basketball) during the regular season. The advisor/coach of a youth sports squad must have in her/his possession at the USA competition a copy of their official league roster, which includes proof of registration/age of each of the competitors on the cheerleading team. -It may or may not be asked for by the competition officials, but must be available. The participant's age as of August 1, 2011 will be used throughout the 2011-12 competition season. All team members must be within the age range for each division. For example, Midget Show Cheer is 11-15yrs. Therefore, you cannot be 10 years old and compete in this division. Affiliated youth teams will be referred to as Youth Sports on the competition schedule. **YOUTH OPEN SQUADS** - Entrants for youth open squads are not associated with a youth organization (as defined above), or with an all star cheer gym/dance studio. To compete in this category, a team must adhere to these guidelines: The team is not affiliated with an all star cheer gym/dance studio or youth sports organization that includes cheer safety rules and cheer bi-laws as part of its charter. It is not mandatory that this team supports, is affiliated with, or cheer for an organized sport. Youth Open teams are required to provide a team roster for USA events. The participant's age as of August 1, 2011 will be used throughout the 2011-12 competition season. Non-affiliated youth teams will be referred to as Youth Open on the competition schedule. Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.
- D. Categories/divisions may be subdivided or combined at the discretion of the competition director if the total number of teams in a division warrants this.
- E. Teams may enter as many categories as they wish; however, no individual may participate on two teams in the same category. (example: Show Cheer is a category. Therefore, the same individual *may not* compete in Small and Large divisions of the Show Cheer category or Show Cheer- Advanced and Show Cheer-Novice).
- F. All teams must compete in the same categories in which they qualified for Jr. Spirit Nationals through a Regional or Classic (Show Cheer-Advanced, Performance Cheer, etc.), unless prior written approval is received from the USA office.
- G. If a team qualifies two or more times with a Superior rating in the Advanced level at a Regional or Classic competition, then that team may not move to the Novice level at Nationals.
- H. The limit to the number of individuals permitted on a team is 36 members.
- I. Timing of a routine will begin on the first note of music, the first vocal command (for cheer squads), or the first cheer movement, and will stop with the end of the cheer or the last note of music. Penalties for exceeding the total routine time limit will be deducted from the final averaged score. In Show Cheer for school-based teams, up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). In Show Cheer for youth sports teams, music may be used for the entire length of the routine. In the Songleading categories, females must use two poms for at least half of the total routine. Please refer to the division information for time limits in each category. (Available on-line at <http://usa.varsity.com>.) We recommend that you "time" your performance several times prior to the competition and give yourself at least five seconds of "cushion" to allow for speed variations in sound equipment.
- J. Teams may use as many songs in the musical portion of their routines as they like. Due to television network requirements and public broadcast licensing, all music, including entire songs or any portion of songs, must be registered with **ASCAP, BMI or SESAC** (or a combination). Any violation of this rule may subject the team to forfeiture of appearance on any associated television programs and may possibly lead to disqualification.
- K. Judges are looking for enthusiasm and showmanship during entrances and exits. Teams are encouraged to move on and off the floor as quickly as possible.
- L. All Cheer Teams will perform on a carpet bonded foam mat measuring 42' (front to back) x 42' (side to side). All stunts and/or tumbling must be performed on the mat surface. There will be a **three point** deduction off your final averaged score for each infraction of the rule.

ARTICLES OF UNDERSTANDING *cont.*

M. Competition Standard for Spotters

“**Team Spotters**” = are part of the performing team and required as part of specific types of stunting/pyramid/toss, etc. skills.

“**Additional (Routine) Spotters**” = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team and do not take the place of “team spotters” required by specific types of stunting/pyramid/toss, etc. skills.

In an effort to promote a higher level of safety for competing athletes, USA will provide additional spotters at all USA school and recreational/youth cheer competitions. School and recreational/youth cheer programs do not always have a large number of staff and coaches available to spot routines. To ensure that the safety of participants is not compromised due to limited number of team provided spotters, “additional (routine) spotters” will be provided by the USA. Additional (routine) spotters cannot be provided by the performing team, they must be provided by the USA.

These USA-provided “additional (routine) spotters” will be mandatory on the competition floor.

Reminder – To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

II. INTERRUPTION OF PERFORMANCE

- A. If, in the opinion of the competition officials, a squad’s routine is interrupted due to failure of competition equipment, facilities or other factors attributed to the competition, rather than the squad, the squad affected may be allowed to re-present its routine from the beginning. The degree and effect of the interruption will be determined by competition officials as will the decision to allow a team to re-present its routine.
- B. In the event a squad’s routine is interrupted because of failure of the squad’s equipment or an error on the part of a squad representative, the squad must either continue the routine, withdraw from the competition or be placed elsewhere in the division with a **3-point penalty** from the final averaged score for “unnecessary change of performance order”.
- C. In the event that an injury causes the squad’s routine to be interrupted, the squad will be allowed to re-present the routine (but it must be in its entirety) or withdraw from the competition. It will be evaluated **ONLY** from the point where the interruption occurred. Either of these options is at the discretion of the competition official. The competition officials reserve the right to stop the routine due to injury. Competition officials have the final decision as to whether or not to allow a competitor to take the performance floor following an injury. A participant with a suspected concussion will not be permitted to participate without the clearance of doctor.
- D. Uniform Distractions - The Safety Judge, Head Judge or any other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. If a judge/competition official stops the routine the penalty will vary from 3 points to possible disqualification of the routine.

III. APPROPRIATENESS OF CHOREOGRAPHY, MUSIC, OUTFITTING

All facets of a performance or routine, including choreography, music

selection and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution for which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to the performance taking place.

IV. HOW TO HANDLE PROCEDURAL QUESTIONS

Any questions concerning the rules or procedures of the competition will be handled exclusively by the captain or the advisor of the squad and will be directed only to the Competition/Venue Director or their designee. Such questions must be made prior to the squad’s competition performance. Any questions concerning the performance of the squad must be made to the Competition/Venue Director immediately after the performance. **Should a director or coach wish to lodge a formal complaint against another team in the competition for any violation of “Articles of Understanding” or competition rules, this complaint must be submitted in writing, signed, dated and presented to the Competition/Venue Director prior to any awards ceremony for which the team in question may be eligible to receive an award. It is to the discretion of the Competition/Venue Director whether investigation into the complaint will be completed prior to or after the awards ceremony.**

V. SPORTSMANSHIP

All participants and spectators affiliated with them agree to conduct themselves in a manner displaying positive sportsmanship throughout the competition. The advisor and/or captain of each squad is responsible for seeing that squad members, coaches, parents and any other persons affiliated with the squad conduct themselves accordingly. Un-sportsmanlike conduct will include, but is not limited to, approaching other teams, competition judges and/or any competition personnel with inappropriate comments, outbursts or gesture; confrontation with members of another team and/or between spectators of teams. Cases of un-sportsmanlike conduct at any time during the Nationals event are grounds to receive a penalty, up to disqualification, and the USA also has the right to deny entrance to or to remove an individual from the competition site. Additionally, disbarment from future USA events may occur.

ARTICLES OF UNDERSTANDING *cont.***VI. SCORES AND RANKINGS**

Individual judge's 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 prior to the final results of each division being announced. Score sheets will be available only to advisors or captains at the conclusion of the competition on Saturday or Sunday. No scores or rankings will be given over the phone. Advisors/coaches may request recaps for each category/division via the USA website (<http://usa.varsity.com>) no earlier than 1(one) week following the competition.

VII. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All squads winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the USA office.

VIII. INTERPRETATIONS AND RULINGS

Any interpretation of any aspect of these Articles of Understanding or any decision involving any other aspect of the competition will be rendered by the Competition Rules Committee. The Rules Committee will render a judgement in an effort to insure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist, at minimum, of the Competition/ Venue Director, Head Judge, and either the President of the United Spirit Association or a competition official designated by the President.

XII. FINALTY OF DECISIONS

By participating in this competition, each squad agrees that decisions by the judges will be final and will not be subject for review. Each squad acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each squad therefore expressly waives any legal, equitable administrative or procedural review of such decisions.

Any squad that does not adhere to the terms and procedures in the "Articles of Understanding" may receive a penalty, up to disqualification from the competition, and automatically forfeit the right to any awards presented by the competition. In addition, the squad may also forfeit the opportunity to participate in any competition produced by the United Spirit Association the following season or subsequent seasons. Any fees (team and/or spectator based) associated with participation in the event will be forfeited in the event of disqualification. The USA reserves the right to deny registration to any team.

We have reviewed the "Articles of Understanding" with our entire squad and we accept the "Articles of Understanding" as a fair and integral part of the rules of this competition and agree to adhere to the rules, policies and procedures contained herein.

School/Team Name _____ Date _____

City, _____ State _____

Advisor/Coach/Director's Signature _____

Principal _____

THIS FORM IS DUE BY JANUARY 24, 2012

Please list the name of the person who will be authorized to pick up the team scoresheets and the team registration packet at the competition. The registration packet includes tickets and competition wristbands for any of the packages purchased. This person will need to show a form of picture identification before receiving the registration packet and/or score sheets. Materials will be distributed only to the person listed below and will be distributed at one time.

School/Team representative: _____ (please print)

MUSIC SELECTION FORM

School/Team _____

Advisor/Coach _____

Division _____

In efforts to comply with music licensing rules, all music for USA Junior Nationals must be registered with ASCAP, BMI, SESAC or a combination of ASCAP, BMI and/or SESAC. A combination of ASCAP, BMI or SESAC with any other agency will not be permitted (i.e. ASCAP and EMI will not be allowed.) European titles are not allowed. Please complete the following information for each piece of music included in your routine. List the name of the song, the artist and check whether it is ASCAP, BMI or SESAC approved. Send this form to the USA office with your registration information. Any violation of this rule may subject the squad to disqualification from the competition. Compilation CDs and/or pre-recorded music can be used.

Check the following three websites to see if your music is registered with ASCAP, BMI or SESAC:

www.ascap.com, www.bmi.com, www.sesac.com

	Song Title	Artist's Name	Publisher Affiliation (ASCAP, BMI, SESAC)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

THIS FORM IS DUE BY JANUARY 24, 2012

ON-SITE CONTACT INFORMATION SHEET

During the Nationals weekend, we would like to have contact information for each team in case we need to reach you. Please fill out the information below and return it to the USA office with your registration materials.

SCHOOL/TEAM: _____

DIVISIONS: _____

ADVISOR/CONTACT PERSON: _____

CELL PHONE: () _____

HOME PHONE (if staying at home): () _____

**If you are using another hotel other than those offered in the Nationals packet
please fill out the section below. We must provide this information to the
Anaheim Convention Visitor's Bureau:**

HOTEL: _____

HOTEL ADDRESS: _____

CITY: _____ PHONE NUMBER: () _____

**Please list the numbers of rooms your team and parents will be
booking each night in the hotel.**

of Rooms: February 29 March 1 March 2 March 3 March 4 March 5

THIS FORM IS DUE WITH REGISTRATION

DVD OF STUNTS AND TUMBLING

Unfortunately, penalties are not always caught during a live performance. In light of this, because a penalty was not assessed during a previous event does not necessarily mean your routine is penalty-free. One of the best methods to help ensure a penalty-free routine is through DVD submission.

To help ensure an organized, penalty-free competition, we recommend that every team send us a DVD of the stunts and tumbling runs that are choreographed in the routine you will perform at Nationals. Please do not send a copy of the entire routine, just the stunts and tumbling. If any of your material is of major concern, please video that portion of the routine from different angles so we get a complete view.

It is the policy of the United Spirit Association not to give any rule interpretations over the phone and/or via e-mail without a DVD submission of the stunt(s) or tumbling in question.

All DVDs must be in the USA office by **January 27, 2012**. Each DVD must be labeled with the school/team name, division, contact name, phone number and fax number. A written request to review the DVD for stunting/tumbling legality must be included.

DVDs will not be returned. Instead, DVDs will be kept on file and available at Nationals for review and corroboration should the need arise.

USA will contact you by **February 17th** to inform you of any penalties. If you do not hear from us by **February 17th** please call the USA office to ensure that your DVD was received.

If you make changes in your routine after the DVD has been approved you must send a second DVD following the same procedure in order to ensure that your final routine is penalty-free. Please call the office (800-886-4USA) before sending the second DVD.

For specific cheerleading **stunt and safety questions that only pertain to the AACCA School Cheer Safety Rules, or to the 2011-12 USA Jr. High/Middle School/Youth Teams Show Cheer Division Limitations** please call 1-800-686-5718.

For specific song/pom **safety questions that only pertain to the 2011-12 USA Song/Pom/Pep Flag Safety Rules**, please call 1-800-886-4872 ext. 2004.

All DVD submissions must be mailed to:

USA Junior Nationals
Rule Interpretations
11135 Knott Avenue, Suite C
Cypress, CA 90630

2011-12 AACCA School Cheer Safety Rules

Note: The format has changed from previous years. As always, read thoroughly and direct any questions to the applicable rules interpreter or the AACCA office.

Due to the reorganization, there may be updates to ensure that the new rules have not inadvertently allowed or restricted something that should not be allowed or restricted.

Rule changes are in bold text. For the current version and rule interpretations, visit <http://www.aacca.org>.

A. Glossary

Base: A person who is in direct contact with the performing surface and is supporting another person's weight.

Basket Toss: A stunt in which a top person is tossed by bases whose hands are interlocked.

Bracer: A top person that provides stability to another top person.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

Cupie/Awesome: A stunt in which both feet of the top person are in one hand of a base.

Dive Roll: A forward roll where the feet leave the ground before the hands reach the ground.

Elevator/Sponge Toss: A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

Extended Stunt: A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.

Hanging Pyramid: A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.

Helicopter: A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

Inverted: A body position where the shoulders are below the waist.

Knee Drop: Dropping to the knees without first bearing the majority of the weight on the hands or feet.

Loading Position: A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.

Pyramid: Connected partner stunts.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Prop: Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

Quick Toss: A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases and is in a descending mode before being caught in a cradle, stunt or loading position.

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. Spotters must have their attention focused on the top person in order to be considered a spotter. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.

Stunt/Partner Stunt: One or more persons supporting one or more top persons off of the ground.

Suspended Roll: A skill in which a person in contact with bases or posts performs a foot-over-head rotation.

Tension Drop: A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.

Tic-Toc: A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

Top Person: A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

Toss: An airborne stunt where the base(s) executes a throwing motion from below shoulder level to increase the height of the top person and the top person becomes free from all bases, posts or bracers.

B. General

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised 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, partner stunts, pyramids 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. An appropriate warm-up routine should precede all cheerleading activities.
8. 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.
9. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
10. All jewelry is prohibited during participation. 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.

11. Supports, braces and air casts which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a plaster-type or other hard, heavy cast shall not be involved in stunts, pyramids, tosses, tumbling or spotting.
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.
14. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach *trained in their use*.

C. Inversions

1. The top person may not be in an inverted position with the following exceptions:
 - a. Suspended forward rolls are allowed provided that all of the following conditions are met:
 - 1) The top person begins in a non-inverted position from the performing surface or a stunt.
 - 2) The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers.
 - 3) The bases or posts cannot be involved in any other skill during the suspended roll.
 - 4) The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt.
 - b. The top person may begin a stunt in an inverted position provided that all of the following conditions are met:
 - 1) The top person begins with at least one hand on the performing surface.
 - 2) The top person is loaded into a non-inverted position shoulder height or below.
 - 3) A base or spotter must maintain contact with the top person until they are in a non-inverted position.
 - 4) A base or spotter must be in a position to protect the head, neck and shoulder area of the top person.
 - c. ***The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met:***
 - 1) ***The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion.***
 - 2) ***The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight.***
 - 3) ***Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.***

D. Partner Stunts

1. Partner stunts (free-standing or as part of a pyramid) higher than shoulder stand level must have a separate, continuous spotter for each person over shoulder stand level.
2. In single-based extended stunts, the spotter may not support under the heel or sole of the top person's foot. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
3. The top person in a partner stunt must receive primary support from a base or a bracer who is on a base.
4. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
5. Bases may not hold props in their hands if the hands are the primary support for the top person.
6. The total number of twists in a dismount from a stunt cannot be greater than two and one quarter rotations.
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
8. Cradle dismounts from partner stunts or pyramids shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
9. Cradle dismounts from partner stunts to another set of bases must be caught by three bases who are standing near the original base(s). Any type of gymnastics movement (1/2 turn, twist, toe touch, etc) after the top person has left the base(s) hands is prohibited.
10. The top person cannot be caught in a prone position from a release unless connected to a bracer.
11. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
 - a. There are a total of four bases that support the top person.
 - b. At least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person.
 - c. The top person must have hand contact with bases during the split portion of the transition.
12. Free-standing tic-tocs are prohibited.
13. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
14. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single-Based Flatback, etc.)
15. When the top person falls away from the bases to a horizontal, straight-body position, a minimum of three catchers are required. The bases may not be counted as part of the required catchers.
16. When the top person is transitioned to a straight-body position between two bases, an additional catcher is required. *At least one of the catchers must control the upper torso.*
17. Tension drops are prohibited.
18. Helicopters are allowed provided all of the following conditions are met:
 - a. The top person makes no more than a 180 degree rotation (half-turn).
 - b. Four bases must be in position during the entire release.
 - c. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 - d. The bases are not allowed to change positions during the release.
 - e. The top person must begin and end in a face up position.
 - f. The top person cannot perform a twisting skill.

19. Single-based split catches are prohibited.
20. A single-base may not be the only primary support for two extended top persons. The exception to this rule is the following:
 - a. Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
21. Dismounts to the performing surface require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. The exception to this rule is the following:
 - a. Cradles may be set out to the performing surface without continuous contact.

E. Pyramids

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. In braced pyramids, at least one bracer of each pair must be at shoulder height or below. The exception to this rule is the following:
 - a. Extensions (double- or single-based) may brace other extensions.
3. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
4. If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
5. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
6. In a Released Pyramid Transition the following rules apply:
 - a. At least three original bases must be under the top person throughout the transition.
 - b. Bracers at shoulder level must have a spotter in place during the transition movement. (Shoulder sits and double-based thigh stands do not require an additional spotter.)
 - c. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - e. The top person must be continuous in motion and cannot be supported so that they pause during the transition.

F. Tosses (including tosses from the performing surface)

1. In all single-based tosses that land in a stunt all of the following rules apply:
 - a. The top person must land in a stunt on the original base.
 - b. The toss may not be directed so that the base must travel to catch the top person.
 - c. The top person cannot travel over or under another person.
 - d. The top person cannot be caught in a prone position.

2. In all single-based tosses that land in a loading position all of the following rules apply:
 - a. Must be caught in a loading position that includes the original base and a spotter who must be in position to protect the head, neck and shoulders.
 - b. The toss may not be directed so that the base must travel to catch the top person.
 - c. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.
 - d. The top person cannot travel over or under another person.
 - e. The top person cannot be caught in a prone position.
3. In all single-based tosses to a cradle all of the following rules apply:
 - a. Must be caught by at least three catchers that include the original base, one of whom must be at the head and shoulders.
 - b. The toss may not be directed so that the base must travel to catch the top person.
 - c. The top person may not hold any objects (poms, signs, etc.) during the toss.
 - d. The top person cannot travel over or under another person.
 - e. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.
 - f. Tosses to cradles are prohibited on surfaces other than a mat or grass (real or artificial).
4. In all multi-based tosses to a cradle the following rules apply:
 - a. No more than four tossers are allowed.
 - b. Must be caught by at least three of the original tossers, one of whom must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person.
 - d. The top person may not hold any objects (poms, signs, etc.) during the toss.
 - e. The top person cannot travel over or under another person.
 - f. The total number of twists cannot be greater than two and one quarter rotations.
 - g. Tosses to cradles are prohibited on surfaces other than a mat or grass (real or artificial).
5. In multi-based tosses that land in a stunt or loading position the following rules apply:
 - a. Must be caught by at least two of the original tossers and a spotter who must be in position to protect the head, neck and shoulders.
 - b. The toss may not be directed so that the bases must travel to catch the top person.
 - c. The maximum distance allowed between the highest point of the base and the lowest point of a top person's body cannot exceed approximately twelve inches.
 - d. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss. This rule does not apply to a "Quick Toss", which can perform skills on the way up.
 - e. The top person cannot travel over or under another person.
 - f. The top person cannot be caught in a prone position.
 - g. The top person may not land in a basket toss loading position from a toss.

G. Tumbling and 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 perform aerial tumbling or rebound over an individual or prop. (Cartwheels, rolls and walkovers are allowed.)
6. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example : A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)

7. Landings for all jumps must bear weight on at least one foot. (Example : 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. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.
10. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

H. Specific Basketball/Indoor Court Restrictions

The following skills are prohibited at basketball and other athletic contests conducted on courts, except where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface.

1. Basket tosses, elevator/sponge tosses and other similar multi-based tosses are prohibited.
2. Partner stunts in which the base uses only one arm to support the top person are prohibited.
3. Released twists into or from stunts or pyramids are prohibited.
4. Inversions in partner stunts and pyramids are prohibited. The exceptions to this rule are the following:
 - a. Inversions that begin on the ground and go to an upright position where the top person is in constant contact with a base or spotter are allowed.
5. Twisting tumbling skills (Arabians, full twisting layouts, etc.) are prohibited. The exception to this rule is the following:
 - a. Cartwheels, roundoffs and aerial cartwheels are allowed.

I. Additional Restrictions for Elementary, Middle and Junior High School

The following restrictions for elementary, middle school and junior high teams are in addition to the above rules for high school teams:

1. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.
2. The total number of twists in a dismount from stunts cannot be greater than one and one quarter rotation.

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.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult advisor or coach.

Cheerleading jumps, gymnastics and stunts 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.

For more information, visit AACCA.org. If you have questions regarding a specific rule, contact us at 800-533-6583.

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SONG/POM AND PEP/SHORT FLAG

GENERAL SAFETY RULES

Note: Routines in these divisions must also follow the rules listed in "2011-12 General Information for School/Youth Teams" and the "2011-12 High School Song/Pom Division Limitations."

1. A school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Pants are not allowed. Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming".
2. All participants must wear shoes. All footwear must have soft soles and be non-marking. Athletic or appropriate dance shoes that cover the toes and entire sole of the foot are permitted.
3. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a uniform or the hair and will not interfere with the safe execution of a dance/pom/twirling move.
4. Support braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered.
5. Props are not allowed. A prop is any physical object used to enhance the overall effect and or theme of the routine. (Exception: pom or pep/short flag)

Tumbling and Tricks

(Executed by individuals)

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

1. Tumbling is allowed (but not required) in Songleading/Pom and Pep Flag divisions as long as there is constant contact with the performance surface. Airborne skills are not allowed.
2. Weight bearing skills on the hands are not allowed while holding poms or pep/short flag. Weight bearing skills include tumbling, stalls, etc. (**Exception: forward and backward rolls**).
3. Tumbling with poms attached to the hand or fingers is not allowed.
4. Simultaneous tumbling over and under another team member is not allowed.

The following are examples of skills that are allowed and not allowed:

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Round-Offs
Dive Rolls (in a piked position)

NOT ALLOWED

Front/Back Hand Springs
Front/Back Tucks
Side Somi
Layouts
Aerial Cartwheels
Head Springs

5. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hand/s or feet/foot in order to break the impact of the drop.
6. Drops to a push up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle Jump. All variations of a Shushinova are not permitted.

Dance Lifts, Tricks and Partnering

(Executed as partners or groups)

Dance Lifts, Tricks and Partnering are permitted and are defined below:

Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s).

Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of "Supporting" dancer(s) and "Executing" dancer(s).

Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills.

Elevated Dancer: A dancer who is lifted from the performance surface as a part of a Dance Lift.

Executing Dancer: A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.

Lifting Dancer: A dancer(s) who lifts an Elevated Dancer as a part of a Dance Lift.

Supporting Dancer: A supporting dancer (s) who is a part of a dance trick and bears primary weight of a lifted dancer. A supporting dancer (s) holds, tosses or and/or maintains contact with an Executing Dancer as a part of a Dance Trick or Partnering Skill.

1. A Lifting/Supporting Dancer(s) who has primary weight of a Lifted Dancer must maintain direct contact with the performance surface at all times.
2. At least one Lifting/Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Elevated/Executing Dancer(s) throughout the entire Lift, Trick or Partnering skill. (Exception: A dancer who is not prone can release contact below shoulder level [of the Lifting/Supporting dancer when standing upright].)
3. Jumping or leaping off a dancer above hip level [of the Lifting/Supporting dancer when standing upright] is allowed as long as there is hand/arm (Lifting/Supporting dancer) to hand/arm/body (Elevated/Executing dancer) throughout the skill. (Example: A dancer who is not prone may jump or leap off another dancer below shoulder level [of the Lifting/Supporting dancer when standing upright]. A dancer may step off another dancer.)
4. Tossing a dancer is only allowed if the release occurs below shoulder level [of the Lifting/Supporting dancer when standing upright] and the Executing Dancer is not prone or inverted. When released the Executing Dancer cannot pass through an inverted position.
5. Swinging Lifts and Tricks are allowed provided the Elevated/Executing Dancer's body does not make a complete circular rotation and is in a face up, non-prone position at all times.
6. Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as his/her shoulders do not exceed shoulder level [of the Lifting/Supporting dancer when standing upright].
7. All stunts and/or pyramids are prohibited. (**Exceptions: pony sit, thigh stand, shoulder sit**)

SHOW CHEER DIVISION LIMITATIONS

In addition to all rules covered in the “2011-12 AACCA School Cheerleading Safety Rules,” the following restrictions also apply to junior high/middle school/youth teams entering a “Show Cheer – Novice or Advanced” division.

SHOW CHEER – Novice Division Limitations

Tumbling

1. All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch fronts, layouts, fulls, etc. Back handsprings are allowed.

Stunts/Pyramids/Tosses

1. Extended freestanding one-legged stunts are limited to a liberty only.
2. All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on at least one side by another top person who is at shoulder stand height or lower.
3. Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls, etc.).
Exception: $\frac{1}{4}$ dismounts to cradle are permitted.
4. Basket, sponge, elevator or similar type of tosses are not permitted.

SHOW CHEER – Advanced Division Limitations

1. Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to one twist.
Exception: $1 \frac{1}{4}$ dismounts to cradle are permitted from side facing stunts.
2. Basket, sponge, elevator or similar type of tosses are not permitted.

Changes from 2011-12 are highlighted above.

Please note that changes for the 2012-13 season will be announced in Spring 2012.

SCHOOL/TEAM: _____

DIVISION: _____

OF PARTICIPANTS: _____

EVENT/COMP: _____

SAFETY JUDGE(S): _____

PERFORMANCE DEDUCTIONS

(See attached sheet for deduction clarification)

= DEDUCTION _____

SAFETY RULES/DIVISION LIMITATION _____ x 3.0

(3 points for each occurrence of an illegal procedure - See attached sheet for infraction clarification)

= PENALTY _____

TOTAL ROUTINE LENGTH (1-10 seconds over = 1 pt. penalty; 11-20 seconds over = 2 pts. penalty; etc.)

 Performance Cheer: 2 minutes Show Cheer: 2 ½ minutes
 Jr./Youth Song/Pom 2 ½ minutes Group Stunt: 1 minute

TOTAL ROUTINE LENGTH _____ = PENALTY _____

SCHOOL SHOW CHEER MUSIC: TIME RESTRICTION

The music section cannot be more than 1:30. (1-10 seconds over = 1 pt. penalty; 11-20 seconds over = 2 pts. penalty; etc.)

NOTE: In Show Cheer for youth sports teams, music may be used for the entire length of the routine.

TOTAL ROUTINE LENGTH _____ MUSIC LENGTH _____ = PENALTY _____

POM USE RESTRICTION: (1-5 seconds under = 1 pt. penalty; 6 -10 seconds under = 2 pts. penalty; etc.)

JR/YOUTH SONG/POM (Poms must be used for at least half of the routine)

TOTAL ROUTINE LENGTH _____ POM USAGE LENGTH _____ = PENALTY _____

OTHER PENALTIES

Props/Improper Footwear or Costuming _____ x 3

Unnecessary Change In Performance Order/Delay of Contest: _____ x 3

Tumbling/Stunting off mat (Opens and Nationals Only) _____ x 3 = PENALTY _____

DISQUALIFICATION PENALTIES

- An individual may not participate on two teams within the same category type and/or divisions within a category when separated by size or stunt/tumbling limitations (i.e. Small and Large Show Cheer divisions)
- Entrance of team/individual in an incorrect category/division.
- Violation of age/grade and/or eligibility requirements.

JUDGE #1 _____ JUDGE #4 _____ TOTAL POINTS: _____

JUDGE #2 _____ JUDGE #5 _____ DIVIDED BY # OF JUDGES: _____

JUDGE #3 _____ LESS DEDUCTIONS/PENALTIES: _____

GRAND TOTAL: _____

DIFFICULTY SCORE:	JUMPS	TUMBLING	STUNTS	PYRAMIDS	TOTAL

EVENT DIRECTOR: _____

GENERAL INFORMATION

ELIGIBILITY: Entrants must be registered students in the school they are representing and/or official full-time spiritleaders of their team. The penalty for an eligibility violation will be disqualification.

NEW!!!! YOUTH SPORTS SQUADS - Entrants for youth sports squads must represent a youth sports team. To compete in this category, a team must adhere to these guidelines:

- The team is affiliated with a governing youth organization (i.e. Pop Warner Football, P.A.L., local youth basketball or football league, etc.). The youth organization must include cheerleading bi-laws and follow a standardized set of cheerleading safety rules as part of the organization's charter. The cheerleading team must support, be affiliated with and be required to cheer for games in their organized sport (i.e. football, basketball) during the regular season.
- The advisor/coach of a youth sports squad must have in her/his possession at the USA competition a copy of their official league roster, which includes proof of registration/age of each of the competitors on the cheerleading team. -It may or may not be asked for by the competition officials, but must be available.
- The participant's age as of August 1, 2011 will be used throughout the 2011-12 competition season. All team members must be within the age range for each division. For example, Midget Show Cheer is 11-15yrs. Therefore, you cannot be 10 years old and compete in this division.
- Affiliated youth teams will be referred to as Youth Sports on the competition schedule.

Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

NEW!!!! YOUTH OPEN SQUADS - Entrants for youth open squads are not associated with a youth organization (as defined above), or with an all star cheer gym/dance studio. To compete in this category, a team must adhere to these guidelines:

- The team is not affiliated with an all star cheer gym/dance studio or youth sports organization that includes cheer safety rules and cheer bi-laws as part of its charter.
- It is not mandatory that this team supports, is affiliated with, or cheer for an organized sport
- Youth Open teams are required to provide a team roster for USA events.
- The participant's age as of August 1, 2011 will be used throughout the 2011-12 competition season.
- Non-affiliated youth teams will be referred to as Youth Open on the competition schedule.

Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

CATEGORIES/DIVISIONS: The USA and/or its competition personnel reserves the right to delete, combine and/or divide categories and divisions as deemed necessary. If categories/divisions are altered, adjustments will be made in the awards.

An individual may not compete against her/himself in the same division/category (i.e. two Group Stunt teams). An individual may not compete on two teams within the same category type and/or divisions within a category when separated by size, stunt/tumbling limitations and/or age group [i.e. 1) Small and Large Jr. High Show Cheer divisions 2) Show Cheer Novice and Show Cheer Advanced categories 3) Jr. Show Cheer Novice and

Elementary Show Cheer Novice]. The penalty for this violation will be disqualification of one of the routines.

A team must compete in the same category/division at Nationals for which it qualified in at a Regional or Classic, unless prior written approval is received from the USA. (i.e. If you qualify for Show Cheer at a Regional or Classic, you may not compete in Co-Ed Show Cheer at Nationals unless you also qualify for that category at a Regional or Classic. Or if you qualify for Show Cheer - Novice at a Regional or Classic, you may not compete in Show Cheer - Advanced at Nationals unless you also qualify for that category at a Regional or Classic.)

If a team qualifies two or more times with a Superior rating in the Advanced level at a Regional or Classic, then that team may not move down to a lower technical division at Nationals.

Jr. High/Middle School Teams – All teams must represent a jr. high/middle school. 9th grade teams representing a high school may not compete in the jr. high/middle school categories/divisions.

If a team participates in more than one category, routine and/or cheers must be different. For example, a team cannot repeat their Performance Cheer in the Show Cheer category. The penalty for this violation will be disqualification of one of the routines.

The limit to the number of individuals permitted on a team is 36 members.

Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

MUSIC: Music is defined as any recorded sound amplified through the competition sound system.

All contestants who use music must provide their own CD or MP3 device for use on the event provided sound system. Music must be recorded at the correct tempo on a high quality CD or loaded onto an MP3 device. Music must be labeled with the team name, division, and team size ready to play. One or several selections of music may be used. A sound system will be provided. Due to variability in sound systems, a back-up MP3 device must be available and present at the time of performance. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Directors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance. Due to greater room for technical error with some CD's you must have a back-up MP3 of your routine available.

In efforts to comply with music licensing rules, all music for USA Junior Nationals must be registered with ASCAP, BMI, SESAC or a combination of ASCAP, BMI and/or SESAC. A combination of ASCAP, BMI or SESAC with any other agency will not be permitted (i.e. ASCAP and EMI will not be allowed.) European titles are not allowed. Please complete the following information for each piece of music included in your routine. Check the following websites to ensure that your music is registered with ASCAP, BMI or SESAC: www.ascap.com, www.bmi.com, www.sesac.com

ENTRANCE/EXIT: Judges are looking for enthusiasm and showmanship during entrances and exits. Teams and individuals are encouraged to move on and off the floor as quickly as possible.

GENERAL INFORMATION *cont.*

PERFORMANCE ORDER/SCHEDULES: Typically, performance order is based on the receipt of registrations. The first registration received will be the last to perform in that division and the last registration received will be the first to perform. Adjustments may be necessary due to division/team conflicts. **All teams will be given an assigned check-in and warm-up time prior to competition.**

The "Person to Receive Correspondence" will be sent/mailed a tentative line up with performance times at least 1 1/2 weeks prior to the competition. These times are subject to change. The final schedule will be available by checking <http://usa.varsity.com> after 5:00 p.m. (PST) the Wednesday prior to your competition. As of this day, performance times will remain the same regardless of scratches. It is the advisor's/coach's responsibility to check the schedule for accuracy of your competing division prior to the team taking the performance floor.

INSURANCE: Each participant must have his/her own personal insurance. All competitors must submit a USA Medical Release and Appearance Form for each competition in order to compete. The host facility, the host facility district, the directors/sponsors and/or the USA will not be responsible or held liable for any injuries occurring at a USA competition.

First aid staff will be on site at all competitions to provide assistance for emergencies only. Taping of wrists/ankles for individual performers **will not be provided**, unless medically necessary to treat an injury.

PENALTIES: Points will be deducted from the final team average for violations of safety rules and/or time limits. See below in addition to the 2011-12 Jr. High/Middle School/Youth Teams Show Cheer Division Limitations, the 2011-12 AACC School Cheer Safety Rules and the 2011-12 USA Song/Pom/Pep Flag Safety Rules. See <http://usa.varsity.com> for these documents.

A) Safety Rules - 3 points will be deducted from the final team average score for EACH occurrence of a safety rule violation or specialty skill/level restriction.

Competition Standard for Spotters

"Team Spotters" = are part of the performing team and required as part of specific types of stunting/pyramid/toss, etc. skills.

"Additional (Routine) Spotters" = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team and do not take the place of "team spotters" required by specific types of stunting/pyramid/toss, etc. skills.

In an effort to promote a higher level of safety for competing athletes, USA will provide additional spotters at all USA school and recreational/youth cheer competitions. School and recreational/youth cheer programs do not always have a large number of staff and coaches available to spot routines. To ensure that the safety of participants is not compromised due to limited number of team provided spotters, "additional (routine) spotters" will be provided by the USA. Additional (routine) spotters cannot be provided by the performing team, they must be provided by the USA.

These USA-provided "additional (routine) spotters" will be mandatory on the competition floor.

Reminder – To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

B) Time - Timing will begin on the first note of music, the first word of the cheer, the first organized cheer or the first cheer movement, and will stop with the end of the cheer or last note of the music. Penalties will be deducted from the final averaged score for going over the total routine time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc. For school-based teams, up to 1:30 (90 seconds) of the routine may be

performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc. Exception in Show Cheer, youth teams may use music for the entire routine length. School-based teams may not use music for the entire routine length.

In Songleading/Pom Pon, all female members must use two poms for at least half of the routine. There will be a 1 point penalty for every 5 seconds under the time requirement for pom use. (1-5 seconds under = 1 point penalty; 6-10 seconds under = 2 point penalty, etc.)

Due to the variability in sound systems, you should build in leeway in your routine to avoid timing penalties. It is suggested that routines end 3-5 seconds prior to the routine length time.

C) Uniforms - In all divisions, a school/team uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used.

In Cheer and Songleading/Pom Pon, props are not allowed. A deduction of 3 points will be taken if props are used. A prop is any physical object used to enhance the overall effect and/or theme of your routine. Hand-held signs, flags, poms or megaphones **are** permitted.

Shoes - All participants must wear shoes. This is a safety rule and if a violation occurs, 3 points will be deducted from the final team average score. All footwear must have soft soles and be non-marking.

When standing at attention, apparel must cover the midriff. If a violation occurs, 3 points will be deducted from the final team average score.

Uniform Distractions – The Safety Judge, Head Judge or other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. If a judge/competition official stops the routine the penalty will vary from 3 points to possible disqualification of the routine.

D) Appropriateness of Choreography, Music, Outfitting - All facets of a performance or routine, including choreography, music selection and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval.

GENERAL INFORMATION *cont.***CATEGORIES/DIVISIONS RULES**

Sample scoresheets for all USA competitions will be available on-line by visiting <http://usa.varsity.com> after September 1, 2010.

You must visit the USA website at <http://usa.varsity.com> for a complete listing of the following:

- 2011-12 USA Junior Spirit Nationals Divisions
- 2011-12 USA Jr. High /Middle School/Youth Teams Show Cheer Division Limitations
- 2011-12 AACCA School Cheer Safety Rules
- 2011-12 USA Song/Pom and Pep Flag General Safety Rules for School and Youth Teams

TUMBLING, STUNT AND SAFETY RULES

Routines at all USA competitions must follow the 2011-12 AACCA School Cheer Safety Rules, 2011-12 USA Show Cheer Division Limitations for School and Youth Teams and the 2011-12 USA Song/Pom and Pep Flag General Safety Rules for School and Youth Teams.

For specific cheerleading stunt and safety questions that only pertain to the AACCA School Cheer Safety Rules, or to the 2010-11 Jr. High/Middle School/Youth Sports Teams Show Cheer Division Limitations please call 1-800-686-5718.

For specific song/pom or pep flag/short flag safety questions that only pertain to the 2011-12 USA Song/Pom/Pep Flag Safety Rules for School and Youth Teams, please call 1-800-886-4872 ext. 2004.

Submitting a DVD is the only way to review a routine for potential safety violations prior to a competition.
Submission of a routine does not guarantee that it can be reviewed.

All rules and division limitations may be downloaded at <http://usa.varsity.com>.

FOR COMPETITION DIVISION QUESTIONS, CALL:

1.800.886.4USA(4872)

DIVISION/CATEGORIES

SHOW CHEER – ADVANCED

NUMBER ON TEAM: 6-36 members

DIVISIONS: Refer to division grid at <http://usa.varsity.com>.

ROUTINE PROCEDURE: Execute routine of your choice using a combination of music and words. Audience participation is encouraged. Props and costuming are not allowed. Signs and/or flags are permitted but may not be worn as an article of clothing or accessory. **For school-based teams** - Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc. **For youth teams** - Music may be used for the entire length of the routine.

SAFETY RULES: As with all categories, routines in these divisions must follow the 2011-12 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2011-12 Jr. High/Middle School/Youth Teams Show Cheer Division Limitations which may be found on-line at <http://usa.varsity.com>. No more than 1 "routine spotter" per 8 performers recommended – up to a maximum of 4 "routine spotters."

SPECIALTY SKILL RESTRICTIONS

1) Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to one twist. Exception: 1¼ dismounts to cradle are permitted from side facing stunts. 2) Basket, sponge, elevator or similar type of tosses are not permitted.

TOTAL ROUTINE TIME LIMIT: 2 ½ minutes maximum

SHOW CHEER – NOVICE

NUMBER ON TEAM: 6-36 members

DIVISIONS: Refer to division grid at <http://usa.varsity.com>.

ROUTINE PROCEDURE: Execute routine of your choice using a combination of music and words. Audience participation is encouraged. Props and costuming are not allowed. Signs and flags are permitted but may not be worn as an article of clothing or accessory. **For school-based teams** - Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc. **For youth teams** - Music may be used for the entire length of the routine.

SAFETY RULES: As with all categories, routines in these divisions must follow the 2011-12 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2011-12 Jr. High/Middle School/Youth Sports Teams Show Cheer Division Limitations which may be found on-line at <http://usa.varsity.com>. No more than 1 "routine spotter" per 8 performers recommended – up to a maximum of 4 "routine spotters."

SPECIALTY SKILL RESTRICTIONS

Tumbling: 1) All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch fronts, layouts, fulls, etc. Back handsprings are allowed.

Stunts/Pyramids/Tosses: 1) Extended freestanding one-legged stunts are limited to a liberty only. 2) All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced on at least one side by another top person who is at shoulder stand height or lower. 3) Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls,

etc.). Exception: ¼ dismounts to cradle are permitted. 4) Basket, sponge, elevator or similar type of tosses are not permitted.

TOTAL ROUTINE TIME LIMIT: 2 ½ minutes maximum

PERFORMANCE CHEER

NUMBER ON TEAM: 6-36 members

DIVISIONS: Refer to division grid at <http://usa.varsity.com>.

ROUTINE PROCEDURE: Execute cheers of your choice. Audience participation is encouraged. Music is not allowed in this category.
SAFETY RULES: As with all categories, routines in these divisions must follow the 2011-12 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2011-12 Jr. High/Middle School/Youth Teams Show Cheer Division Limitations which may be found on-line at <http://usa.varsity.com>. No more than 1 "routine spotter" per 8 performers recommended – up to a maximum of 4 "routine spotters."

SPECIALTY SKILL RESTRICTIONS

1) Free from contact twist dismounts and/or free from contact twist skills to/from a stunt of any type (i.e. full down/full twist cradles, single log rolls, etc.) are limited to one twist. Exception: 1¼ dismounts to cradle are permitted from side facing stunts. 2) Basket, sponge, elevator or similar type of tosses are not permitted.

TOTAL ROUTINE TIME LIMIT: 2 minutes maximum

SONGLEADER/POM PON

NUMBER ON TEAM: 3-36 members

DIVISIONS: Refer to division grid at <http://usa.varsity.com>.

ROUTINE PROCEDURE

Execute any type of pompon/songleading routine. All female members must use two pompons for at least half of the routine. (See time penalty.) Props are not allowed in this division. A deduction of 3 points will be taken if props are used. A prop is any physical object used to enhance the overall effect and/or theme of your routine.

SAFETY RULES: Routines in these divisions must also follow all the 2011-12 USA Song/Pom and Pep Flag General Safety Rules for School and Youth Teams. No additional restrictions besides those listed in the 2011-12 USA Song/Pom and Pep Flag General Safety Rules for School and Youth Teams apply for this category.

ALL TEAMS

School/team uniform must be worn (i.e. skirt and top). Pants are not allowed. Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used.

TOTAL ROUTINE TIME LIMIT: 2 ½ minutes maximum

GROUP STUNT

NUMBER ON TEAM: Four - Five members, including spotter (all female or all male).

DIVISIONS: There will be one division.

ROUTINE PROCEDURE: The participants all must be from the same school. Execute stunts of your choice. Background music is encouraged. Additional spotters are not permitted.

SAFETY RULES: As with all categories, routines in these divisions must follow the 2010-11 AACCA School Cheer Safety Rules. No tumbling or stunt/pyramid/toss restrictions besides those listed in the 2010-11 AACCA School Cheer Safety Rules apply for this category. One "routine spotter" is permitted for this division.

TOTAL ROUTINE TIME LIMIT: 4 minutes maximum

NATIONALS/CHAMPIONSHIPS REFUND REQUEST

1. All refund requests must be requested in writing before the following dates:

ALL STAR CHAMPIONSHIPS – February 3, 2012

JUNIOR NATIONALS – January 24, 2012

COLLEGE CHAMPIONSHIPS – February 3, 2012

DANCE/DRILL NATIONALS – February 17, 2012

SPIRIT NATIONALS – February 17, 2012

Refunds will not be honored if received by the USA office after the appropriate deadline date above. It is the responsibility of the person requesting the refund to ensure that this form is received in the USA office by the appropriate deadline listed above.

Faxed: 714.230.2022

E-mail: kim@usacamps.com

Mail: NATIONALS/CHAMPIONSHIPS – REFUND REQUEST

Attn: Kim Betts

11135 Knott Avenue, Suite C

Cypress, CA 90630

2. The School/Organization/Group contact person must submit refund requests.

3. The request should include:

- Name of your school or organization
- Please specify which event
- To whom check should be made payable (Refunds are issued to the school/gym not to individuals.)
- To where the check should be mailed
- Amount of refund requested
- Contact person and phone number

4. No refunds will be paid to those arriving or leaving the event early, for any reason, or for items not used.

5. No refund will be issued until the Event is completed. Please allow 4-6 business weeks after the event to receive your refund.

SCHOOL/ORGANIZATION _____

REFUND REQUEST AMOUNT \$ _____

MAKE CHECK PAYABLE TO _____

MAIL CHECK TO _____

MAIL CHECK ATTENTION TO _____

REFUND REQUESTED BY _____

CONTACT PHONE NUMBER _____

SIGNATURE _____ **DATE** _____

OFFICE USE ONLY * OFFICE USE ONLY * OFFICE USE ONLY * OFFICE USE ONLY * OFFICE USE ONLY

DATE RECEIVED _____ **APPROVED** _____ **AMOUNT** _____

CUSTOMER # _____ **INVOICE #** _____ **SESSION** _____