



💙 🤍 💙 **YOU'RE INVITED!** 💙 🤍 💙

Join us for an exciting day of spirit & skill, at the
8th Annual ICS Cheerleading Competition!

 **Event Details**

Date: Saturday, March 7, 2026

Location:

Immaculata High School
240 Mountain Ave.
Somerville, NJ 08876

 **Divisions Offered:**

DIVISION	GRADES	# GIRLS
Itty Bitty	K-2 nd	Unlimited
Biddy	K-4 th	Unlimited
J.V.	2 nd -6 th	Max 25
Varsity	2 nd -8 th	Max 25

 A **Grand Champion** will be awarded to the
highest scoring team from the combined JV and Varsity divisions!! 

Deadline for Registration: February 20, 2026

Registration Link: <https://forms.gle/hexGWLEfRFvDBVgb7>

*****A COI is required for any team outside the Diocese of Metuchen*****

Questions can be directed to Debbie Weston icscheer1@gmail.com

Cell – (908) 420-4709 (call or text)

We look forward to having your team at our competition! ~The ICS Cheerleaders 



Competition Rules & Guidelines

- Performance order is based on when complete registration and payment are received.
- [NFHS](#) rules, [AACCA now USA Cheer](#) safety rules, and [CCCANJ](#) rules apply.
 - No basket tosses permitted.
 - A 5-point deduction will be applied for any rule infraction.
- All teams perform on a 42' x 42' matted surface (7-panel, non-spring floor).
- Tumbling must start and end on the performance surface.
- Open tumbling: 20 minutes prior to competition start.
 - Coaches must be present during open tumbling.
 - Split into two (2) 10 minute sessions: Walkovers & under and Back handsprings & higher.
- Cheerleader of the Day:
 - A member of IHS Varsity cheer team will select a girl on each team.
 - Coaches must come see the IHS judge right after your team's performance.
- Coaches must meet with judges prior to the start of the event.
- Judging provided by ProSpirit using the NJ State Scoresheet (JV & Varsity) & League's Itty Bitty/Biddy Scoresheet (found on the CCCANJ site).
 - Score sheets are available to coaches only at the end of the event.
 - Judges will be available for brief (5 minute) post-event feedback per team; Coaches only.
 - A Safety Judge will be judging and deducting for any safety violations.
- Music must be sent to the DJ prior to competition.
 - If music stops, teams may restart from one 8-count before the malfunction.
 - **Music Guidelines:** All teams are required to follow the new music guidelines and provide a waiver guaranteeing music is within those guidelines.
 - No person from ICS/IHS is responsible for your team's music.
 - Please bring a backup copy.
- All routines must be 2 minutes 30 seconds (2:30) or less and must contain at least 4 continuous lines of cheer.
- Awards:
 - Team trophies are given to 50% of teams in each division.
 - Odd-numbered divisions receive one additional placement (ex. – 5 teams = 3 places)
 - Individual trophies are given to 1st place team only in the JV & Varsity divisions.
 - Individual trophies are given to all girls in the Itty Bitty and Biddy divisions.
- No stunting or tumbling on mats during breaks.
- Food and drinks must remain in the cafeteria.
- No refunds for teams withdrawing.
- Unsportsmanlike conduct by athletes, coaches, or spectators will result in disqualification and removal.
 - NO Airhorns
- **Outside food is NOT permitted** except for dietary restrictions.
- ICS/Immaculata is not responsible for lost or stolen items.



\$ Fees \$

Competition Entry

Active CCCANJ Member: \$150

Non-Members: \$200

Up to 3 coaches per team are admitted free

Spectator Admission

Adults: \$10

Children: \$5

Children under 5: Free

Checks made payable to: “Immaculate Conception School”

Mail to: Debbie Weston, 11 Troy Ct., East Brunswick, NJ 08816

🎉 Extras 🎉



Full-service kitchen

Basket raffles

Cheer grams

50/50 raffle



💎 We can't wait to see your team shine! 💎