



Dear Coaches and Cheerleaders,

The Cheerleaders and Staff of PRIDE Cheerleading would like to thank you for choosing to participate in our **Fifth Annual WINTER SHOWDOWN** Cheerleading Competition! The Competition will be held on **Saturday, February 10th, 2024 at Woodbridge Middle School located at 307 Law St Bridgeville, DE 19933.**

PRIDE's WINTER SHOWDOWN is a qualifying event for the Delaware Spirit Coaches Association State Championship. Rules and regulations regarding all divisions are attached. The attached Liability Release Forms can be submitted as individual forms or team forms. Either form can be used and copied provided each form has an original signature of a coach. ***No team can compete without the appropriate release forms.***

Team Registration Fees are as follows:

Rec/All Star/School: \$175

Exhibition: \$75

Cheer abilities: Free

Spectator: \$10

All registrations and fees should be sent to:

PRIDE CHEERLEADING

Attn: Shauntae Jackson

P.O. Box 405

Seaford, DE 19973

Checks should be made payable to PRIDE CHEERLEADING (Registration is non-refundable). If you have any questions, please contact Coach Shauntae Jackson (302) 245-8442 or via email at: Smile4tae@yahoo.com.

Participants

Coaches must maintain proof of grade or age documentation for their athlete. For all star/Rec the age of an athlete for the season will be based on the guidelines in place by USASF. For schools, the age or grade of an athlete for the season will be their age or grade as of August 31, 2022. If a coach wishes to challenge another athlete's age or grade, the challenging coach must submit the challenge in writing accompanied by a payment of \$150.00 for each challenge to the Host Qualifier (or DSCA if the challenge occurs at the State Competition.) Challenges will be accepted before, during or after the competition. The coach who has been challenged is required to submit verification of grade or age within 3 days of receiving notice of the challenge. If, after reviewing proof of grade or age, the challenge is upheld, the \$150.00 payment will be returned to the challenging coach. If, based on proof of grade or age, the challenge is not upheld, the \$150.00 payment will be retained by the Host Qualifier (or DSCA if the challenge occurs at the State Competition.) Any falsification of grade or age may result in disqualification from the Qualifier or loss of Title from the States. Please see the attached form for registration.

To compete for a first place trophy at the DSCA State Championship a Delaware team must have competed in the same division at two DSCA approved Qualifiers. In order for a team to receive credit for competing at a DSCA Qualifier, the participating team must have paid their DSCA **dues prior to competing at the DSCA Qualifier.**

Any team of a Host or Co-Host may compete at their own Qualifier however, they must compete in two additional DSCA approved Qualifiers in order to be eligible to compete at the DSCA State Championship.

A team roster must be filled out and submitted along with a check by **(Insert your Address and Deadline Date).**

School teams including CYM, High, Middle/Junior High and Elementary Schools must provide the grade level (e.g. 5th, 6th, etc.) of all athletes participating on the roster and have an administrator sign the team roster for accuracy. All members of the competing team must be bona fide members of the school they are representing.

All-Stars, Dance, and Recreational teams must provide ages of all athletes participating on the roster and maintain copies of Birth Certificates, Passports or Driver's License.

Liability Forms may be submitted as either an individual form for each participant or as a single group form for each team. Copies of either style can be submitted provided each form has an original signature of the coach. An additional Covid waiver for each participating athlete must be completed and submitted during the 2022-2023 season.

Spectators

Spectators will be allowed to videotape a routine provided they use hand held cameras, **remain in the stands**, and do not block the view of other spectators or interfere with the tournament. Only the performing team's coaches are permitted to sit directly in front of the performance floor, to prevent distractions. The performing team's parents, spectators, and other athletes from the organization may sit on the sides of the performance floor, unless there is a designated VIP viewing area provided by the event host.

Sportsmanship

The Delaware Spirit Coaches Association believes that good sportsmanship is essential to foster the growth of our sport. At every DSCA approved and/or sponsored event any participant, coach, parent or spectator displaying unsportsmanlike conduct may be subject to a sportsmanship penalty, as outlined below. This Sportsmanship Clause is in effect from the time of arrival until the time of departure from each event. This includes, but is not limited to: arrogant, aggressive, suggestive behavior, hand gestures, or body movements towards any member of another team, the entire team, or the organization. Additionally, T-shirts must not have any inappropriate words, slogans, or pictures relating to any member of another team, the entire team or organization, or falsifying/mockingly the results of the event. No team, team member, coach, parent or spectators should negatively talk about another athlete, the entire team, or organization (including but not limited to: engaging in negative or argumentative encounters with spectators). Any DSCA Member can email a report or complaint of unsportsmanlike conduct to the DSCA Secretary, and at that time the DSCA Board will review every report and render a decision that may include a penalty as outlined below.

Infraction #1- A penalty of up to \$250.00 will be assessed for violation of the DSCA Sportsmanship Clause. Until this obligation is met, the violating team/program participating at Qualifying Events may participate in the competition, however, it will not count towards States Qualification until this obligation has been met. If the violation occurs at the Delaware State Championship, the financial obligation will roll over to the following season (meaning, Qualifiers will not count towards State Championship Qualification until the obligation has been fulfilled.)

Infraction #2- After the first infraction has been founded, and penalties have been assessed, a subsequent infraction within 12 month period will result in the violating organization/program being suspended from the upcoming Delaware State Championship tournament.

Procedures and Operating Timeline for Filing a Sportsmanship Complaint:

1. Complaints must be emailed to the DSCA Secretary within 48 hours of the occurrence. (visit decheercoaches.com for e-mail address)
2. The Board will review the issue and render a decision within 48 hours of receipt.
3. If the guilty party is wishing to appeal it must be e-mailed to the DSCA Secretary within 24 hours of receiving the decision.
4. The appealed issue will then be re-evaluated and presented to the entire DSCA Board of Directors for final decision within 24 hours.

Scoring & Awards

All DSCA Qualifying competitions must use the current DSCA School, All-Star/Rec and Dance score sheets and DSCA safety score sheets. Scores will be calculated as follows:

- Each judge's score sheet will be totaled.
- The total of all judges' score sheets (excluding the safety judge) will be calculated.
- Any safety or timing penalties will be subtracted from the combined total of all judges' score sheets, to determine the final score.
- The safety judge will advise any team charged with a Major Safety Violation as soon as possible after completing their performance.

The Host depending on the number of teams competing in each category will decide the number of trophies handed out in each category.

- At a DSCA approved Qualifier, any team competing in a category with only one team will receive a first place trophy unless the host implements a set score. When a set score is used, the host will follow the same guidelines in place for establishing a set score at the state championship.

At the DSCA State Championship, any team competing in a category with only one team will compete against a set score in order to be recognized as a State Champion. To become a State Champion, any Recreation or All Star team's score must be equal to or better than **85%** of their attainable score. To become a State Champion, any CYM, School, or Collegiate team's score must also be equal to or better than **85%** of their attainable score. If the team does not accomplish that score, they will be awarded a Second Place trophy.

All decisions by the judges are final.

Music Policy

The use of music and other elements of the recording in your routine, as well as the right to perform your routine to that recording, must be properly licensed. You are responsible to and must obtain those licenses at your sole cost and expense, and agree to provide written confirmation and copies of all required licenses to DSCA upon request. Failure to obtain the appropriate licenses may be a violation of U.S. copyright law. **By registering your team to participate in a competition, you warrant and represent that you have properly obtained and will continue to maintain all of such licenses, and relieve DSCA of any copyright liability.**

Divisions

<u>Recreational</u>	<u>CYM</u>	<u>School</u>	<u>All-Stars</u>	<u>Dance Team</u>	<u>Collegiate</u>
For Divisions Visit: Varsity.com	<p>4th-8th grades</p> <p>CYM JV 4th-8th grades with Majority 4th-6th</p> <p>CYM Varsity 4th-8th grades with the Majority 7th-8th</p>	<p>Elementary 1st-5th grades</p> <p>Small Middle/ Junior High</p> <ul style="list-style-type: none"> ▪ 15 members or less ▪ 6th – 8th grades <p>Large Middle/ Junior High</p> <ul style="list-style-type: none"> ▪ 16-25 members ▪ 6th – 8th grades <p>Freshman</p> <ul style="list-style-type: none"> ▪ 9th grade only <p>Small Junior Varsity</p> <ul style="list-style-type: none"> ▪ 15 members or less ▪ 9th – 12th grades <p>*note: Majority + 1 must be 9th-11th</p> <p>Large Junior Varsity</p> <ul style="list-style-type: none"> ▪ 16-25 members ▪ 9th – 12th grades <p>*note: Majority + 1 must be 9th-11th</p> <p>Small Varsity 15 members or less 9th – 12th grades</p> <p>Large Varsity</p> <ul style="list-style-type: none"> ▪ 16-25 members ▪ 9th – 12th grades <p>Co-ed Varsity</p> <ul style="list-style-type: none"> ▪ 25 members or less ▪ 9th – 12th grades ▪ 2 or more males ▪ # Males not more than 50% of team <p><i>*Note: If there is only one team from a school, that team will be required to compete in the Varsity division and meet the Varsity Division grade restrictions unless they are a bona fide JV team that cheers for primarily JV events.</i></p>	For Divisions Visit: USASF.NET or Varsity.com	<p>All-Star and Dance Company:</p> <p>Hip Hop</p> <p>Tiny: 5 yrs & Younger</p> <p>Mini: 8 yrs & Younger</p> <p>Youth: 11 yrs & Younger</p> <p>Junior: 14 yrs & Younger</p> <p>Senior: 18yrs & Younger</p> <p>Open: 14 yrs & Older</p> <p>School Dance:</p> <p>Hip Hop</p> <p>Middle/Junior High</p> <p>High School</p>	<p>All-Girl</p> <ul style="list-style-type: none"> ▪ 20 or less members and one (1) mascot <p>Co-ed</p> <ul style="list-style-type: none"> ▪ 2 or more males

***CYM, Elementary, Middle, Junior High and High School
Cheer/Dance Rules and Regulations***

The 2023-2024 Spirit Rules published by the national governing body for Sport cheering in the United States, USA Cheer.

CYM will follow USA Cheer guidelines as modified by the CYM of the Diocese of Wilmington.

- Elementary, Middle and Junior High Schools will follow USA Cheer guidelines.
- High Schools will follow USA Cheer guidelines.
- Failure to follow those rules will result in safety violations and possible disqualification.

Timing & Penalties:

- Traditional Routines must be no more than two and one half minutes. Game Day routines must be no more than three minutes. Traditional Routines must include one (1) cheer or sideline chant. Music is permitted no longer than one minute and thirty seconds. The timing shall begin at the first word, motion, or note of music. Game Day routines will follow the game day format outlined below under the section 'The Game Day Championship'.

***All-Star Cheer & Dance
Competitive Rules and Regulations***

All-Star Cheer & Dance Divisions:

- Every All-Star Cheer & Dance team will follow the **USASF** guidelines regarding divisions and level. Details may be found at www.usasf.net.
- USASF rules, levels and divisions may change each year so please visit the website for divisions, levels and instructions on how to combine divisions.
- Failure to follow those rules will result in safety violations and possible disqualification.

Timing & Penalties:

- Routines must be no more than two and one half minutes. All-Star squads may use music for all or part of the two and one half minutes. The timing shall begin at the first word, motion, or note of music.

Collegiate Rules and Regulations

Collegiate Divisions:

All Collegiate levels must follow NCA Collegiate rules, and will use the DSCA School Score Sheets.

See website NCA website for the collegiate rules- www.varsity.com.

Timing & Penalties:

- Routines must be no more than two and one half minutes. Routines must include one (1) cheer or sideline chant. Music is permitted no longer than one minute and thirty seconds. The timing shall begin at the first word, motion, or note of music.

*****DSCA host sponsors reserve the right to add/combine divisions in order to create a fair yet competitive competition.***

The Game Day Championship

Game Day Divisions:

****No team size limit for all Divisions**

High School Division:

Varsity

Junior Varsity

Freshman

Middle School/ Jr. High Division:

Middle School/Jr High

CYM

Elementary Division:

Elementary

Participation Requirements:

- All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing. These must be individuals who cheered on the sidelines for games during the appropriate season. If you are a recreation team wishing to compete in Game Day, you must cheer for a sport in your league.
- MASCOTS are limited to the same props as other athletes (poms, signs, flags, megaphones and/or banners) and are **NOT** allowed to stunt.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements or words will result in a score deduction.
- The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting or suggestive expressions or gestures as well as discrimination of any nature.
- We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

Uniform Guidelines:

- All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners.
- No tear-away uniforms and/or removal of clothing are permitted.

Competition Area:

- Participants may stand or enter outside the competition area.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Competitions comply with the USA cheer surface ruling that school-based programs may not compete on a spring floor.
- Approximate floor size will be a traditional mat of 54 feet wide by 42 feet deep (9 strips).
- Objects cannot be thrown outside the competition floor.
- After the use of poms, Signs, flags, megaphones and/or banners they may be placed or dropped outside the competition area by a team member to prevent any safety violations.

Time Limitations:

- Each team will perform a routine not to exceed 3 minutes combined for all 4 elements
- Time will start from first choreographed movement including skills
- Teams **may not** set up props in advance of any category.
- All introductions (chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance.
- There should not be any organized exits or other activities after the official ending of the routine.

Routine and Judging Requirements:

- Each team's routine will include a band chant, situational sideline, crowd leading cheer and fight song.
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is encouraged.
- The DSCA Safety Score sheet will be used to assess any safety violations/concerns during each team's performance.

Judging will be based on the following criteria:

- Band Chant
 - Team should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins.
 - A cue will **NOT** be given to start the Band Chant.
 - Once the music begins, the teams cannot incorporate any skills other than jumps and kicks.
 - Teams should utilize spirit raising props and focus on creative movements including but not limited to level changes/ripples, execution of the material and encouraging the crowd to participate.
- Situational Sideline
 - Will follow the Band Chant.
 - The announcer will provide a cue for offense ("It's 1st and 10 for the home team") or defense ("Our team needs to make a stop here to steal the win").
 - Teams should wait until the announcer finishes the cue to show the proper response to the game day situation.
 - It is a requirement to incorporate skills into the sideline (stunts and/or tumbling).
 - Teams should focus on crowd effectiveness, motion technique and skills relevant to a game day environment.
- Crowd Leading
 - Will follow the situational sideline. Teams must return to the performance surface and show a clear separation between elements.
 - Teams can show spirited interaction as a clear transition into the Crowd Leading material but are not allowed to stunt.
 - Crowd Leading can include a cheer reflective of a timeout, general sideline/spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along.
 - Teams should incorporate spirit props and practical skills (stunts and/or tumbling)
- Fight Song
 - Should reflect your school's traditional Fight Song.
 - Fight Song is limited to three (3) consecutive 8-counts or stunts and/or tumbling. Counts will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.
 - Teams should incorporate crowd effective skills (stunts, tumbling, or jumps) and can include spirit raising props to enhance the overall effect.
 - If a team does not have an official Fight Song, it is recommended to use a second selection of band chant music. Music guidelines are available at varisty.com/music.

Specific Skill Restrictions:

- No tosses (basket, sponge or elevator)
- No inversions and/or twisting released dismounts are permitted.
- Single leg stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed. Standing tumbling is limited to one tumbling skill, which can include back handsprings or back tucks. Rippled single back handsprings are permitted. Jump tumble (single skills) is also permitted.
- During the Band Chant, only kicks and jumps are permitted

Competition Name: _____

Qualifier and/or Game Day (please circle)

DSCA Qualifier Registration

Team Name/Organization Name: _____

Division: _____ Level: _____

Team Colors: _____ Mascot: _____

Coach(es): _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Cell Phone: (_____) _____ Work Phone: (_____) _____

Email Address: _____

Team Roster

PLEASE LIST EACH athlete'S INFORMATION IN ALPHABETICAL ORDER. (Total # of Males: _____ Total # of Females: _____)

Name:	Grade/Age:	Crossover :	To Which Team:
<u>1</u>			
<u>2</u>			
<u>3</u>			
<u>4</u>			
<u>5</u>			
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<u>29</u>			
<u>30</u>			

My signature on this page indicates that I fully understand the nature of the competition being offered, may involve certain risks to my squad members. In light of this I do hereby fully release and discharge DSCA and the DSCA Host/Sponsor's coaching staff and volunteers from any liability for damages occurring as a result of any accident or injury which may occur while participating in this event.

Signature of Coach: _____ Date: _____

Signature of Administrator: _____ Date: _____

**Please have your teams
fill-out only ONE type of
waiver form either the
group waiver or the
individual waiver but not
both.**



PARENT/GUARDIAN CONSENT AND LIABILITY

My daughter/son has my permission to participate in the DSCA competition known as: _____.

I acknowledge and understand and agree that in taking part in this competition and related activities that there is a possibility of physical illness or injury and that the participant is assuming the risk of such illness or injury by participating.

I give my permission to this competition, its coaches and any volunteers to take the necessary measures for my child to receive medical attention in case of any injury.

As a condition for my daughter's/son's participation, I have agreed to release the school, coaches and all other parties concerned from any personal injury, theft and/or damages to my child or property, and I understand that the venue, coaches and all other parties concerned will not be held responsible by me for the above.

I acknowledge that my child may be videotaped or photographed and that, once taken, such videos and photographs may be published at any time, in any form of media. I release the host from any and all liability arising out of or in connection with the above-described activities.

I acknowledge that any questions, concerns, or issues must be addressed with my athlete's coach(es). I will not contact any DSCA Board Member or Judge, before, during, or after the event. All communication with the DSCA Board of Directors must be done through a current DSCA member ONLY.

I acknowledge that any unsportsmanlike behavior may affect my athlete's team and could result in a fine and/or disqualification from future DSCA events.

THIS FORM WILL NOT BE ACCEPTED WITHOUT BEING SIGNED BY THE PARTICIPANT, THE PARENT/GUARDIAN AND COACH.

Team/Organization Name: _____ Division: _____

Name of Participant: _____

Age: _____ Birth Date: _____

Emergency Contact: _____

Phone: (_____) _____ Cell Phone: (_____) _____

Parent/Guardian's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____



Group Liability Form

Event: _____

Team: _____ Division: _____ Level: _____

My daughter/son has permission to participate in the DSCA competition known as _____. I acknowledge, understand and agree that in taking part in this competition and related activities that there is a possibility of physical illness or injury and that the participant is assuming the risk of such illness or injury by participating. I give my permission to this competition, it's coaches and any volunteers to take the necessary measures for my child to receive medical attention in case of injury. As a condition for my daughter's/son's participation, I have agreed to release the venue, coaches and all other parties concerned from any personal injury, theft and/or damages to my child or property and I understand that the venue, coaches and all other parties concerned will not be held responsible by me for the above. I acknowledge that my child may be videotaped or photographed and that, once taken, such videos and photographs may be published at any time, in any form of media. I release the host from any and all liability arising out of or in connection with the above-described activities. **I acknowledge that any questions, concerns, or issues must be addressed with my athlete's coach(es). I will not contact any DSCA Board Member or Judge, before, during, or after the event. All communication with the DSCA Board of Directors must be done through a current DSCA member ONLY.** I acknowledge that any unsportsmanlike behavior may affect my athlete's team and could result in a fine and/or disqualification from future DSCA events.

I certify that I have medical insurance on my child that will provide coverage while she/he participates in our events

Participant Name	Age	Birth Date	Emergency Contact Person	Contact Phone #	Parent Signature	Date
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Please duplicate this form as necessary if you have more members

Coaches Signature: _____



COVID-19 Release of Liability Waiver

ASSUMPTION OF RISKS. I understand that while the Delaware Spirit Coaches Association has undertaken reasonable steps to lessen the risk of transmission of COVID-19 in connection with their Services, the Delaware Spirit Coaches Association is not responsible in any manner for any risks related to COVID-19 in connection with the Services. I understand that the World Health Organization has classified the COVID-19 outbreak as a pandemic. I further understand that COVID-19 is a highly contagious and dangerous disease, and that contact with the virus that causes COVID-19 may result in significant personal injury, death or economic hardship in relation to becoming infected. I am fully aware that participation carries with it certain inherent risks related to COVID-19 transmission ("Inherent Risks") that cannot be eliminated regardless of the care taken to avoid such risks. Inherent Risks may include, but are not limited to, (1) the risk of coming into close contact with individuals or objects that may be carrying COVID-19; (2) the risk of transmitting or contracting COVID-19, directly or indirectly, to or from other individuals; and (3) injuries and complications ranging in severity from minor to catastrophic, including death, resulting directly or indirectly from COVID-19 or the treatment thereof. Further, I understand that the risks of COVID-19 are not fully understood, and that contact with, or transmission of, COVID-19 may result in risks including but not limited to loss, personal injury, sickness, death, damage, and expense, the exact nature of which are not currently ascertainable, and all of which are to be considered Inherent Risks. I hereby voluntarily accept and assume all risk of loss, personal injury, sickness, death, damage, and expense arising from such Inherent Risks. Furthermore, I represent and warrant that I do not suffer from any medical condition or disease that might in any way hinder or prevent me from receiving the Services, including, to my knowledge, COVID-19. This COVID-19 Assumption of Risk, Release, and Waiver of Liability Agreement ("Agreement") shall be binding on my heirs, executors, administrators, successors, and assigns. I expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by applicable laws, and that if any portion of this Agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect. This Agreement contains the entire understanding of the parties relating to the subject matter, and shall not be altered, modified, amended, waived or supplemented in any manner whatsoever except by a written agreement signed by both parties hereto or their duly authorized representatives. This Agreement may be executed, made and delivered electronically. To the maximum extent permitted by applicable law, I (a) covenant and agree not to elect a trial by jury with respect to any issue arising out of this Agreement or the Services that is triable of right by a jury, and (b) waive any right to trial by jury with respect to such issue to the extent that any such right exists now or in the future. This waiver of right to trial by jury is given knowingly and voluntarily. I have read and understood this Agreement and enter into it voluntarily in consideration of the opportunity to participate in the Services. I acknowledge I am giving up legal rights and/or remedies which may be available to me.

Name: _____ Signature: _____

Assumption of additional risks: Considering the aforementioned inherent risks and their potential impact I further consent to my athlete being involved in activities that do not strictly adhere to physical distancing recommendations as established by the CDC and WHO. I understand that the Delaware Spirit Coaches Association will take all possible steps to limit the potential for transmission or spread of COVID-19 to include but not limited to the required wearing of masks according to the guidelines by the Governor of DE, sanitation and other protective measures.

Name: _____ Signature: _____