

# PRIDE CHEERLEADING

## Winter Showdown

Dear Coaches and Cheerleaders:

The Cheerleaders and Staff of Pride Cheerleading would like to thank you for choosing to participate in our **First Annual WINTER SHOWDOWN** Cheerleading Competition! The Competition will be held at WOODBRIDGE High School 14712 Woodbridge Rd, Greenwood, DE on **Saturday, January 25<sup>th</sup>, 2020**. We have a large gymnasium that will comfortably accommodate all spectators and athletes, as well as ample space for parking, great vendors and delicious concessions.

We will have a spring floor for the All-Star and Youth Recreational League teams and a non-spring floor for *the CYM, Elementary, Middle, Junior High, High School and College teams that compete*. An awards ceremony will be conducted after each session.

The Pride's WINTER SHOWDOWN is a qualifying event for the Delaware Cheerleading 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 form. 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.***

**There is an admission fee payable at the door for all spectators – Cash Only** The fees are:

\$10.00 – Adult

\$5.00 – Student

Free – Children under 5

<b>Team Registration</b>	<b>On Time Pricing</b> (On or before 12/26/20)	<b>Late Pricing</b> (After 1/19/20)
<b><i>Rec/All Star/School</i></b>	\$150	\$175
<b><i>Game Day</i></b>	\$125	\$150
<b><i>Exhibition</i></b>	\$75	-
<b><i>Cheer abilities</i></b>	-	-

**Specialty Awards will be given during each awards ceremony**

***Best Dance ~ Best Partner Stunts ~ Grand Champions***

**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 Shauntae Jackson (302) 245-8442 or via email at:

[Smile4tae@yahoo.com](mailto:Smile4tae@yahoo.com)

## **Participants**

Coaches must maintain proof of grade or age documentation for their cheerleaders. The age or grade of a cheerleader for the season will be their age or grade as of August 31, 2019. If a coach wishes to challenge another cheerleader'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 DCCA 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 DCCA 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 DCCA State Championship a Delaware team must have competed in the same division at two DCCA approved Qualifiers. In order for a team to receive credit for competing at a DCCA Qualifier, the participating team must have paid their DCCA dues prior to competing at the DCCA Qualifier.

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

A team roster must be filled out and submitted along with a check by **(January 19, 2020 deadline)**.

School teams (CYM, Private, Charter, 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-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.

## **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 cheerleaders 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 Cheerleading Coaches Association believes that good sportsmanship is essential to foster the growth of our sport. At every DCCA approved and/or sponsored event any participant, coach, parent or spectator displaying un-sportsmanship like 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 DCCA Member can email a report or complaint of un-sportsmanlike conduct to the DCCA Secretary, and at that time the DCCA Executive Board (President, Vice President, Secretary and Treasurer) 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 DCCA 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. Complaint must be emailed to the DCCA Secretary within 48 hours of the occurrence. (visit [decheercoaches.com](http://decheercoaches.com) for e-mail address)
2. The Executive 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 DCCA Secretary within 24 hours of receiving the decision.
4. The appealed issue will then be re-evaluated and presented to the entire DCCA Board of Directors for final decision within 24 hours.

## **Scoring & Awards**

All DCCA Qualifying competitions must use the current DCCA School, All-Star/Rec and Dance score sheets and DCCA 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/banners handed out in each category.

- At a DCCA approved Qualifier, any team competing in a category with only one team will compete against a set score for a First Place trophy. The Host will determine the set score.

At the DCCA State Championship, any team competing in a category with only one team will also 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 **90%** of their attainable score. To become a State Champion, any School, or Collegiate team's score must be equal to or better than **75%** 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 cheer and dance 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 DCCA 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 DCCA of any copyright liability.**

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## ***Divisions***

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<u><i>Recreational</i></u>	<u><i>School</i></u> <u><i>(includes CYM)</i></u>	<u><i>All-Stars</i></u>	<u><i>Dance Team</i></u>	<u><i>Collegiate</i></u>
See next page For Divisions	<p>Elementary 1<sup>st</sup>-5<sup>th</sup> grades</p> <p>Small Middle/ Junior High</p> <ul style="list-style-type: none"> <li>▪ 15 members or less ▪</li> </ul> <p>6<sup>th</sup>– 8<sup>th</sup> grades</p> <p>Large Middle/ Junior High</p> <ul style="list-style-type: none"> <li>▪ 16-25 members</li> <li>▪ 6<sup>th</sup> – 8<sup>th</sup> grades</li> </ul> <p>Freshman</p> <ul style="list-style-type: none"> <li>▪ 9<sup>th</sup> grade only</li> </ul> <p>Small Junior Varsity</p> <ul style="list-style-type: none"> <li>▪ 15 members or less</li> <li>▪ 9<sup>th</sup> – 11<sup>th</sup> grades</li> </ul> <p>Large Junior Varsity</p> <ul style="list-style-type: none"> <li>▪ 16-25 members</li> <li>▪ 9<sup>th</sup> – 11<sup>th</sup> grades</li> </ul> <p>Small Varsity 15 members or Less 9<sup>th</sup>–12<sup>th</sup> grades</p> <p>Large Varsity</p> <ul style="list-style-type: none"> <li>▪ 16-25 members</li> <li>▪ 9<sup>th</sup> – 12<sup>th</sup> grades</li> </ul> <p>Co-ed Varsity</p> <ul style="list-style-type: none"> <li>▪ 25 members or less ▪</li> <li>▪ 9<sup>th</sup> – 12<sup>th</sup> grades</li> <li>▪ 2 or more males</li> <li>▪ # Males not more than 50% of team</li> </ul>	See USASF.NET For divisions	<p><b>All Star and Dance Co.</b></p> <p><b>Hip Hop</b></p> <p>Tiny: 5 yrs &amp; Younger</p> <p>Mini: 8 yrs &amp; Younger</p> <p>Youth: 11 yrs &amp; Younger</p> <p>Junior: 14 yrs &amp; Younger</p> <p>Senior: 18 yrs &amp; Younger</p> <p>Open: 14 yrs &amp; Younger</p> <p><b>School Dance</b></p> <p><b>Hip Hop</b></p> <p>Middle/Junior High</p> <p>High School</p>	<p><u><i>All Girl</i></u></p> <ul style="list-style-type: none"> <li>• 20 or less Members And (1) Mascot</li> </ul> <p><u><i>Co ed</i></u></p> <ul style="list-style-type: none"> <li>• 2 or more males</li> </ul>

## Recreational Cheer Rules & Regulations

DCCA recognizes that Rec cheerleading does not have an official governing body to refer to, and that Rec cheer teams may have different guidelines to follow within their individual organizations. Please refer to the USASF.net for rules and guidelines for each level listed below. Divisions will be grouped together based on age and skill level. All Recreation programs must classify their entire organization as one of the following; affiliated or non-affiliated. Affiliated and Non-Affiliated Recreation cheerleading organizations can register teams in Traditional and/or Performance divisions. Rec teams will perform on a spring floor.

<u>Division</u>	<u>Age</u>	<u>Gender</u>	<u>Members</u>	<u>Skill Levels Allowed</u>
Traditional/Performance	6 years and younger	Female/Male	5-36 Members	1
Traditional/Performance	8 years and younger	Female/Male	5-36 Members	1
Traditional/Performance	10 years and younger	Female/Male	5-36 Members	1, 2
Traditional/Performance	12 years and younger	Female/Male	5-36 Members	1, 2, 3.1, 3
Traditional/Performance	14 years and younger	Female/Male	5-36 Members	1, 2, 3.1, 3
Traditional/Performance	18 years and younger	Female/Male	5-36 Members	1, 2, 3.1, 3
Performance	8-14 years old 11-18 years old	Female/Male	5-36 Members	4

### **Timing & Penalties:**

Performance: Routines must consist of a minimum of an 8-count Chant & Music combination. Routine Max: 2:30 minutes

Traditional: Routines must consist of Cheer & Music combination. Routine Max: 2:30 minutes Music Max: 1:30 minutes

## CYM, Charter, Private, Elementary, Middle, Junior High and High School

### Cheer/Dance Rules and Regulations

**The 2019-2020 Spirit Rules published by the American Association of Cheerleading Coaches & Administrators (AACCA) will be followed.**

- CYM will follow AACCA guidelines as modified by the CYM of the Diocese of Wilmington. (Remove)
- Elementary, Middle and Junior High Schools will follow AACCA guidelines. (Remove)
- High Schools will follow AACCA guidelines. (Remove)
- All schools will follow AACCA guidelines (Add)
- 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. 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.

## 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](http://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 UCA Collegiate rules, and will use the DCCA School Score Sheets.

See website UCA website for the collegiate rules- [www.varsity.com](http://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.

**\*\*DCCA 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

### 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 cheerleaders (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 AACCA 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 DCCA 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 spiriting 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 1<sup>st</sup> 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 of the end or the 3<sup>rd</sup> 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 and/or tumbling) 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](http://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

## DCCA Qualifier Registration

Email Address:

## Team Roster

[illegible]

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 DCCA 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 DCCA Board Member or Judge, before, during, or after the event. All communication with the DCCA Board of Directors must be done through a current DCCA 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 DCCA 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: \_\_\_\_\_

# Group Liability Form

Event \_\_\_\_\_

Team: \_\_\_\_\_ Division: \_\_\_\_\_ Level: \_\_\_\_\_

My daughter/son has permission to participate in the DCCA 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 DCCA Board Member or Judge, before, during, or after the event. All communication with the DCCA Board of Directors must be done through a current DCCA 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 DCCA 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						