



One Dover High Drive  
Dover, DE 19904  
302-241-2400  
Principal: Dr. Courtney Voshell

Dear Coach and Cheerleaders:

The Cheerleaders and Coaches of Dover High School would like to cordially invite you to compete in our 8<sup>th</sup> Annual Cheerleading Competition. We want to thank all the teams that have come out to support us our first seven years. We continue to listen to all the feedback and make changes in order to meet the needs of all programs and spectators. We are excited to host our event again this year and as you know our gymnasium is much larger and much more accommodating! The Dover High School Cheerleading Program is extremely dedicated to providing everyone with a great experience.

The event will be held on Saturday, January 20, 2018. The All-Star portion will be held in the morning and the Youth Recreational League, CYM, Elementary, Middle, Junior High, High School and College teams will be competing in the afternoon. For all eligible programs, please note that we will also be hosting “**Game Day**” in conjunction with the Rec, CYM and School competition event.

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

The 8<sup>th</sup> Annual DHS Cheerleading Competition 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.***

Please note our school address is: **1 Dover High Drive, Dover De 19904**

There is also an admission fee payable at the door for all spectators. **The fees are:**

\$ 10.00– Adult      \$ 5.00 – Student      FREE – Children under 5

**Early Registration:** \$150 by **12/11/17** **Standard Registration:** \$175 by **1/2/18** **Late Registration:** \$200 starting **1/3/18**

**SPECIALTY DIVISIONS:**

**Game Day:** \$100    **Stunt Group:** \$100    **Individual Performance:** \$45    **Duo:** \$80

Team registrations and fees should be sent to:

**Dover High School Cheerleading**

**ATTN: Aaron Harris**  
**1 Dover High Drive**  
**Dover, De 19904**

Checks should be made payable to **DHS Cheerleading Boosters**. If you have any questions or concerns, please feel free to contact me at [doverhighcheer@gmail.com](mailto:doverhighcheer@gmail.com)

Sincerely,

Alexis Newsome

Dover High School Coach

## **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, 2017. 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. To compete for a first place trophy at the DCCA State Championship a Delaware team must also have a sponsoring representative who has attended 1/2 (50%) of all DCCA General Membership meetings for the previous season (October 1, 2016 through September 30, 2017). 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 2, 2018.

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-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.

Recreational, Elementary, Middle/Junior High, and High School teams cannot compete in the All-Star category. Recreation teams must submit a letter with their registration, signed by their organization's board of directors, stating that each cheerleader registering for the event participated on a recreation team during the 2017-2018 season and stating which sport(s) they cheer for, to be eligible for the recreation division. Competitive only Recreational teams are considered an All-Star program and must compete as an All-Star team and follow the All-Star rules and regulations.

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 [decbeercoaches.com](http://decbeercoaches.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 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 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 CYM, 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 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. Failure to obtain the appropriate licenses may be a violation of U.S. copyright law.

## **Divisions**

<u><b>Recreational</b></u>	<u><b>CYM</b></u>	<u><b>School</b></u>	<u><b>All-Stars</b></u>	<u><b>Dance Team</b></u>	<u><b>Collegiate</b></u>
See next page For Divisions	<p>CYM JV 4<sup>th</sup>-8<sup>th</sup> grades With Majority 4th – 6<sup>th</sup> Gr.</p> <p>CYM Varsity 4<sup>th</sup>-8<sup>th</sup> grades With Majority 7th – 8<sup>th</sup> Gr.</p>	<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> <li>▪ 5<sup>th</sup> – 8<sup>th</sup> grades</li> </ul> <p>Large Middle/ Junior High</p> <ul style="list-style-type: none"> <li>▪ 16-25 members</li> <li>▪ 5<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>All-Star and Dance Company:</p> <p>Hip Hop</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: 18yrs &amp; Younger</p> <p>Open: 14 yrs. &amp; Older</p> <p>School Dance:</p> <p>Hip Hop</p> <p>Middle/Junior High</p> <p>High School</p>	<p><b>All-Girl</b></p> <ul style="list-style-type: none"> <li>▪ 20 or less members and one (1) mascot</li> </ul> <p><b>Co-ed</b></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. Divisions will be combined if there are not at least 2 Small Teams & 2 Large Teams in the division.

Division	Age	Gender	Members	Skill Levels Allowed
Small Tiny Rec	6 years and younger	Female/Male	5-15 Members	1
Large Tiny Rec	6 years and younger	Female/Male	16-36 Members	1
Small Mini Rec	8 years and younger	Female/Male	5-15 Members	1, 2
Large Mini Rec	8 years and younger	Female/Male	16-36 Members	1, 2
Small Peewee Rec	10 years and younger	Female/Male	5-15 Members	1, 2
Large Peewee Rec	10 years and younger	Female/Male	16-36 Members	1, 2
Small Youth Rec	12 years and younger	Female/Male	5-15 Members	1, 2, 3
Large Youth Rec	12 years and younger	Female/Male	16-36 Members	1, 2, 3
Small Junior Rec	14 years and younger	Female/Male	5-15 Members	2, 3, 4.2, 4
Large Junior Rec	14 years and younger	Female/Male	16-36 Members	2, 3, 4.2, 4
Small Senior Rec	18 years and younger	Female/Male	5-15 Members	2, 3, 4.2, 4
Large Senior Rec	18 years and younger	Female/Male	16-36 Members	2, 3, 4.2, 4

### **Timing & Penalties:**

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

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

**The 2017-2018 Spirit Rules published by the National Federation of State High School Associations (NFHS) will be followed.**

- CYM will follow NFHS guidelines as modified by the CYM of the Diocese of Wilmington.
- Elementary, Middle and Junior High Schools will follow NFHS guidelines as modified by AACCA.
- High Schools will follow NFHS guidelines.
- 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  
Junior Rec  
Senior Rec

### **Middle School/ Jr. High Division:**

Middle School/Jr High  
CYM Varsity  
Youth Rec

### **Elementary Division:**

Elementary  
CYM Junior Varsity  
Peewee Rec  
Mini Rec  
Tiny Rec

## **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 NFHS & 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 1 minute and 15 seconds.
- Teams **may not** set up props in advance of any category.
- All introductions (entrances, 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:**

- No music may be used during the performance
- Each team's presentation must include a cheer and chant
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is encouraged.

### **Judging will be based on the following criteria:**

- Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
- Placement, synchronization and strength of motions.
- Overall impression and crowd appeal.
- Emphasis on crowd involvement.
- All material should be suitable for a game or pep rally.
- The DCCA Safety Score sheet will be used to assess any safety violations/concerns during each team's performance.

### **Specific Skill Restrictions:**

- No baskets, sponge, elevator, or similar type tosses permitted.
- No inversions and /or twisting into or out of stunts regardless of contact with bases.
- No single leg extended stunts
- Maximum difficulty in tumbling is limited to a **standing** back handspring.



**Competition Name:** Dover High Cheer and Dance Classic - **Qualifier and/or Game Day (please circle)**

**DCCA 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 CHEERLEADER'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>			
<u>6</u>			
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<u>28</u>			
<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 DCCA and the DCCA 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 DCCA competition known as: Dover High Cheer and Dance Classic.

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.

**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: (\_\_\_\_) \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Group Liability Form

Event    Dover High Cheer and Dance Classic

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, its 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 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: \_\_\_\_\_

*Dover High School Cheer and Dance Classic 2018*

